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
robertlufkinmd.com

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
Journal of the International Society of Sports Nutrition, *21*(1). https://doi.org/10.1080/15502783.2024.2419388