

# Intelligent Medicine Radio for May 26: Biden Prostate Diagnosis

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## Intelligent Medicine Radio for May 26, Part 1: Biden Prostate diagnosis

Biden's prostate cancer diagnosis is a teachable moment for American men; Is BPC 157 a viable treatment option for a knee injury? Biden officials suppressed reports of Covid vaccine risks; New guidelines narrow Covid booster recommendations to seniors and immunosuppressed; What to give a 5 yr old for seasonal allergies?

## Intelligent Medicine Radio for May 26, Part 2 : New York Times "exposé" maligns natural options for Alzheimer's

New York Times "exposé" maligns natural options for Alzheimer's; Creatine, probiotics, and rosemary-derived medication show promise for dementia; Exercise reverses aging clocks in human study; Alternating slow walking with short bouts of maximal effort supercharges health benefits; Novel blood and urine tests aid researchers by revealing who's consuming ultra- processed foods; Can you get shingles in the mouth? Addressing anxiety when medications haven't worked

## References and Resources

### **Probiotics in childhood: allergic illness and respiratory infections**

J Clin Gastroenterol. 2012 Oct;46 Suppl:S69-72. doi: 10.1097/MCG.0b013e318266fea7

### **Biden officials knew about potential COVID-19 vaccine risks-and took steps to downplay them: scathing Senate report**

By Ryan King, NYPost.com May 21, 2025

### **FDA tightens requirements for COVID vaccine, adding trials for healthy adults**

By Michael Erman, Reuters May 20, 2025

### **Compound found in common herbs inspires potential anti-inflammatory drug for Alzheimer's disease**

The Scripps Research Institute, March 10, 2025

### **An expensive Alzheimer's lifestyle plan offers false hope, experts say**

By Lindsay Gellman, NYT May 21, 2025

### **Creatine monohydrate pilot in Alzheimer's: Feasibility, brain creatine, and cognition**

*Alzheimer's Dement.* 2025; 11:e70101

### **Creatine as a therapeutic target in Alzheimer's disease**

Curr Dev Nutr. 2023 Sep 29;7(11):102011. doi: 10.1016/j.cdnut.2023.102011

### **Original research article exploring the acute and chronic effects of a multi-strain probiotic supplement on cognitive function and mood in healthy older adults: A randomized controlled trial**

The American Journal of Clinical Nutrition Available online 11 April 2025

### **Your washing machine may not actually rid clothes of harmful bacteria**

By Chris Simms, NewScientist April 30, 2025

### **12-year physical activity trajectories and epigenetic age acceleration among middle-aged and older adults**

Biological Research for Nursing. 2025;0(0).doi:10.1177/1099800425133

### **Effects of high-intensity interval walking training on physical fitness and blood pressure in Middle-aged and older people**

