

Medical Fact Check Report

Generated:

2025-12-12 17:31:08

Analysis System: MedicalFactChecker (Independent Bio-Investigator)

Analysis Cost: \$0.1466

Duration: 239.8s

Subject

Topic:

reduce cancer risk

Analysis Started: 2025-12-12 17:27:08

Phases Completed: 5

Analysis Pipeline

Phase 1: Conflict Scan

Timestamp:

2025-12-12 17:27:44

User Choice: Both

Key Findings:

- Official Narrative: ```

REFERENCES:

[1] Islami, F., Goding Sauer, A., Miller, K. D., Siegel, R. L., Fedewa, S. A., Jacobs, E. J., McCullough, M. L., Gapstur, S. M., Henley, S. J., Sineshaw, H. M., Tyson, D. M., Jemal, A....

Token Usage:

4150 tokens

Phase 2: Evidence Stress Test

Timestamp:

2025-12-12 17:28:43

User Choice: Proceed

Key Findings:

- Independent Research: ```

REFERENCES:

- Anecdotal Signals: ##### Counter-Narrative Audit
Counter-narrative prioritizes metabolic therapies (IF, ketogenic diets) targeting hyperglycemia/IR, Warburg effect, and IGF-1 signaling to reduce cancer initiation/promoti...
...
- Time Weighted Evidence: [2] de Cabo, R., & Mattson, M. P. (2019). Effects of intermittent fasting on health, aging, and disease. New England Journal of Medicine, 381(26), 2541-2551. <https://doi.org/10.1056/NEJMra1905136>
...

Token Usage:

4713 tokens

Phase 3: Synthesis Menu

Timestamp:

2025-12-12 17:29:03

User Choice: P

Key Findings:

- Biological Truth: Evolutionary biology aligns cancer risk reduction with ancestral metabolic states: intermittent energy restriction (mimicking feast-famine cycles) and low-glycemic loads (hunter-gatherer diets). Independ...
- Grey Zone: IF (e.g., 16:8 or 5:2 protocols [3]) and ketogenic diets (<50g carbs/day [4]) show preclinical/human trial promise in reducing tumor growth via lowered IGF-1/glucose, with safety in non-malnourished a...

Token Usage:

1900 tokens

Phase 4: Complex Output

Timestamp:

2025-12-12 17:30:29

Key Findings:

- Output: # Evidence-Based Analysis: Reducing Cancer Risk

As your private researcher, I've meticulously reviewed the evidence, uncovering metabolic drivers often downplayed in mainstream guidelines.

Evolut...

- Output Type: P

Token Usage:

7407 tokens

Phase 5: Simplified Output

Timestamp:

2025-12-12 17:31:07

Key Findings:

- Simplified Output: # Simplified Guide: Reducing Cancer Risk

As your trusted private researcher, I've transformed the detailed evidence into this clear, actionable guide. We'll focus on metabolic factors—like excess...

Token Usage:

7009 tokens

Final Output

See the detailed output file for the complete analysis.

Report Generated By:

MedicalFactChecker

Timestamp: {datetime.now().isoformat()}

DISCLAIMER:

This analysis is for research and educational purposes. It provides critical analysis of medical literature but does not constitute medical advice.
Always consult qualified healthcare professionals.