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Monologue

Dr. Wallach starts the discussing the growing problem of weight gain and obesity in the U.S. Outlining how most in the medical industry believe that weight gain is a problem of excess. But Doc asserts that weight gain is actually is a problem of deficiency of minerals rather than excess.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article written by a medical doctor who is an expert on fitness and nutrition. The article poses the question "why do we eat comfort food in the winter months?" The author contends this could be due to "seasonal affective disorder" or SAD. Other possible explanations such as brain chemistry changes due to cold weather. Another possibility the author says is genetic tendencies. But not one mention of nutritional deficiencies such as vitamin D which is known to run low in the winter.

Callers

- Randy is taking the Youngevity "Cal Toddy" product but it is causing him stomach discomfort.
- Felice has questions on how to get rid of grey hair.
- George has a friend whose mother has been diagnosed with sclerosis of the liver.
- Fred is a type one diabetic looking to control his symptoms naturallly without drugs.

Call Dr. Wallach's live radio program weekdays from noon until 1pm pacific time at 831-685-1080 or toll free at 888-379-2552.