Intelligent Medicine Radio for May 3: Hair Analysis

written by Dr. Ronald Hoffman | May 5, 2025

Natural antiviral chewing gum blocks influenza A, herpes virus, may hold bird flu potential; Overlooked ingredient in ultra-processed foods may be why they’re so harmful; Weightlifting helps sleep more than any other exercise modality, slashes diabetes risk, too; Is hair analysis reliable for nutritional assessment? Health benefits of grass-fed butter; And more!