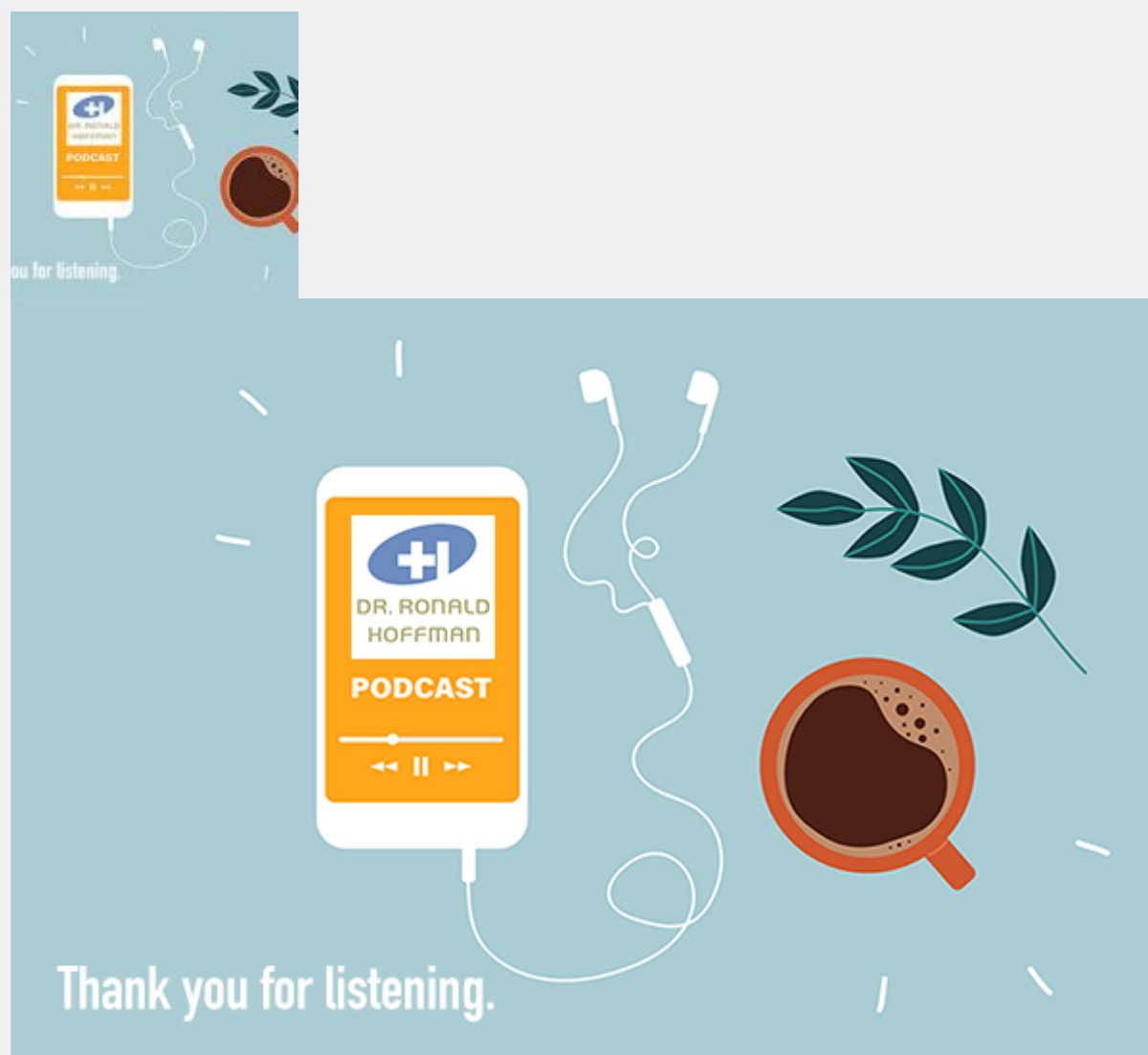


The Top Ten Intelligent Medicine Podcast Episodes of 2022



Each year, at holiday time, I compile a list of the year's top podcast episodes. It's become an annual *Intelligent Medicine* tradition. This year, it takes on special significance because our faithful listeners have propelled the Intelligent Medicine podcast across the momentous threshold of *10 million individual downloads!*

Additionally, the podcast enjoys a 4.4/5 star rating on *iTunes*. Judging from the comments, we're doing something right.

Thanks, again, to you, our *Intelligent Medicine* listeners, and please find time during the holiday lull to listen to some of these important episodes from 2022!

Brain Energy—A New Paradigm Destined to Revolutionize Modern Psychiatry: Dr. Christopher Palmer, a Harvard psychiatrist, decries the lack of efficacy of modern psychiatric drugs and points to a revolutionary solution based on reactivating underperforming brain regions—a ketogenic diet. Read my review of *Brain Energy* [here](#).

The Benefits and Limitations of Intermittent Fasting: Reducing your eating window to just 8 or 10 hours a day may aid weight loss, but it does so much more: TRF has been demonstrated to reboot metabolism, provide some of the benefits of a keto diet, promote autophagy and cellular resilience, with disease-fighting and anti-aging

potential.

Rapamycin—a Potential Anti-Aging Therapy: Could a drug used to prevent organ rejection extend life? Many longevity enthusiasts are taking it. Ross Pelton shares exciting results from early trials suggesting that Rapamycin might be a potent anti-aging therapy.

Uric Acid—Why it's So Important: Dr. David Perlmutter, integrative neurologist and author of "Grain Brain," discusses his new book: *Drop Acid: The Surprising New Science of Uric Acid—The Key to Losing Weight, Controlling Blood Sugar, and Achieving Extraordinary Health*. It's not just about gout. An often ignored blood test highlights many crucial metabolic threats—and there are natural ways to fix it.

The Epidemic You Never Heard of: Alpha-gal syndrome, a tick-borne intolerance to red meat, is among America's most mysterious and under-diagnosed conditions; many health professionals are woefully ignorant of this malady.

Mast Cell Activation Syndrome (MCAS): MCAS is a diagnosis that offers a new way of understanding patients with a wide array of elusive symptoms resistant to conventional therapy, beyond mere classical allergies like hives, nasal congestion and wheezing. They may include headaches, psychiatric symptoms, gastrointestinal problems, and even gynecological and urological complaints. Certain medications can help treat it, along with diet and natural supplements like quercetin, DAO, and luteolin.

Dr. Peter McCullough Weighs in on Covid Missteps: Dr. McCullough tells the story of doctors who developed a safe and effective early treatment for COVID-19 and their battle with the Bio-Pharmaceutical Complex that suppressed it. He recounts his experiences with censorship and cancellation for his outspoken views.

Could Lifestyle be the Key to Enhancing Covid Resilience? A new paper demonstrates the roles that obesity, poor diet, smoking, and inadequate sleep play in setting the stage for poor Covid outcomes. The surprising disparity between US regions with healthier, more active populations versus sedentary precincts within "food deserts" spotlights the important role lifestyle plays as a mediator of Covid severity.

Combatting Misinformation About Vitamin D: Recently, headlines have proclaimed that vitamin D is ineffective, that we shouldn't bother testing for it, and that most people shouldn't bother taking it. Vitamin D, far from being just a "bone vitamin", can impact a wide range of conditions ranging from dementia and Alzheimer's, cardiovascular disease, diabetes, mood disorders, and cancer. How has messaging about vitamin D gone wrong?

The Great Plant-Based Con: Why Eating a Plants-Only Diet Won't Improve Your Health or Save the Planet: Jayne Buxton's exposé pushes back on the widely-popularized notion that drastic reduction of animal protein will improve human health while heading off planetary catastrophe—Buxton demonstrates the science behind this campaign is weak and steeped in confirmation bias. Who's behind the effort to stigmatize animal products, and how do they stand to benefit?

I hope you enjoy listening to these podcast episodes as much as I enjoyed recording them!

And, incidentally, of course, we uploaded dozens more fresh episodes this year, all worthy of your attention. Just browse our archived recordings.

Spread the word to family members and friends, because we're all in need of health

overhaul in the coming year.

We'll have plenty of great content in store for you in 2023, plus look for new innovations in communicating vital health information.

Happy holidays and a very happy New Year to you and your families!

In health,

Dr. Hoffman