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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Millions will see this Super Bowl ad. Health experts (and two senators) aren't pleased.
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
By Seven Rasmussen, Scientific American September 1, 2024