# Intelligent Medicine Radio for December 21

written by Dr. Ronald Hoffman | December 23, 2024



## Intelligent Medicine Radio for December 21, Part 1: 2024—A Year in Review

2024—a year in review (America's worsening health picture); Obesity and cancer incidence rise in U.S. while healthspan declines; First-of-its-kind lawsuit takes aim at ultra-processed food makers; Nutritional support for childhood developmental disorders; Dr. Mark Hyman, integrative pioneer, gets the New York Times treatment; Can a blood pressure medication cause canker sores? Curbing Omega-6s, boosting Omega-3s, improves prostate cancer outcomes.

## Intelligent Medicine Radio for December 21, Part 2: Wine is Good for Heart After All

New study says wine is good for heart after all—but should we drink more? How alcohol increases aggression by raising pain thresholds; Removing plastic chemicals can boost IQ, avert deaths, and save the world's economy billions; Uterine thickening may be a prelude to endometrial cancer—can it be reversed? NIH study of green tea suggests it can; A new diagnosis of Sjögren's syndrome has a caller spooked; Is the Internet making us dumber? Vitamin D in pregnancy gives kids stronger bones, but strikes out for diabetes prevention in healthy seniors; Dietary—but not supplemental—vitamin C curbs metabolic syndrome.

# References and Resources


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**Obesity increases risk of mental disorders throughout life**
Complexity Science Hub Vienna 05/30/23

**How RFK Jr's long time friend Mark Hyman built a wellness empire**
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**A low omega-6, omega-3 rich diet and fish oil may slow prostate cancer growth**
*Journal of Clinical Oncology*, 2024; DOI: 10.1200/JCO.24.00608

**Dietary sources of vitamin C May lower risk for metabolic syndrome**
*Metabolic Syndrome and Related Disorders,* Published Online: 28 October 2024

**Cardiovascular protection tracks with wine intake, now provable with urinary marker**
By Nicole Lou, PREDIMED trial. Medpage today December 18, 2024

**Science update: green tea compound may inhibit processes promoting uterine fibroid growth, NIH-funded study suggests**
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**Taking high-dose vitamin D supplements for five years did not affect the incidence of Type 2 diabetes**
By JyrkinVirtanen, Townsend Letter December 13, 2024

**Prenatal vitamin D supplementation increased bone density in children**
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Is the internet impairing your medical memory
By Nikhil Bhaskar, MSc, and Edward Feller, MD, Medpage Today November 19, 2024

**The benefits of removing toxic chemicals from plastics**
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**'I don't feel your pain': How alcohol increases aggression Study finds link to increase in pain threshold**
*Journal of Studies on Alcohol and Drugs*, 2024; DOI: 10.15288/jsad.24-00144

**Aphthous ulcer-a rare effect of losartan**
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