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Monologue

Dr. Wallach starts the show detalining a story about a recent interaction with an anthesthesiologist. Aside from being extremely arrogant Doc contends the other doctor stated that animal studies can't be translated to humans. Dr. Wallach asserts that if that were true why are virtually all pharmaceutical drugs first tested on animals before humans.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a study on heart health. The study found that women who ate baked or broiled fish at least five servings a week had a 30% reduced risk of heart failure. The study also found that women who ate at least one serving of fried fish weekly increased their risk of heart failure by 48%. The researchers also determined that darker more oily fish such as salmon or mackerel got more protection than those eating lighter fish like tuna, sole or cod.

Callers

- Tammy has female friend experiencing hair loss.
- Lisa has some follow-up questions from a previous call concerning her cystic fibrosis baby.
- Suzie's daughter has been diagnosed with a form of ring worm.
- Leanne has several health challenges including rheumatoid arthritis, chronic obstructive

pulmonary disease and hypertension.

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.