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**Monologue**

Dr. Wallach starts the show discussing the various types of dementia. Contending there are four types of dementia, vascular dementia, Korsakoff's syndrome, Wernicke-Korsakoff syndrome and Alzheimer's disease. Asserting that all are simple nutrient deficiencies and can be easily avoided by nutritional supplementation.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article regarding a study on coffee and reduced links to oral cancer. Researchers from the American Cancer Society studied nearly 1 million healthy men and women who filled out dietary questionaires. The questions included those regarding coffee and tea consumption following the participants for 26 years. Finding those who drank one cup of caffeinated coffee daily had a 26% reduced risk of dying from oral or throat cancer, 33% lower risk among those who drank two to three cups and a 50% lower risk for those who drank four to six cups daily.

**Callers**

- David has several questions regarding vitamin A amounts in Youngevity products. He alslo had questions dosages and Doc's opinion of GMO (genetically modified) foods.
- JoAnn is experiencing chronic symptoms of menopause.
- Linda's son has been diagnosed with retinitis pigmentosa and glaucoma.
- Pat recently got a blood test that revealed high cholesterol levels and her doctor wants to prescribe statin 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.**