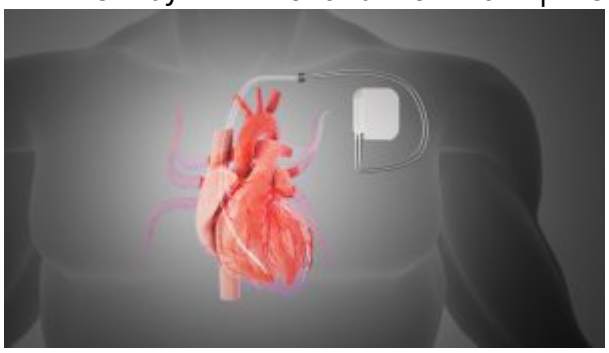
# Intelligent Medicine Radio for February 1

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**
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**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