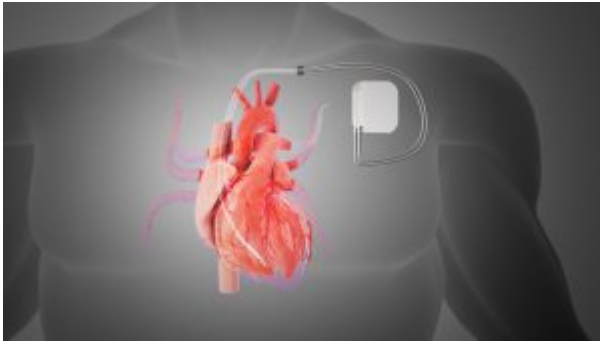


# Intelligent Medicine Radio for February 1

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