# Intelligent Medicine Radio for December 14

written by Dr. Ronald Hoffman | December 16, 2024



## Intelligent Medicine Radio for December 14, Part 1: Parasites

Borrowing from tobacco industry litigation, law firm launches major suit against ultra-processed food conglomerates; Big Food employs same tactics as cigarette makers once did to delegitimize, intimidate critics; Are parasites the hidden culprit in cancer? Beers contain detectable levels of pesticides—as new evidence links glyphosate to neurodegenerative diseases; For some breast cancers, weight loss drugs may interfere with chemo efficacy; How to lower C-reactive protein? Ultra-processed foods contribute to psoriasis severity.

## Intelligent Medicine Radio for December 14, Part 2: Best Diet for Prostate Cancer

When hemoglobin A1c is inconsistent with fingerstick glucoses; A landmark study demonstrates improved muscle strength with urolithin A; Healthy diet can tamp down chronic pain; A mysterious new toxic compound detected in chlorinated water supplies; Long-term antibiotic use hikes risk for rheumatoid arthritis; Omega-3 scores vs. heart failure; Vegetarians consume more processed foods than those who consume meat; Best diet for prostate cancer.

### References & Resources

**Exclusive warning as experts discover weight loss jabs like Ozempic render breast cancer chemo ineffective**

By Emily Stearn, DailyMail.com  December 12, 2024

**Ultra-processed foods implicated in psoriasis activity**
*JAMA Dermatology*. doi:10.1001/jamadermatol.2024.4832

**Study reveals lasting effects of common herbicide on brain health**
*Journal of Neuroinflammation*, 2024; 21 (1) DOI: 10.1186/s12974-024-03290-6

**Beer weed killer score**
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**New study reveals intimidation tactics against researchers by tobacco, ultra-processed food and alcohol sectors**
*Health Promotion International*, Volume 39, Issue 6, December 2024, daae153

**Morgan&Morgan files lawsuit over allegedly harmful, addictive ultra-processed food**
Morgan & Morgan America’s Largest Injury Law Firm

**Some ultra-processed foods are as addictive as cigarettes and cocaine**
By Mikaela Conley, usrtk.org  Feb 28, 2024

**Vegetarians consume more ultra-processed foods than those who regularly eat meat**
By Bob Yirka, Medical Xpress  November 27, 2024

**Study shows omega-3 protects against heart failure**
Mayo Clinic Proceedings Volume 99, Issue 12p1857-1859December 2024

**A healthy diet helps the weight battle with chronic pain**
University of South Australia,  December 9, 2024

**Long-term antibiotic use may elevate risk for rheumatoid arthritis**
by Mary Stroka  Rheumatology Advisor  December 4, 2024

**Scientists identify previously unknown compound in drinking water**
*Science*, 2024; 386 (6724): 882 DOI: 10.1126/science.adk6749

**Urolithin A’s benefits for muscle strength and endurance get RCT boost**
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