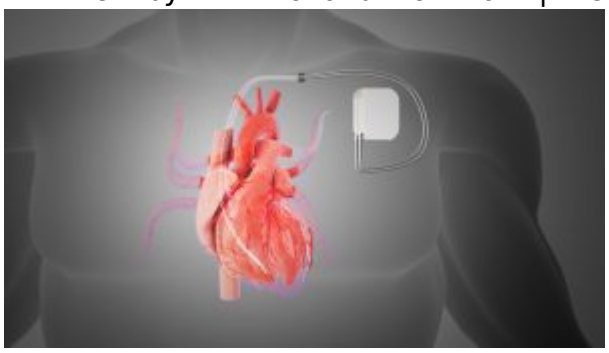
Intelligent Medicine Radio for February 1

written by Dr. Ronald Hoffman | February 3, 2025



Part 1: Potent Immune System Support

The exorbitant cost of new drugs touted for psoriasis in direct-to-consumer ads highlights everything wrong with our medical system; When gastric bypass surgery sends blood sugar out of control; A campaign to ban ultra-processed foods from school meals may help alleviate nutritional threats to kids—but healthy eating begins at home; With winter viruses making the rounds, a remarkable supplement offers potent immune system support.

Part 2: Bright Light Therapy

What are the downsides of pacemakers? Rethinking low-protein diets for chronic kidney disease; Bright light therapy and creatine alleviate depression; Withdrawal from World Health Organization assailed—but the U.S. can’t afford to abdicate to its flawed dietary recommendations; Does a positive ANA blood test necessarily mean you’re destined to develop an autoimmune disease? Unprecedented levels of sedative drug abuse among young people calls attention to “Anxious Generation.”

References and Resources

Ban Ultra-processed food from school meals
Metabolic Revolution-there is a petition

What drug was worth more than a half a billion dollars to advertise directly to consumers?
By Edward H LIvingston MD FACS, Sensible Medicine: Substack January 25, 2025

Living with your pacemaker
heart.org

Researchers track sharp increase in diagnoses for sedative, hypnotic and anxiety use disorder in young adults
Addiction, 2025; DOI: 10.1111/add.16749

Efficacy and safety profile of oral creatine monohydrate in add-on to cognitive behavioral therapy in depression: An 8-week pilot, double-blind, randomized, placebo-controlled feasibility and exploratory trial in an under-resourced area
Eur Neuropsychopharmacol. 2025 Jan;90:28-35. doi: 10.1016/j.euroneuro.2024.10.004. Epub 2024 Nov 1. PMID: 39488067

Bright light therapy for non-seasonal depressive disorders
JAMA Psychiatry. 2025;82(1):38–46. doi:10.1001/jamapsychiatry.2024.2871

Devices that may interfere with ICDs and pacemakers
heart.org

A healthy lifestyle-WHO recommendations
World Health Organization (WHO) May 6, 2010

Rethinking protein intake & kidney health
Video: Chronic Kidney Disease and Therapeutic Carbohydrate Restriction
Kidney360. 2022 Jun 22;3(9):1611–1615. doi: 10.34067/KID.0001002022