

Top ten Intelligent Medicine stories of 2013

It's that time of year when we traditionally do a retrospective on those important health stories that defined the year.

1) Health Reform: Call it what you will (ACA versus Obamacare), just as I predicted in a 2009 blog that we reprinted this year, the new law simply represents a reshuffling of the deck chairs on the Titanic of our doomed medical system. Only when we radically re-shift our priorities—and not just address the financing of ever-more-expensive and futile medical interventions—will we finally “bend the cost curve” and promote REAL health in America by embracing low-cost, natural interventions. <http://www.drhoffman.com/page.cfm/1243>

2) The End of the Antibiotic Era: Sounds like we're crying “wolf,” but top health authorities keep predicting that even the most powerful, advanced antibiotics will lose their efficacy against increasingly antibiotic-resistant organisms. Meanwhile, doctors and government officials just dither, pledging to prescribe fewer antibiotics, suggesting we curb the use of drugs in animal feed, and urging people to use fewer chemical disinfectants. But is it too late?
<https://medium.com/p/892b57499e77>

3) The Microbiome: 2013 marked breakthroughs in our understanding of how the bacteria that populate our intestines influence our susceptibility not just to gastrointestinal problems but to metabolic derangements (diabetes, obesity), allergies and autoimmune disorders, and even mood problems.

4) Supplements Under Attack: Mainstream media and conventional medicine launched an unprecedented misinformation campaign, designed to bolster the agenda of pro-regulatory forces to bring the supplement industry under the boot of the FDA. Intelligent Medicine manned the battle stations repeatedly to offer a more balanced assessment of the research findings.
<http://www.drhoffman.com/podcasts/channel-1/drhoffman-com-2013-12-19-119.mp3> and
<http://www.drhoffman.com/podcasts/channel-1/drhoffman-com-2013-12-20-120.mp3>

5) New Cholesterol Guidelines Spark Controversy: Do 40 million more Americans REALLY need to start taking statins? This year, we drilled down on the debate.
<http://www.drhoffman.com/podcasts/channel-1/drhoffman-com-2013-11-14-102.mp3>

6) The Paleo Diet Is All the Rage! Is it for real? Do we have to eat like cavemen to stay well? Were they all that healthy? And what did they really eat anyway?
<http://www.drhoffman.com/podcasts/channel-1/drhoffman-com-2013-10-01-77.mp3>

7) “Gluten-Free” Becomes a Buzzword: Is it a passing fad, or should we all be concerned?

8) The Low-Carb Diet Garners More Scientific Support: A decade ago, Dr. Atkins was condemned as a medical pariah. But increasingly, diet experts are finding merit in a low-carb approach to prevention and treatment of many health conditions.

9) The Vegan Backlash: Stars, celebrities and politicians continue to embrace the work of Dean Ornish, Colin Campbell, Caldwell Esselstyn and Neal Barnard. Who are you going to believe in the ongoing, fierce Diet Debate?

10) Regulation: Can health be mandated? Can we tax our way to better habits? What about our personal liberties? Or is education and personal responsibility the answer?

How are we doing? What do YOU think of the stories we covered in 2013? If you like our Intelligent Medicine content, please share it with your friends and family, and let's spread the word together!

Hope you join us in 2014 as we continue to bring you health stories that will make a difference in your life. Follow me on Facebook and Twitter (@DrRonaldHoffman) and keep listening to our Intelligent Medicine podcasts via iTunes or www.drhoffman.com/podcasts, and don't forget the relaunch of the Intelligent Medicine radio show on WOR radio 710 AM starting Saturdays 1 p.m.-2 p.m. (noon to 2 p.m. via the Internet) on Jan. 4, 2014!