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## Monologue

Dr. Wallach starts the show discussing Celiac disease and the health benefits of a gluten free diet. Explaining that Celiac isn't a wheat allergy but more an intolerance. This intolerance manifests as an inflammatory reaction comparing it to a reaction to poison oak or ivy.

## **Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article regarding a study on obesity. Researchers looked at differences between body temperatures of lean dogs compared to obese dogs. Finding the obese dogs had lower body temperatures leading the study authors to believe that the obese dogs were expending less energy to stay warm. Doc disagrees and contends that weight gain and obestiy are the result of nutritional deficiencies.

## **Callers**

- Mamie had her thyroid removed and has experienced weight gain that is complicated by an injury to her back.
- Alice's doctor is recommending a double knee replacement that she does not want to have done.
  - James is a type II diabetic with arthritis.

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.