# Intelligent Medicine Radio for February 15

written by Dr. Ronald Hoffman | February 17, 2025

## Part 1: Mercury Content in Tuna

A Super Bowl commercial for weight loss drugs causes an uproar; Adding a familiar amino acid to tuna reduces mercury content; Rethinking epidural shots for back pain; CV Sciences debuts innovative new CBD gummies, drinks.

## Part 2: Vitamin D and Thyroid

Taxpayers dollars went to doxxing opponents of pesticides, GMOs; Strontium for fracture healing? Vitamin D helps thyroid; Study highlights harmful effects of ultra-processed foods on cognition; Brain function needn’t decline with age, may improve

## References and Resources

**Mercury content in tuna can be reduced with new packaging solution**
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By Dani Blum, NY Times Feb 7, 2025

**‘We cannot stay silent’: Novo Nordisk flags dangers of compounded GLP-1’s following Hims&Hers Super Bowl ad**
By Andrea Park, fiercepharma.com February 12, 2025

**Epidural steroid shots for back pain have limited efficacy, review shows**
By Judy George, Medpagetoday.com  February 12, 2025

**US taxpayers funded a covert campaign to downplay the risks of pesticides and discredit environmentalists in Africa, Europe, and North America**
Lighthouse Reports  September 27, 2024

**Differential association of Ultra-processed food categories with risk of developing cognitive impairment in middle-aged and older adults in a longitudinal panel study**
Am J Clin Nutr. 2025 Feb 12:S0002-9165(25)00076-0. doi: 10.1016/j.ajcnut.2025.02.008. Epub ahead of print. PMID: 39952327

**Thyroid function improved with vitamin D supplementation program**
Grassroots Health Nutrient Research Institute  July 21, 2021

**Improving with age**
By Lydia Denworth, Scientific American September 1, 2024

**Climate change is changing astronomy**
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