

# 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). Indep...
- 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.