{enclose http://dev.ksco.got.net/podcasts/20130115_DDDL.mp3 9508467 audio/mpeg}

Monologue

Dr. Wallach starts the show discussing a news article about growing obesity problems in China. The report state that in 2002 there was a 25% obesity rate in China. By 2010 that rate climbed to 38.5% and is predicted to reach 57% by the year 2015. Doc relates a story of when he was first in China some 26 years ago and how most people lived on subsistance farms and had no cars. Contending that the people heated and cooked with wood and put the ash on their gardens. Today most live cites using electricity to heat and cook with and thus have no wood ash for their gardens.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a study of colicky babies. The study found that the colicky babies had more Proteobacteria and less bifidobacteria and lactobacilli. The Proteobacteria are know to cause gas and discomfort while the bifidobacteria and lactobacilli are known to reduce inflammation and pain. Doc disagrees contending these babies are most likely suffering from a gluten intolerance.

Callers

- Doug gives a testimonial on how Youngevity products helped him with his heart disease. Then he has questions concerning a small boy who is partially blind.
- Rae's husband has rosacea and peripheral neuropathies.
- Harry's father has been diagnosed with COPD (chronic obstructive pulmonary disease).
- Bonnie's daughter has been on Prilesec for six years and now wants to get off of the drug.

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.