

Will I become superfluous?



First, a message about Intelligent Medicine:

Ladies and gentlemen, welcome to "Intelligent Medicine," the radio program that explores the intersection of cutting-edge science and natural medicine. I'm your host, and together, we will embark on an enlightening journey into the world of intelligent healing.

In today's era of advanced technology and medical breakthroughs, it is essential to recognize that true healing goes beyond the realm of pharmaceuticals and surgical procedures. "Intelligent Medicine" seeks to bridge the gap between conventional and natural approaches, highlighting the latest research and innovations that merge the best of both worlds.

Through this program, we will delve into the vast realm of intelligent medicine, where evidence-based practices harmoniously coexist with the wisdom of traditional healing systems. We will explore groundbreaking research that unveils the complex mechanisms of the human body, deciphering the intricate connections between our genetics, lifestyle choices, and overall well-being.

From nutrigenomics and personalized medicine to the fascinating field of epigenetics, we will uncover the revolutionary ways in which our genes interact with the environment and how we can optimize our health through intelligent

interventions. We will feature renowned scientists, medical experts, and thought leaders who will share their insights and expertise, providing you with the tools to make informed decisions about your health.

“Intelligent Medicine” will also navigate the world of natural remedies, shedding light on the power of nutrition, herbal medicine, and mind-body practices in promoting wellness and preventing disease. We will explore the science behind these modalities, examining their potential integration with conventional treatments to enhance patient outcomes.

Our mission is to empower you with the knowledge and understanding of intelligent medicine, equipping you with the tools to take control of your health and well-being. We believe that by embracing a comprehensive approach that encompasses the best of modern medicine and natural therapies, we can unlock our body’s innate ability to heal and thrive.

So, whether you’re a healthcare professional, a curious listener, or someone seeking alternative approaches to health, join us on this transformative journey through “Intelligent Medicine.” Together, let’s explore the frontiers of medical science and tap into the profound healing wisdom that nature offers us.

Welcome to “Intelligent Medicine” – where science meets nature for a healthier future!

That, folks, was written by a computer—ChatGPT to be precise. I simply typed in the query: “Write me an introduction to a radio program about integrative medicine called “Intelligent Medicine”. Within a second or two, ChatGPT spewed out the above copy. Not bad at all. But a little wordy and florid, so I typed “Now make it shorter.” It responded:

Welcome to “Intelligent Medicine,” where cutting-edge science meets natural healing. We explore the latest research, integrating conventional and holistic approaches. Discover the power of personalized medicine, genetics, nutrition, and mind-body practices for optimal well-being. Join us on this transformative journey to unlock your body’s innate ability to heal and thrive. Welcome to “Intelligent Medicine” – where science meets nature for a healthier future!

Great! But I felt a little mischievous, so I typed the prompt “Now write it in Shakespeare style.” Immediately I got this:

Hark! Attend, good folk, to “Intelligent Medicine,” whereupon the realms of modern science and natural healing doth converge. In this verily engaging program, we shall unravel the tapestry of cutting-edge research, wherein conventional and holistic methods entwine. Behold! The potency of personalized medicine, genetics, nutrition, and the ethereal practices of mind and body, shall be revealed for thine optimal well-being.

Join us, fair listeners, upon this transformative odyssey, wherein thy body’s innate capacity to mend and flourish shall be unlocked. We bid thee welcome to “Intelligent Medicine” – where the sciences and nature entwine, forging a path to a bounteous future of good health and vitality!

Score for ChatGPT! But then I wanted to test for anti-supplement bias, since ChatGPT just regurgitates everything on the internet, and recently a *NY Times* article snarked “Study Finds Another Condition that Vitamin D Pills Do Not Help”. So I prompted “Vitamin D is worthless” to see if ChatGPT went along with the mainstream

skeptical narrative. What I got back was surprising:

Vitamin D is far from worthless and plays crucial roles in our health. It is an essential nutrient that supports various bodily functions. Firstly, vitamin D helps in calcium absorption, promoting strong bones and teeth. It also aids in regulating the immune system, reducing the risk of infections and autoimmune diseases. Additionally, vitamin D supports muscle function and helps prevent falls and fractures, especially in older adults. Studies have shown its potential role in reducing the risk of certain cancers, heart disease, and mental health disorders. Moreover, vitamin D deficiency is prevalent, particularly in regions with limited sunlight exposure or specific population groups, making supplementation important. While it's true that excessive vitamin D intake can have adverse effects, maintaining optimal levels through appropriate sun exposure, fortified foods, or supplements is crucial for overall health. In conclusion, dismissing the importance of vitamin D would overlook its well-established benefits and potential impact on various aspects of our well-being.

Wow! Then I typed in "Multivitamins are a waste of money". Here's what I got:

The value of multivitamins depends on individual circumstances and nutritional needs. For individuals with balanced diets and no specific nutrient deficiencies, multivitamins may provide limited benefits. Obtaining nutrients from whole foods is generally recommended as they offer a variety of essential compounds that work synergistically.

However, there are instances where multivitamins can be beneficial. Some people, such as pregnant women, older adults, or those with certain medical conditions, may require additional nutrient support. Additionally, individuals with restricted diets, such as vegetarians or vegans, might find multivitamins helpful in ensuring adequate nutrient intake.

It's important to note that not all multivitamins are created equal. Quality, bioavailability, and appropriate dosage of the nutrients can vary among brands. Consulting with a healthcare professional or registered dietitian can provide personalized guidance on whether multivitamins are necessary and which specific formulations are suitable.

While multivitamins shouldn't replace a healthy diet, they can serve as a supplement to address potential nutrient gaps. So, whether multivitamins are a waste of money or not depends on individual circumstances, dietary habits, and specific nutritional needs.

Pretty balanced, to my surprise!

Finally, I tested ChatGPT with the statement "Alternative Medicine is quackery." It responded:

It is important to approach alternative medicine with critical thinking and skepticism, as some practices may lack scientific evidence or have been debunked. However, it would be inaccurate to dismiss the entire field as quackery.

Alternative medicine encompasses a wide range of practices, including herbal medicine, acupuncture, chiropractic therapy, and more. While some alternative therapies have been scientifically studied and found to be effective for certain conditions, others may lack rigorous evidence.

It is crucial to distinguish between evidence-based alternative therapies and those

that make unsupported claims. Scientific research plays a vital role in evaluating the safety and efficacy of treatments. Many complementary and alternative practices are now being subjected to rigorous scientific investigation to determine their effectiveness.

Additionally, it's important to remember that alternative medicine approaches may be used alongside conventional medicine as complementary therapies. Integrative medicine combines evidence-based conventional medicine with alternative approaches to provide holistic care.

Ultimately, it is essential for individuals to make informed decisions about their healthcare, consulting with qualified healthcare professionals and considering the available scientific evidence. The key is to balance open-mindedness with critical evaluation when considering alternative medicine.

Can't argue, as this is a pretty fair summary, although a bit generic.

No, henceforth I won't be having ChatGPT write my articles. There's a critical difference between what AI does and what a human perspective contributes: The former is just an aggregation, albeit convincingly balanced, of information that's already out there; the latter applies discrimination and perspective, innovating new connections with a novel and critical point of view. That's what machines can't do yet, if ever. I may not become superfluous after all.

Try it yourself: <https://openai.com/blog/chatgpt>