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## Monologue

Pharmacist Ben Fuchs fills in for Dr. Wallach. Ben discusses adrenal fatigue, the causes and suggested remedies. Contending that stress and diet are the main culprits involved in the body producing too much of the stress hormone cortisol.

## **Pearls of Wisdom**

Doug and Ben discuss a recent class action lawsuit against five major companies who manufacture sunscreens. The suit claiming that sunscreen makers make false claims regarding 'sunblocking abilities', 'waterproof' and 'all day protection'. The suit also alledges that sunscreens give users a false sense of security prompting them to stay in the sun longer.

## **Callers**

Mark has questions concerning chronic strep throat. Ed has a friend with a suspected pinched nerve in her back. Mike has questions regarding essential fatty acids. Tom's wife has been diagnosed with osteoporosis and has 4 bone spurs on her back.