Intelligent Medicine Radio for May 26: Biden Prostate Diagnosis

written by Dr. Ronald Hoffman | May 26, 2025



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
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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

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