# Intelligent Medicine Radio for December 6: War Against Ultra-Processed Foods

written by Dr. Ronald Hoffman | December 8, 2025

First shots fired in war against ultra-processed foods; Early smartphone use linked to mental harms in kids; Revolutionary study highlights anti-aging benefits of collagen supplementation; Creatine gummies flunk potency tests; How exercise slows cancer and forestalls dementia; Fructose may stoke body-wide inflammation; What causes bleeding gums? And more!