# ENCORE: Intelligent Medicine Radio for February 22

written by Dr. Ronald Hoffman | February 24, 2025



## Part 1: Hiccups

High LDL cholesterol doesn’t always translate to arterial plaque; Intractable hiccups—what to do? Do changes of season affect moral judgment? Aging spurts—they’re a thing! The surprising reason dozens were sickened by pizza in Wisconsin; Calming effects of lavender are real.

## Part 2: Laughter Therapy

New warning over side effects of weight loss drugs; “Keto” LMNT electrolyte drink found to contain undisclosed amounts of unwanted additive maltodextrin; Vitamin D linked to improved Hodgkin’s lymphoma survival; Do we really need collagen supplements when the body already makes it? How laughter therapy alleviates dry eye syndrome; Difference in blood pressure readings between arms—could it signal danger? Majority of seniors treated in federal health centers show cognitive impairment; Statins vs. natural therapy for cardiovascular prevention.

# References and Resources


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