

# Understanding the Power and Perils of Modern Refrigeration

written by Dr. Ronald Hoffman | December 10, 2024



The Impact of Refrigeration on Food, Health, and the Planet: Nicola Twilley, author of “Frostbite: How Refrigeration Changed Our Food, Our Planet, and Ourselves,” details the historical development of refrigeration, its profound impact on food preservation, diets, and urbanization. The conversation also covers the technological and environmental challenges posed by refrigeration, alternative food preservation methods, and the consequences for small farmers and the global food system. Nicola also shares insights into the health implications of refrigeration and the innovative solutions being explored to reduce its environmental footprint.

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## Intelligent Medicine Radio for

# December 7

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## **Intelligent Medicine Radio for December 7, Part 1: The Tiredest Generation**

A healthcare company COO is gunned down—and there could be millions of suspects with a grievance; A simple maneuver can alleviate vertigo; Olive polyphenol found to aid mitochondrial respiration; Gen Z is tiredest generation; Did sickle trait contribute to the death of subway of Jordan Neely? Is screening for sickle trait in athletes a form of discrimination? Daily chores can help women avert cardiovascular events.

## **Intelligent Medicine Radio for December 7, Part 2: Cholesterol Lowering Guidelines**

How appropriate are cholesterol-lowering guidelines? Are Americans really ready for bans on colorful synthetic food dyes? New powerful drugs promise to slash LDL cholesterol—but are they overused? How to stay fit when arthritis limits exercise; The genetics of acute myeloid leukemia; Cattle feed Bovaer promises to curb methane emissions—but critics claim it's toxic; Carrageenan may prompt insulin resistance, systemic inflammation; Should you really toss that black plastic spatula?

## References and Resources

**Mitochondrial calcium uptake declines during aging and is directly activated by oleuropein to boost energy metabolism and skeletal muscle performance**

Cell Metabolism Available online 26 November 2024

**Gen Z are tired**

By Lucy Notarantonio, Newsweek November 26, 2024

**Super Bowl champ Ryan Clark offers own perspective on Damar Hamlin: 'At 24, I didn't even know I could die'**

By Ryab Gaydos, Fox News Jan 3, 2023

**Blood doctors call foul on NCAA's screening for sickle cell**

By Scott Hensley, NPR January 12, 2012

**NCAA's sickle cell screening hints at discrimination**

By Yun Xie, aaas.org November 2, 2010

**Daily chores may provide cardiovascular protection in women who don't exercise**

By Nicole Lou, Medpage Today December 3, 2024

**United Healthcare's disturbing track record of rejecting claims as CEO Brian Thompson is shot dead in New York**

By Laura Parnaby, Daily Mail.com December 4, 2024

**Expert reaction to social media posts about cattle feed additive Bovaer**

Science Media Centre December 3, 2024

**Evidence is growing that microbes in your mouth contribute to cancer**

By Linda Geddes, New Science November 18, 2024

**New cholesterol guidelines could drastically reduce statin use for millions**

*JAMA Intern Med.* 2024;184(8):963–970. doi:10.1001/jamainternmed.2024.1302

**Carrageenan and insulin resistance in humans: a randomized double-blind cross-over trial**

*BMC Med* 22, 558 (2024). <https://doi.org/10.1186/s12916-024-03771-8>

**Yes, you really should toss that black plastic spatula**

By Samantha Reddy, WSJ November 27, 2024

**Silly Rabbit! Original Trix with artificial colors is back after customers revolt**

By Annie Gasparro, WSJ September 21, 2017

**What is the best-selling cereal in the United States?**

<https://www.kulicksfrenchtoastrecipes.com/the-19-most-popular-cereals-based-o>

n-boxes-sold/

Kulicks French Toast Recipes | Learn How To Make The BEST French Toast

**We battled Big Food. Can RFK, Jr succeed where we failed?**

By Thomas Farley and Tom Friedan, WSJ November 29, 2024

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## Q&A with Leyla

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### Q&A with Leyla, Part 1: Imprecision Nutrition?

- Imprecision Nutrition? Intraindividual variability of glucose responses
- A comment on RFK Jr's proposed plans
- My lower vitamin D level requires a higher dose of insulin. What gives?

### Q&A with Leyla, Part 2: Light Therapy Patches

- I have bronchiectasis. Should I take the pneumonia and RSV vaccinations?
- A friend has hypersomnia and low sodium causing confusion and whole-body tiredness. Your thoughts?
- My husband has been getting a lot of bruising lately since starting Xarelto. Should he reduce his fish oil dose?
- I'm doing everything right and I still can't bring my blood pressure down. What more can I do at 84?
- What are your thoughts on light therapy patches? Do they work? Are they safe to use?

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# Urolithin A: A New Frontier in Anti-Aging Science

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This episode of the Intelligent Medicine Podcast is an enlightening conversation with Dr. Anurag Singh, Chief Medical Officer of Timeline Nutrition. They delve into the scientific foundations and benefits of Urolithin A, a unique compound derived from pomegranates and other polyphenol-rich foods, known for its potential to enhance mitochondrial function and promote longevity. Dr. Singh explains the discovery process, the biological mechanisms involved, and the promising results from numerous studies on muscle strength, endurance, immune health, and recovery. They also discuss the compound's applications for those on weight loss drugs, athletes, and individuals suffering from chronic fatigue syndromes. Dr. Hoffman's personal experience with the supplement highlights its significant impact on energy levels and recovery. Lastly, they explore ongoing and future research avenues, emphasizing Urolithin A's broad-spectrum potential in improving quality of life as we age.

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# The Intersection of Politics and Natural Health

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Natural Health Advocacy and the impact of the recent political changes in the U.S.: Dr. Rob Verkerk, Executive & Scientific Director Alliance for Natural Health International & Alliance for Natural Health USA, shares insights into the significance of RFK Jr.'s potential appointment and its implications for natural health advocacy. They explore RFK Jr.'s unique trajectory, from environmental activism to becoming a controversial political figure, and discuss the challenges and opportunities his nomination presents. The conversation also touches on the FDA's regulatory overreach, the limitations placed on the natural health industry, and ongoing efforts to promote health freedom and natural health practices. Dr. Verkerk emphasizes the importance of scientific discourse, the role of social and environmental determinants of health, and the need for a balanced approach in integrating technology and natural health solutions.

