Dead Doctors Don't Lie Radio 2015

Story
Slides
Spotfire Dashboard
Research Notes
Dead Doctors Don't Lie 2015

Dead Doctors Don't Lie 02 Apr 2015
Monologue
Pearls of Wisdom
Callers

Dead Doctors Don't Lie 01 Apr 2015
Monologue
Pearls of Wisdom
Callers

Dead Doctors Don't Lie 31 Mar 2015
Monologue
Pearls of Wisdom
Callers

Dead Doctors Don't Lie 30 Mar 2015

Dead Doctors Don't Lie 27 Mar 2015
Monologue
Pearls of Wisdom
Callers

Dead Doctors Don't Lie 26 Mar 2015
Monologue
Pearls of Wisdom
Callers

Dead Doctors Don't Lie 25 Mar 2015

Dead Doctors Don't Lie 24 Mar 2015
Monologue
Pearls of Wisdom
Callers
Dead Doctors Don't Lie 23 Mar 2015
Monologue
Pearls of Wisdom
Callers
Dead Doctors Don't Lie 20 Mar 2015
Monologue
Pearls of Wisdom
Callers
Dead Doctors Don't Lie 18 Mar 2015
Dead Doctors Don't Lie 17 Mar 2015
Monologue
Pearls of Wisdom
Callers
Dead Doctors Don't Lie 16 Mar 2015
Monologue
Pearls of Wisdom
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Dead Doctors Don't Lie 13 Mar 2015
Monologue
Pearls of Wisdom
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Dead Doctors Don't Lie 12 Mar 2015
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Dead Doctors Don't Lie 11 Mar 2015
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Dead Doctors Don't Lie 09 Mar 2015
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Pearls of Wisdom
Callers
Dead Doctors Don't Lie 16 Jan 2015
Monologue
Pearls of Wisdom
Callers
Dead Doctors Don't Lie 15 Jan 2015
Monologue
Pearls of Wisdom
Callers
Dead Doctors Don't Lie 14 Jan 2015
Monologue
Pearls of Wisdom
Callers
Monologue

Dr. Joel Wallach begins the show outlining the story of how he discovered the first non-human cases of cystic fibrosis. Finding that he could actually create CF in monkeys by withholding nutrients from the monkey's diets. Finding that the parents of the monkeys had been accidently given selenium deficiencies. When he went to present his findings Emery University fired him.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning Lyme's disease. A famous rock star Avril Lavigne recently revealed in a magazine interview that she has Lyme's disease. Bringing the disease to the forefront of social media with ABC's medical editor Dr. Richard Besser answering frequently asked questions. Such as time of disease onset, symptoms and possible treatment.

Callers

Jim's wife is having difficulty breathing but doesn't appear to have heart disease.

Elizabeth has a friend whose child has cerebral palsy.

Scott's wife is having a difficult time falling and staying asleep.

Jane's granddaughter has a severe case of psoriasis.

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.
Monologue

Dr. Joel Wallach begins the show today discussing medical mistakes and the VA. Citing a specific VA hospital that is called "candyland" because so many pills are dispensed from the facility. Stating how many people are injured, infected and killed in VA hospitals every year in America.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article about a woman in Spain who had minor surgery and the doctors left forceps in her abdomen. The article also cites another case where a surgical swab was left in a patient. Causing severe abdominal pain for three years leaving her with a scar from the infection. The article states that more of this is to be expected because doctor and nurse shortages.

Callers

Diana is experiencing chronic back pain from sciatica
Ro has questions concerning acid reflux and rosacea.
Nina has chronic canker sores in her mouth.
Amir's brother has degenerative disk disease.
Carol has several health challenges including dry skin, digestion problems, achy bones and joints.

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Monologue

Pharmacist Ben Fuchs fills in for Dr. Joel Wallach beginning the show discussing a new class of drugs. Stating that all diseases are cell diseases that cause inflammation. Asserting that most of the time it starts in the gut with poor digestion. Contending that allopathic medicine are centered around lowering test scores such as lowering cholesterol levels. Not really dealing with the original cause with drugs only masking the symptoms.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning a possible treatment for MRSA (methicillin resistant Staphylococcus aureus). Researchers made an eyesalve using a recipe from a 10th century medical text book. The remedy contained garlic, onion, wine and cow stomach bile. The concoction was brewed and let stand for nine days in a brass vessel as was called for in the recipe. The remedy was then administered to a culture of MRSA. The result was it killed 90% of the MRSA bacteria and is thought to be the answer for this superbug.
Callers

Cindy has fluid in her ears following a really bad cold.

Tina's brother-in-law is recovering from renal cell cancer.

Angela wants to lose weight and gain muscle mass.

Gina has MS (multiple sclerosis) and heart disease.

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Monologue

Dr. Wallach discusses his book "Immortality" and why some countries have many more centinarians than in the U.S. Outlining how these countries are usually third world countries where there's no medical care. The people are poor so generally don't eat more than 900 calories daily. They also burn wood to heat and cook and then put the wood ash in their gardens thus getting minerals in their food.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning the benefits of eating avocados daily. As part of the "National Health and Nutrition Examination Survey" researchers looked at data from this study of over 17,000 Americans ages 19 and older. Find those who ate at least half a medium avocado daily had high levels of HDL, lower risk of metabolic syndrome, lower BMI (body mass index) and waist circumference.

Callers

Richard is concerned he may be developing heart disease.

Alex has several health challenges including dry mouth and skin, periodontal disease and heart palpatations.

Ralph has friend diagnosed with throat cancer.

Jennifer's dentist wants to give her a root canal and do a bone graft.

Renee's husband suffered brain trauma in a crash and now has severe headaches and mood swings.
Dr. Wallach starts the show discussing longevity and health. Citing the numbers of medical mistakes that occur every year in the U.S. Contending that 180,000 Medicare patients are killed every year.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article concerning unnecessary tests, procedures and other treatments. Several medical societies have gotten together and compiled a list of these that they believe are performed too often unnecessarily. This is all part of a campaign called "Choosing Wisely" organized by the American Board of Internal Medicine's foundation. Their aim is to educate patients to question the necessity of these tests and treatments in an effort to get doctors to stop performing useless procedures.

**Callers**

Patricia had a stroke and asks Dr. Wallach's advice on how she can manage her symptoms with nutrition.

Melissa is a schizophrenic and wants to use nutrition to control her condition.

Victor has metabolic syndrome and wants to control his symptoms with a nutritional supplement program.

Shannon has a friend whose son has mild MD (muscular dystrophy).

Fred has allergic reactions when he consumes red meat.

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Monologue

Dr. Joel Wallach begins today's show discussing the importance of dietary salt. Stating that an average size person should be consuming between 2800 mg to 5000 mg daily. Contending that a low salt diet can be harmful to people's health. Asserting that the body uses salt in numerous chemical reactions.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article about a recent report from the Alzheimer's Association. The report states that medicare patients are told of a cancer diagnosis right away. While the same report states that doctors only tell Alzheimer's patients about their diagnosis around 45% of the time. Many doctors avoiding that conversation out of fears of upsetting the patient. While the same report indicates that "few patients become depressed or have other long term emotional problems.

Callers

Winston has two questions the first regarding elevated PSA levels. He also has questions regarding memory loss.

Cindy's sister-in-law has been diagnosed with lichen planus.

Ann has been diagnosed with fibroid tumors.

Peg has a friend diagnosed with liver cancer.

Estrolita is experiencing stomach bloating following meals.

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Dead Doctors Don't Lie 23 Mar 2015

Monologue

Pharmacist Ben Fuches talks about healthmarketing. Drug company commercials promoting a "safe alternative" to existing drugs..such as blood thinners. Ben says good nutrition and supplements are the real answer.

Pearls of Wisdom

Billy Graff and Pharmacist Ben discuss a study of over 3 million people that indicates being a loner may be as bad for you as being obese.

Callers

Trina has a sister with cardio issues due to rheumatic fever.
Pat has a friend with liver cancer.

Drina has a friend with elevated blood iron levels.

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**Dead Doctors Dont Lie 20 Mar 2015**

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**Monologue**

Dr. Joel Wallach starts the show discussing peripheral neuropathies. Outlining the various types of neuropathies and explaining what causes the problem. Often caused by degenerative disk disease where the disks in the vertebrae become thinner pinching nerves. This leads to many problems such as tingling or burning in the hands and feet. Atrial fibrillation, tinnitus and dry eyes can all be caused by the pinching of cranial nerves.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article concerning a study from the Netherlands. The study found that boys diagnosed with ADHD and taking stimulant drugs who were also given omega 3 fatty acids say a reduction in symptoms. Previous studies have also found a link between omega 3s and reduction of ADHD symptoms. Other studies have found children diagnosed with ADHD had low blood levels of omega 3s compared to those without ADHD.

**Callers**

Dave has been diagnosed with Parkinson's disease

Rose's daughter is pregnant and has RLS (restless leg syndrome) and type 1 diabetes.

Jim has a friend with neuropathies and wants a supplement plan.

Sue has a friend who is a nursing mother trying to lose weight.

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**Dead Doctors Dont Lie 18 Mar 2015**

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**Dead Doctors Dont Lie 17 Mar 2015**

**Download File**
Monologue

Dr. Joel Wallach begins the show discussing the fact that 15 million patients are killed, injured and infected every year in America. Asserting that if the airline industry harmed that many people every year the train industry would see a boom in business. Outlining how the medical industry starting in 1914 began legislating itself into a protect monopoly.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article about ways people can foods they are allergic to when dining out. Outlining six ways to avoid problem foods. Things like know what foods people are allergic to and also know other names these foods could be listed as on menus and labels. Asking wait staff and chefs as well as checking menus online before even going to the restaurant.

Callers

Sedik has type 2 diabetes, weight gain and bone on bone arthritis in her knees.

Annie's five year old daughter has cross eyes and is far sighted.

Lynn has been diagnosed with hyperthyroidism but doesn't want to take drugs.

William asks Dr. Wallach about his credentials and how is he qualified to answer medical questions without family history or medical charts.

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Dead Doctors Don't Lie 16 Mar 2015

Monologue

Dr. Joel Wallach begins the show discussing a news article that contends the next generation of children won't live as long as their parents. Doc asserts this is because children aren't getting enough nutrition in their food. Contending that people should not listen to their doctors when it comes to nutritional. Stating that people should be taking supplements before they try to conceive not after conception.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss an opinion piece written by Dr. Steven Nissen the chair of the cardiology department at the Clevenerland Clinic. Dr. Nissen recommends for good heart health to avoid supplements, eat a Mediterranean diet, avoid vitamin E, coenzyme Q10, fish oils and thiks statin drugs are safe. Doc fervently disagrees on all points stating that statin drugs have been linked to increased risk of Alzheirmers and type 2 diabetes.
Callers

Sandra has type 2 diabetes and wants to control her blood sugar without drugs.

Robin has a dog that has a tumor pressing on a major artery near the heart.

Nel is recovering from breast cancer and is considering stopping the chemo treatments.

Sabe has glaucoma and wants to avoid surgery.

Amber's daughter has eczema and severe intestinal cramping.

Greg's sister has ataxia and is looking for natural remedies.

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Dead Doctors Don't Lie 13 Mar 2015

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Monologue

Pharmacist Ben Fuchs fills in for Dr. Wallach beginning the show discussing skin disorders. Contending that skin problems are generally caused by inflammatory foods or digestive problems. Asserting that acne is caused by foods that cause dirty sticky blood. Stating that topical creams are not the way to go when dealing with any skin issue.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning a report from Australia's National Health and Medical Research Council. The report states "Homeopathy is basically a bunch of quackery practiced by delusional people who take their own lives in their hands and might just as well take a sugar pill instead." Ben disagrees stating that homeopathy has been practiced for centuries. He also states that he has seen it work with his own lives.

Callers

Hector's son has a severe skin rash.

Jerry has a friend diagnosed with COPD (chronic obstructive pulmonary disease).

Nelda has been diagnosed with stage 2 breast cancer.

Terry has kidney failure and is currently undergoing dialysis.

Clifford has been diagnosed with dermatitis.

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Monologue

Dr. Joel Wallach begins the show discussing the Mediterranean diet. Asserting that this diet was invented as a marketing campaign to sell Crisco. Outlining the story of how Procter & Gamble bought the rights to the compound. Hiring Dr. Ancel Keyes the president of the American Heart Association to help promote the product. Procter & Gamble gave the American Heart Association $1.7 million a lot of money in the early 1900s. For this gift Dr. Keyes went around the country promoting Crisco as a healthy alternative to butter and other fats.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a trial of a new knee implant. The implant is designed to replace torn meniscus in the knee to hopefully avoid knee replacement surgery. The article also states that once damaged the meniscus can not regrow. Doc takes exception to this statement contending he has seen x-ray proof that the meniscus does regrow when given the raw materials to regrow.

Callers

Barbara has shingles and has questions on how she can control the pain.

JoAnn has pain in her back from a compressed disk.

Kathy has low thyroid function is sensitive to gluten and wants to lose weight.

Marica's husband recently had a heart attack and has four of the major arteries block almost 100%.

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of colorectal cancer. Those eating plants and dairy and eggs limiting fish and meat to less than once a month have a 18% reduced chance of colorectal cancer. Those eating fish or meat at least once a week had an 8% risk reduction.

Callers

Nishi has two questions the first concerns her own diagnosis of myasthenia gravis.

Vicki has been diagnosed with Barrett's esophagus.

Liam has a friend diagnosed with hypertension, melanoma and anxiety attacks.

Mary is on kidney dialysis but wants to get off of it with natural remedies.

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Dr. Joel Wallach begins the show today discussing long lived cultures. Asserting that he studied the longest lived cultures for 20 years and twenty three "common threads". Contending that these cultures don't have health insurance, doctors or pharmaceutical drugs. Stating these cultures put their wood ash in their gardens. Getting minerals into the diets in this manner as the plants grown in their gardens contain the minerals.

Doug Winfrey and Dr. Wallach discuss a news article concerning peanut allergies. Researchers have found that giving babies peanut products early in life reduced the risk of a peanut allergy later in life by 80%. According to the American College of Allergy, Asthma and Immunology an some 400,000 American children have peanut allergies. The team had initially observed that Jewish children in Israel were 10 times less likely to have peanut allergies than British children.

Callers

Tommy has a friend with congestive heart disease, renal failure, high blood pressure, neuropathies and type 2 diabetes.

Alice Faye has a friend who is on kidney dialysis.

Sheryl has a friend who has been diagnosed with a nodule on their thyroid gland.

Kanut has been diagnosed with atrial fibrillation.

Dennis has had hepatitis C for several years and now has liver cirrhosis.

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Monologue

Dr. Joel Wallach starts the show today outlining the story of how America came to be mineral deficient. Stating that once America started heating and cooking without wood minerals began to disappear from our diets. Because prior to that people put minerals in the form of wood ash. Thus getting the minerals in the vegetables from their gardens.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article about the gluten free diet. According to the National Institutes of Health gluten free food products are as much as 242% higher in cost than other food products. A tax specialist interviewed for the article states that those diagnosed with celiac disease and a certificate from their doctor may deduct the difference in cost from other foods. However the tax expert said that people will need to keep meticulous records of how much extra they had to spend to maintain a gluten free diet.

Callers

Doug has a friend diagnosed with an adrenal gland tumor.

Jim had surgery on his eye for a detached retina during the procedure his cornea got scratched.

Zee's brother has been diagnosed with a C-diff infection and carcinoma.

Vandi's mother has been diagnosed with dementia and is on 17 different medications.

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the toilet or pouring into a drain. However, consult your pharmacist or local waste disposal company. Information last revised November 2014.

**Callers**

MaryBeth has questions concerning Alzheimer's.

Jason has ACL reconstruction surgery over a year ago and his knee still hurts.

Naomi's daughter has cerebral palsy and her legs are stiff.

Leo is experiencing chronic diarrhea and dizziness.

Merriam's uncle has been diagnosed with liver cirrhosis.

Estrolita wants to get off of HRT (hormone replacement therapy).

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**Dead Doctors Don't Lie 05 Mar 2015**

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**Monologue**

Dr. Joel Wallach begins the show today outlining several common diseases that nutritional deficiencies. Contending that sugar actually drives many diseases. Citing several diseases that sugar makes worse. Many of these diseases are due to just one single vitamin or mineral deficiency.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article regarding new guidelines released from the World Health Organization. The guidelines call for people to reduce sugar consumption to 5 to 10 percent of all caloric intake. In the U.S. adults get 11 to 15 percent of their calories from sugar and for children it is 16 percent. In Europe consumption of sugar ranges from 7 percent in Hungary and Norway to 17 percent in Britain to almost 25 percent in Portugal.

**Callers**

Cathy has a friend diagnosed with eosinophilic esophagitis.

Gloria has two questions the first concerns her own menopausal symptoms and a heart murmur. Second she has questions regarding her granddaughter who has ADHD.

Liz has high blood pressure and wants to control it without drugs.

Diane recently had a blood panel and was told she has high insulin levels.
Monologue

Pharmacist Ben Fuchs fills in for Dr. Joel Wallach beginning the show discussing caloric intake. Contending that it is important to restrict calories. Asserting that high caloric junk foods are one of the worst things people can take into their bodies. Stating that when people fast the body actually produces a compound that reduces inflammation.

Pearls Of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning migraines. This editorial cites foods that contain tyramine which increases blood pressure and can lead to migraines in some people. They also discuss the importance of a gluten free diet for those with an intolerance.

Callers

Sahara asks Ben about eating a high protein diet.

Connie asks Ben where she can find a cream that she can use to treat scabies and mites.

Darlene's daughter has been diagnosed with cataracts.

David has questions concerning eczema

Steve asks Ben about the ORAC (oxygen radical absorbance capacity).

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Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning the superbug being found in duodeonoscopes. There was the most recent case where eleven people died at a UCLA hospital. According to Dr. John Allen the president of the American Gastroenterological Association the FDA has known about this since 1987. At that time Dr. Allen had 10 patients get infected with pseudomonas bacteria and tracked it down to an infected duodeoscope. Alerting the FDA at that time but the agency did nother other than instructing doctors to "meticulously" clean the instruments by hand.

Callers

Carmen has a friend diagnosed with multiple personality disorder.

Alan is experiencing chronic anxiety attacks.

Nancy has kidney failure and is on dialysis.

Trena has a friend whose child has been diagnosed with a protein deficiency.

Kat has an 80 year old friend who had double knee replacement and now the incision site is infected.

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Dead Doctors Dont Lie 27 Feb 2015

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Monologue

Dr. Wallach starts the show discussing type 2 diabetes. Asserting that 90% of people with diabetes have type 2. Contending that with lifestyle and dietary changes coupled with a nutritional supplement plan the condition can be prevented and reversed.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss two news articles regarding the health. The first article concerns some 6000 federal lawsuits against manufacturors of surgical mesh. This mesh is inserted in women with pelvic organ prolapse a condition where muscles weaken and causing organs to bulge or slip down into the vagina. Women are suing the manufacturors contending they weren't warned about possible complications that leave the women in pain. The next article discussed concerns a report that analyzed 24 previous studies finding that eating "high-glycemic" foods increases the risk of developing type 2 diabetes.

Callers

McKenzie has a friend with rheumatoid arthritis.

Rachel was diagnosed with Lyme's disease three years ago.
Dean has been diagnosed with osteoarthritis and his doctor wants to replace his hips.

Darlene has MS (multiple sclerosis) and called to give a testimonial on how changing her diet and adding a supplement program has reduced her symptoms.

Gina and her sisters all suffer from chronic fatigue.

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**Monologue**

Dr. Joel Wallach starts the show today discussing gluten intolerance outlining what gluten is and how it can damage the small intestines in some people. Asserting that the gluten damages the villi in the small intestine that inhibits the ability of the intestine to absorb nutrients. Leaving people with a host of health challenges everything from skin disorders to more serious conditions like irritable bowel syndrome.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article concerning a study of food additives. A study of mice found that chemicals called emulsifying agents added to thicken foods caused weight gain, inflammation and an increase in blood sugar. Other chemicals in foods changed the composition of gut bacteria. The chemicals also increased triglycerides and blood cholesterol.

**Callers**

Mason has high blood pressure but wants to control it without drugs.

Machin's wife has MS (multiple sclerosis).

Liam has a friend whose mother has fibromyalgia.

Dondrew has chronic osteoporosis and her doctor wants to perform a hip replacement procedure.

Chris has a dog diagnosed with anal cancer.

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Monologue

Dr. Joel Wallach begins the show discussing gluten intolerance. Outlining where gluten can be found and explaining how gluten damages the small intestine. Contending that people can find out more information by listening to his "Cereal Killers" cd. Stating that if people don't change their diets celiac disease will take years off of their lives.

Pears of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning natural remedies for acid reflux. The article states that one in ten Americans experience heartburn symptoms at least once a week. The article recommends avoiding triggers such as alcohol, smoking, medications, fatty foods, citrus fruits, stress and weight gain. Also recommending using baking soda to neutralize stomach acid. The exact opposite of what should really be done. Which is to strengthen the stomach with enzymes and bile.

Callers

Marco has questions about acid reflux.

Katelynn has a friend who has spinal injuries from being struck by a car.

Shawn's girl friend has gastroparesis and heart heart arrhythmia.

Nina has low blood sugar levels, hepatitis C and high blood iron levels.

Gerold's wife has high blood pressure and kidney failure.

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Dead Doctors Dont Lie 24 Feb 2015
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Monologue

Dr. Joel Wallach begins the show today outlining the Youngevity business. Stating that for just $10 people can start a homebased business. Asserting that the business is easy by just talking to people about their health challenges. Contending that while helping people with their health associates can also make a lucrative income.

Pears of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding a study of NSAID usage. A study from Denmark found that 34% patients who had a heart attack were taking NSAIDs (nonsteroidal anti-inflammatory drugs). Unfortunately, these patients were also taking anti-clotting medications and NSAIDs also thin blood. The lead author contends this could lead to bleeding strokes and heart attacks.
Callers

Tommy has a friend whose son has sickle cell anemia.

Susan's dog has a build up of amonia in it's blood.

Cathy's mother is experiencing chronic neuropathies in her feet.

Martaleet has a congenital heart defect, COPD and an enlarged heart.

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Dead Doctors Don't Lie 23 Feb 2015
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Monologue

Dr. Joel Wallach begins the show today discussing failed medical theories. Citing the cause of obesity as one example of a failed medical theory. Contending the medical industry and the government believe obesity is caused by eating too much and lack of exercise. Doc asserts that weight gain and obesity are due to nutritional deficiencies. Same with cholesterol medical doctors told people since the 1920s that cholesterol is bad. Now we find out that cholesterol is actually needed for several body functions.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article about gluten intolerance. A Columbia University found that some people with celiac disease had immune reactions to five groups of non gluten proteins. Recommending that people get their starch from naturally gluten free foods like fruit, potatoes, squash and root veetables.

Callers

Elizabeth has questions about asthma.

Lenny asks Dr. Wallach for a healthy diet that will help him lose weight.

Sue Ellen has been diagnosed with a prolapsed uterus.

Greg has a friend whose doctor has prescribed blood thinners and wonders if his friend can still take the efa product.

Jill wakes up every morning with a migraine.

Nick's wife has been diagnosed with fibroids.

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Dead Doctors Don't Lie 10 Feb 2015

Monologue

Dr. Joel Wallach begins the show today discussing a report that states 40% of American adults are deficient in key nutrients. Stating that the minimum daily requirements has failed us miserably. Contending that these minimum dailys are woefully low and asserts that we should be taking hundred if not thousands of time greater for people to flourish.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on surgical outcomes. A surgeon outlines six things he believes patients should do to insure positive outcomes after surgeries. Asserting people should quit smoking and improve diets to help promote healing after surgery. Surprisingly he also recommends taking supplements but only talks about vitamins A, E and C along with protein. Recommending weight loss for those overweight, manage chronic conditions and follow the surgeons pre-operative and post operative instructions.

Callers

Estrollita has several health challenges including muscle weakness, thyroid problems, essential tremors, MS symptoms and is on HRT (hormone replacement therapy).

Don is a type 2 diabetic trying to control his blood sugar without drugs.

JoAnne is obese, had her gallbladder removed and suffers anxiety attacks.

Donna has bleeding hemorrhoids.

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Dead Doctors Don't Lie 09 Feb 2015

Monologue

Dr. Joel Wallach starts the show discussing congenital birth defects. Citing several common birth defects and stating which nutrients were absent either during conception or gestation. Contending that it is a matter of nutrients during various points in the development of the fetus.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on sleep apnea. The article warns that snoring could be a symptom of a serious health condition. Stating that sleep apnea has been linked to an increased risk of heart disease, hypertension and high cholesterol. Doc disagrees asserting that sleep apnea is a normal behavior. Contending that...
when you watch sleeping animals or babies they also stop breathing briefly. Stating it is a made up condition to sell Cpap machines.

**Callers**

Ed has a follow up call about his high blood pressure.

Allen has questions concerning fibromyalgia.

Sylvia has a rabbit that is having seizures.

William has a friend who has difficulty breathing due to fluid in her lungs.

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**Monologue**

Dr. Joel Wallach discusses the Flexner report commissioned by the Carnigie and J.P. Morgan Foundations. The report outlined which medical schools were teaching pharmaceutical medicine. Then funding those schools through grants to those students. Eventually leading to legislating pharmaceutical medicine as the monopoly in the field.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article about sea cucumbers. Explaining what they are and extolling the health virtues of these bottom dwelling sea creatures. The Chinese have eaten them for years for their health benefits. They are anti-viral, anti-bacterial and have been used to treat gingivitis and gum disease. Also used in conjunction with chemotherapy because of immune boosting properties.

**Callers**

Denise has a friend with a severe rash and chronic fatigue.

Josh has an 8 month old son diagnosed with cystic fibrosis.

Bella has two daughters with scoliosis.

Darryl is a vegan that heard Doc speak and is now eating meat again but also has an enlarged prostate.

Debbie is experiencing diarrhea when she uses the "Healthy Start Pack".
Monologue

Dr. Joel Wallach begins the show today discussing health screening tests. Asserting that people should avoid all of the screening tests doctors want patients to have such as colonoscopies. Contending they can be harmful and lead to false positives which in turn lead to unnecessary tests and procedures. Outlining all of the screening tests that can be performed safely at home.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a study of hospital acquired infection. Researchers finding that on six common surgeries readmissions for infections range between 4% to 15%. These are surgery site infections that resulted in infections from bacteria that entered the incision or from improperly sterilized surgical instruments. With incision infections was the reason from more than 1 in 3 unplanned readmissions.

Callers

Betty has been diagnosed with sarcoma cancer in her lungs.

Dani’s husband has kidney failure and hypertension but doesn’t want a kidney replacement.

David has hepatitis C and liver liver cirrhosis.

Isaac has been diagnosed with a torn miniscus and bone on bone arthritis in his knees.

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multivitamin lowered the risk of cancer by 27% in men with a history of cancer. Lowering risk of cancer by 8% in those with no history.

Callers

Art has a fungal infection from eating whole wheat products.

Imir's brother-in-law is overweight and also has been diagnosed with sleep apnea.

Greg has a friend diagnosed with ALS (amyotrophic lateral sclerosis).

Cathy has several health challenges including toe fungus, hot flashes and sleep deprivation.

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Dead Doctors Dont Lie 02 Feb 2015

Monologue

Pharmacist Ben Fuchs fills in for Dr. Joel Wallach beginning the show discussing connective tissue. Asserting that some 40% of the human body is connective tissue. Outlining the importance of healthy connective tissue for good health. Explaining the various functions of connective tissue and what diseases can occur when the tissue is unhealthy.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning a study of type 2 diabetics. The study found that possibly one in five patients won't respond to exercise. Type 2 diabetics are told to use diet and exercise to control their symptoms. Now it seems that 15 to 20 percent of type 2 diabetics exercise won't help them control blood sugar levels.

Callers

Norkeesha has questions concerning incontinence.

Matt asks Ben about doing fasts and cleanses.

Doreen's father-in-law has been diagnosed with bone on bone arthritis in his knees.

Teresa has a friend diagnosed with lupus.

Amanda has a son diagnosed with autism

Dwayne has been experiencing stomach pain for the last two months

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Monologue

Dr. Joel Wallach starts the show discussing failed medical theories. Explaining that early in man's history disease was thought to be caused by evil spirits. Then humours, bacteria, viruses and finally genetics. Also mentioning how mainstream medicine has told people to avoid salt. Contending this lead to an epidemic of acid reflux.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a study of salt intake. Researchers at Emory University had over 2600 people age 74 fill out dietary questionnaires and followed them for 10 years. Finding that salt intake did not seem to increase the risk of cardiovascular disease, heart failure or death.

Callers

Steve has questions concerning the glucose tolerance test.

Steve has a friend diagnosed with lung cancer

Leo recently discovered he has had a hole in his heart since birth. Although his doctor was giving him medications for congestive heart disease.

Pete has edema in his ankles.

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Monologue

Dr. Wallach starts the show discussing the four types of dementia. Outlining that vascular dementia is caused by damage or blockage of small arteries in the brain. Korsakov's dementia caused by a vitamin deficiency. Wernike-Korsakov's dementia a vitamin deficiency combined with MS (multiple sclerosis). Finally Alzheimer's a loss of the myelin sheath on neural synapses due to cholesterol deficiencies.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss 2 news articles regarding health. The first story concerns a girl who caught on fire after using alcohol based hand sanitizer. Second they discuss a news article concerning Big Pharmas move into Africa to expand market share and income.
Callers

Rick has questions concerning tinnitus.

Charity's dad has been diagnosed with myasthenia gravis.

Mike has concerns over blood in his stool.

Tim has been diagnosed with progressive tremors.

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Dead Doctors Dont Lie 28 Jan 2015

Monologue

Dr. Joel Wallach begins todays show outlining the 5 different forms of dementia. Outlining the cause of each and what nutrients are deficient. Contending that all can be prevented and possibly reversed. Asserting that you won't get nutrients in the food you eat.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding a study from the University of Washington. The study of over 3400 men and women age 65 and older found that some over-the-counter medications increase the risk Alzheimers and other dementias. These medications such as Benadryl, Piriton, Nytol and some older antidepressants increased dementia by 54% and Alzheimers by 63%.

Callers

Renee has a aunt with chronic diarrhea.

Tom asks Dr. Wallach for his opinion of eating BBQ.

Michael asks Dr. Wallach for a substitute for the Youngevity's "Gluco Gel" product.

Rhonda's sister has hypertension and wants to lose weight.

Madeline's niece has been diagnosed with rheumatoid arthritis.

Robin has a friend whose pet monkey is having seizures.

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Monologue

Dr. Wallach starts the show discussing a news article concerning a study on marathon runners and any link to increased risk of cardiomyopathy heart attacks. The study results indicate these runners are no more likely to die from a heart attack than the general public. Doc asserts that any deaths due to cardiomyopathy heart attacks are not acceptable. Contending this type of heart attack are caused by a selenium deficiency.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss two news articles that relate to topics Dr. Wallach discusses frequently. The first is a study from Sweden that people who ate processed bacon or sausage (1.8 ounces) daily had a 20% increased risk of pancreatic cancer. Those who consumed 3.5 ounces had 38% increased risk and those eating 5.3 ounces had a 57% increased risk of pancreatic cancer. Next they discuss a study from Denmark people who drinking one liter of regular soda daily had 25% more fat surrounding organs and nearly doubled the amount of fat in the liver and muscle.

Callers

Pat has diverticulitis and has questions regarding the gluten free diet.

Marcus’s mother has several health challenges including gall stones, dizziness, type 2 diabetes and high blood pressure.

Mathew has been diagnose with an abdominal aneurysm.

Ruth's dog is having seizures.

Bruce recently became aware that he has type 2 diabetes.

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**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article about contaminated scopes in Seattle. These endoscopes infected 32 people with drug resistant bacteria. Eleven of those infected ultimately died. However the authors were quick to point out that these people were already critically ill. The same scenario played out in Pittsburgh in 2012 and Chicago in 2014. Although the hospitals were following the manufacturers guidelines for sanitizing between patients. These same guidelines were approved by the FDA.

**Callers**

Doug has questions concerning a friend who had their gall bladder removed.

Renee’s daughter has been diagnosed with an unspecified "autoimmune disease".

Lisa has been diagnosed with myasthenia gravis.

Elizabeth has a dog that keeps licking it's paws.

Ed has high blood pressure that he is trying to control without drugs

Bill is in a nursing home with MS (multiple sclerosis).

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**Dead Doctors Dont Lie 23 Jan 2015**

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**Monologue**

Dr. Joel Wallach begins the show discussing a news article concerning an endoscopy that was not properly sanitized. Causing several patients to get gravely ill. Doc citing the statistics of how many people get infections in hospital and clinical settings. Contending that if any other industry infected, injured or killed that many people it would be shut down.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article regarding weight gain. Citing several studies that found people eat more when dining with someone else. People were also more likely to be obese if the significant other is heavy. Finally one study found that when people ate with 7 or more other people they were 96% more likely to eat more than normal.

**Callers**

Deloris has questions about how to deal with hot flashes.

Peggy is using Youngevity's "ASAP" product to lose weight but is having difficulty losing more weight.

Tara thinks she might have a low functioning thyroid.
Jason lives in California and is concerned about radiation coming from Japan.

Lisa has questions regarding acid reflux.

**Monologue**

Dr. Wallach starts the show discussing longevity and health. Citing the numbers of medical mistakes that occur every year in the U.S. Counting that 180,000 Medicare patients are killed every year.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article concerning unnecessary tests, procedures and other treatments. Several medical societies have gotten together and compiled a list of these that they believe are performed too often unnecessarily. This is all part of a campaign called "Choosing Wisely" organized by the American Board of Internal Medicine's foundation. Their aim is to educate patients to question the necessity of these tests and treatments in an effort to get doctors to stop performing useless procedures.

**Callers**

Patricia had a stroke and asks Dr. Wallach's advice on how she can manage her symptoms with nutrition.

Melissa is a schizophrenic and wants to use nutrition to control her condition.

Victor has metabolic syndrome and wants to control his symptoms with a nutritional supplement program.

Shannon has a friend whose son has mild MD (muscular dystrophy).

Fred has allergic reactions when he consumes red meat.

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Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning a study of sedentary lifestyles. Researchers in Canada analyzed the data from 47 previous studies of sedentary behavior. Finding that sitting several hours a day increases the risk of death from cardiovascular disease, cancer or type 2 diabetes. In fact sitting for 8 to 12 hours daily increases the risk of type 2 diabetes by 90%.

Callers

Stephanie has a friend diagnosed with kidney failure and is on dialysis.

Donna's father has torn rotator cuffs in both shoulders.

Gary has a friend whose child has been diagnosed with arthritis.

Amir has a friend that wants to prevent getting breast cancer.

Trina's sister has had fibromyalgia for several years.

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Dead Doctors Dont Lie 20 Jan 2015
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Monologue

Dr. Wallach starts the show discussing a news article concerning hospice care. In recent years the cost of hospice care has increased by 70%. Doc asserts this is because doctors are milking the system by unnecessary tests and procedures.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on hypertrophic cardiomyopathy. The story centers around a specific family who has had several members die from this disease. The article states that it is an autosomal dominant genetic condition which Dr. Wallach vehemently disagrees. Asserting that cardiomyopathies are caused by a selenium deficiency.

Callers

Joan has a friend whose daughter has been diagnosed with ADHD.

Mike has a friend diagnosed with porphyria a rare neurological condition.

Frank's wife has Parkinson's disease.

Mary has a follow-up call concerning her husband who has a glioma.
Pharmacist Ben Fuchs fills in for Dr. Joel Wallach beginning the show discussing a news article on nutritional supplements. Citing a news article that is critical of the “Beyond Tangy Tangerine”. Ben debunks the article citing places in the article where false claims were made about the product. Stating how good the product is and why he uses it every day.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning a study of aspirin use. The study found that of those in the study some 6% were taking daily aspirin who shouldn't be taking it. The study authors contend that people who have not had a heart attack or stroke are at a low enough risk they don't need to take the aspirin. Citing the many negative side effects associated with taking aspirin such as bleeding.

Callers

Erica is a type 2 diabetic diagnosed with trigeminal neuralgia.

Rose has a friend whose child suffered a severe brain injury.

Marion's son has been diagnosed with rhabdomyolysis.

Dr. Wallach starts the show discussing some of the history of medicine. Citing a story of how centuries ago herbalists were burned at the stake as witches. Telling the story of Dr. Semmelweis who was a pioneer in antiseptic medicine. Whose ideas were rejected at the time and he was put into a mental institution where he later died. Outlining his own story of how he was fired for discovering that cystic fibrosis is a nutritional deficiency during pregnancy.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on a growing pattern of doctors and nurses being fired for whistle blowing on overuse of tests and procedures. The Mayo Clinic recently found that doctor burnout rate is at 46% due to hospital mergers and a disconnect between those setting policy and those providing care.
Callers

Wendy has several health challenges including breast cancer, restless leg syndrome, IBS and hypertension.

Greg has questions concerning his mother who has been diagnosed with a urinary tract infection.

Bonnie has a friend diagnosed with Bells palsy.

Julie's mom has several health challenges including atrial fibrulation, hypertension, congestive heart failure and obesity.

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Dead Doctors Don't Lie 15 Jan 2015
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Monologue

Dr. Wallach starts the show discussing type 2 diabetes. Outlining what causes the disease as well as how to prevent getting it. He also asserts that type 2 diabetes can be reversed through lifestyle changes and nutritional supplementation.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach continue discussing type 2 diabetes. As a news article states the International Diabetes Federation is stating that by 2030 552 million adults will have the disease. That means that one out of every ten adults will have type 2 diabetes. The article outlines five lifestyle changes that can reduce type 2 diabetes by 80%. Recommending a healthy diet, exercise, normal body weight, no smoking and moderating alcohol consumption.

Callers

Paul's wife suffers from chronic nausea.

Lee has been diagnosed with sclera derma and type 2 diabetes.

Bill has a friend who has been diagnosed with Milroy’s disease.

Darlene has MS (multiple sclerosis) and wants a nutritional supplement protocol.

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Dead Doctors Don't Lie 14 Jan 2015
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Monologue

Pharmacist Ben Fuchs fills in for Dr. Joel Wallach beginning the show discussing a story that the FDA has approved beta blocker drugs for rosacea a skin condition. Then outlining the many terrible side effects caused by beta blockers. Also contending there are natural ways to deal with rosacea.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article concerning "natural flavors". Explaining the differences between natural and artificial flavors. Also stating why the artificial and natural flavors are added to foods. Doug and Ben assert that people should avoid the processed foods that contain these flavorings.

Callers

Carmen's mother has been diagnosed with a tumor she also has hypertension and type 2 diabetes.

Bellamy has questions concerning a friend diagnosed with viral encephalitis.

Reed has had hiccups for over a year.

Kat has a friend who has high blood calcium levels and her doctors told her to stay away from calcium rich foods and supplements.

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Dead Doctors Dont Lie 13 Jan 2015

Monologue

Pharmacist Ben Fuchs fills in for Dr. Joel Wallach beginning the show discussing connective tissue. Outlining the importance of healthy connective tissue and what nutrients are necessary. Contending that people can't get all the nutrients needed for healthy connective tissue from their food.

Pearls of Wisdom

Doug Winfrey and Ben Fuchs discuss a news article BPA and BPS. A study from the University of Calgary found problems with the chemical compound (Bisphenol S) that replaced BPA (Bisphenol A) that was banned by the FDA from use in baby bottles. Researchers found very very low doses changes in brain development of zebra fish. BPA was pulled because of connections to increased risk of obesity, cancer, anxiety and hyperactivity.

Callers

Elizabeth has questions regarding type 2 diabetes and asthma.
Angel has two questions the first concerns a friend with cluster headaches. Second she has questions regarding her husband's tinnitus.

Connie's mom has several health challenges including gastritis, acid reflux and has had her thyroid removed.

Scott has questions concerning anxiety.

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**Dead Doctors Dont Lie 12 Jan 2015**

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**Monologue**

Dr. Joel Wallach begins the show discussing the story of "Crisco". Invented in 1901 by German scientists as a lubricant for submarines. Then sold to the Protor & Gamble soap company who then made a deal with the then fledgling American Heart Association. The soap company then gave the American Heart Association $1.7 million dollars for an ad campaign to promote the health benefits of cooking with "Crisco". The campaign stated that "Crisco" is a healthier alternative to animal fats found in dairy products.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a news article concerning fraudulent dentistry. It's known that Medicare and Medicaid are defrauded by the medical industry every year for billions of dollars. It's now coming out that Medicaid and the Children's Health Insurance Program are being charged for costly unnecessary procedures. Most of these overcharges are from two major dental chains "Kool Smiles" and "Small Smiles".

**Callers**

Kathy's brother-in-law has had rheumatoid arthritis for the past 15 years.

Michael's daughter has chronic severe migraines.

Naomi has questions concerning a friend that has had multiple miscarriages.

Pushpa has questions about muscle pain in her arm.

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**Dead Doctors Dont Lie 09 Jan 2015**

Download File
Monologue

Dr. Wallach starts the show discussing gluten intolerance. Asserting that 30% of Americans are gluten intolerant leading to several health challenges. Contending there are epidemics of chronic diseases such as diabetes, heart disease and cancer.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article regarding baby boomers who are living longer but aren't healthy. The author contending there are impending increases in hypertension, high cholesterol, diabetes and obesity. Doc asserts that all of the afore mentioned conditions are actually preventable and reversible with nutritional supplementation.

Callers

Doug has a friend diagnosed with degenerative disk disease.

Jerry's son has MD (muscular dystrophy).

Sandy has been diagnosed with polymyalgia rheumatica.

Mary's husband has hypertension.

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Dead Doctors Don't Lie 08 Jan 2015

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Monologue

Dr. Joel Wallach begins the show discussing fraudulent billing by hospitals and doctors. Asserting that 85% of all bankruptcies are because of medical bills. Citing a news article that asserts 30 cents out of every medical bill dollar is fraudulent. Totalling $750 billion every year in America. Doc continues citing the statistics of how many people are killed, infected and injured every year.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article about a woman who got a huge medical bill because she went to the wrong hospital. The woman was involved in a workplace accident that left her unconscious. The medical personnel took her to the nearest hospital not knowing that hospital was out of network for the woman's insurance. While her in network hospital was just three blocks farther down the road.

Callers

Pushpa has a torn muscle in her arm and her doctors want to operate.

Mary is a type 2 diabetic having difficulty controlling her blood sugar levels.
Michael has rheumatoid arthritis and wants to manage the symptoms without drugs.

Estella has chronic high blood pressure.

Sally has friend with sickle cell enemia who also contracted MRSA while in the hospital.

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**Dead Doctors Don't Lie 07 Jan 2015**

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**Monologue**

Dr. Wallach starts the show discussing his theory of why mineral supplementation is important for good health. Asserting that when it comes to health Americans are moving in the wrong direction. Citing a study that claims children born in 2001 will not outlive their parents.

**Pearls of Wisdom**

Doug Winfrey and Dr. Wallach discuss a study on chronic illnesses in children. The study was originally designed to assess the overall health of American children by comparing disease rates to access to healthcare, race and ethnicity, state of residence and special needs status. What they found was that 43% of children suffer from at least one of 20 conditions considered in the study which did not include obesity and weight gain. When obesity and weight gain were considered the rate jumped to 54.1%.

**Callers**

Carl has a friend whose child has been diagnosed with ADHD.

Doug has a friend whose wife has been diagnosed with breast cancer.

Keith has a friend whose doctor wants to transplant his kidneys.

Arthur has been diagnosed with hyperparathyroidism and doctor wants to remove his parathyroid.

Gary's wife has been diagnosed with atrial fibrulation.

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**Dead Doctors Don't Lie 06 Jan 2015**

Download File
Monologue

Dr. Joel Wallach begins the show discussing disease states that are known to be caused by nutritional deficiencies. Citing several of these such as beriberi, scurvy and one form of dementia. Then stating which nutrient is deficient and asserting that for good health people need all 90 of the essential nutrients. Contending these are "essential" because the body can't make these nutrients.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article concerning a study from the University of California-San Francisco. The project called "Sugar Science" reviewed more than 8000 papers and found that there that are links to added sugar consumption and type 2 diabetes and liver and heart disease. Also finding that the average American eats 19.5 teaspoons of added sugar daily.

Callers

Fay has been diagnosed with ovarian and stomach cancer.

Sandra has several health challenges including hypertension, high blood sugar levels, type 2 diabetes and constipation.

Sherry has questions regarding her dog's enlarged heart.

Rasheed has been experiencing vertigo for the past several weeks.

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Dead Doctors Dont Lie 05 Jan 2015
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Monologue

Dr. Joel Wallach begins the show today discussing health and longevity. Asserting that the longest living peoples are always in third world countries. Without medical doctors or health insurance just living simple lifestyles. Contending doctors have it all wrong citing a study that found taking statin drugs increases the risk of type 2 diabetes.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on hand washing. A study found that only 5% participants in the study wash their hands properly. While 23% wash their hands but don't use soap and 10% don't wash their hands at all. Study authors state that proper hand washing should take 30 to 40 seconds with soap.

Callers

Doreen's uncle has low platelet counts and fluid in his lungs.

Linda's brother has stage 4 bladder cancer.

https://semanticommunity.info/Data_Science/Data_Science_for_Natural_Medicines/Dead_Doctors_Don't_Lie_Radio/Dead_Doctor
Anthony has two questions the first concerns a friend who is a type 2 diabetic with chronic pneumonia. Second he has question regarding a friend with asthma.

Rebecca has been diagnosed with fibromyalgia.

Betty has been diagnosed with stage 4 kidney failure.

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