# Intelligent Medicine Radio for January 11

written by Dr. Ronald Hoffman | January 13, 2025



## Intelligent Medicine Radio for January 11, Part 1: Does toasting bread make it carcinogenic?

Announcing the return of Intelligent Medicine to WOR 710 AM in New York City—its original home where the show debuted in 1988! Which is better—being thin or being fit? Why you shouldn't succumb to pitches for "free" medical devices from Medicare; Does toasting bread make it carcinogenic? Belgium takes lead in protecting the "Anxious Generation" by banning cell phones in schools; The remarkable health benefits of urolithin A (Mitopure®).

## Intelligent Medicine Radio for January 11, Part 2: Why 70 is the New 60

"Active holistic therapy" for prostate cancer with diet and fish oil helps defer need for surgery, hormone blockade, radiation; Why 70 is the new 60; Long-term harmful effects of acid-blockers; Do memory supplements pass the blood-brain barrier? Fish oil, krill oil, olive oil for cardiovascular prevention; Paxlovid aggressively promoted but overprescribed for otherwise healthy patients.

# References and Resources

**The NCA guide to coffee & prop 65**
ncausa.org

**Does burnt toast cause cancer?**
Cancer Research UK

**Being in shape is better for longevity than being thin, new study shows**
By Gretchen Reynolds The Washington Post  January 8, 2025

**Consumer alert: urinary catheter scams**
oig .hhs.gov

**Children start their day at the Bogaerts International School near Brussels by putting their smartphones in a locker**
By Peter Haeck, Politico  September 2, 2024

**Why 70 is the new 60 for many baby boomers**
By Sarah Knapton, The Telegraph  December 19, 2024

**Pfizer bumps up revenue outlook by $1.5B in Paxlovid rebound amid criticism from activist investor Starboard**
By Zoey Becker, Fierce Pharma October 10, 2024

**Active Holistic Surveillance: The Nutritional Aspect of Delayed Intervention in Prostate Cancer**
J Nutr Metab. 2016 May 5;2016:2917065. doi: 10.1155/2016/2917065

**No, moderate drinking won’t give you cancer**
By Allysia Finley, WSJ January 5, 2025

**Adverse effects associated with long-term use of proton pump inhibitors**
Cureus. 2021 Jan 18;13(1):e12759. doi: 10.7759/cureus.12759

**Paxlovid COVID treatment is most beneficial for unvaccinated people with risk factors. Others may not need it**
By Riis Williams edited by Lauren J Young, Scientific American  April 12, 2024