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## Monologue

Dr. Wallach starts the show asserting that medical care costs could be cut dramatically by stopping congenital birth defects. Contending that most congenital birth defects are caused by nutritional deficiencies prior to conception. Asserting that many of these disease states such as MD (muscular dystrophy) can also be reversed.

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## **Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article regarding a Norwegian study on autism. Researchers studied over 85,000 pregnant women who took folic acid supplements for 4 weeks before the became pregnant until 8 weeks after the start of pregnancy. Finding that those who took the supplements in early pregnancy had a 40% reduced risk of having a child with autistic disorder.

## **Callers**

- Eilean has a rash and itchy skin.
- Diane's husband is slated to have surgery to remove a fistula.

- Lemoyne has a friend whose II year old daughter has Niemann-Pick disease.
- Carla's husband has chronic eye inflammation in his left eye.

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.