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

Research in 4 continents links outdoor air pollution to differences in children's brains
Developmental Cognitive Neuroscience, Volume 69, October 2024, 101436

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
By Brendan Borrell, New York Times 12/18/24

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
Scientific Reports. 2023. https://doi.org/10.1038/s41598-023-35212-6

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
The American Journal of Clinical Nutrition, 120(5), 1134–1142. **doi**:10.1016/j.ajcnut.2024.09.014.

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
PNAS 121 (52) e2412714121

'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
Indian Journal of Pharmacy Practice, 2023; 16(2):163-165