# ENCORE: Intelligent Medicine Radio for May 10

written by Dr. Ronald Hoffman | May 12, 2025



## Part 1: A Natural Antidote to Hair Graying

Neuroprotection is just about pricey moonshot Alzheimer drugs; Green tea, melatonin, quercetin, aerobic exercise tackle brain inflammation; Glyphosate may contribute to Alzheimer’s surge; Supplements to extend sleep; A popular social media influencer makes shady claims about blood pressure supplements; Diet can influence the prognosis of early ovarian cancer; Omega-3s slow biological aging; A natural antidote to hair graying.

## Part 2: Novel Non-Addictive Pain Drug

Moderate—but not excessive—exercise can curb appetite; When you’re older does your ability to absorb supplements decline? FDA warns against eye drop to change eye color; Are soy supplements safe for breast cancer patients? Most ditch GLP-1 drugs after one year; Some B-complex supplements don’t deliver full suite of B vitamins; Novel non-addictive pain drug approved; Why mosquitoes can bite in mid-winter; Oops—surgeon removes patient’s liver, mistaking it for spleen.

## References and Resources


**Luteolin, an antioxidant in vegetables, may contribute to the prevention of hair graying**
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By Felicity Nelson, Nature  February 3, 2025

**Study reveals lasting effect of common herbicide on brain health**
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**Aerobic exercise: A powerful ally in fight against Alzheimer's**
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**Is soy safe for patients with breast cancer**
By Gina Van Thomme & Molly Adams,  MD Anderson Cancer Center  October 14, 2024

**Family alleges cover-up in case of patient who died after having his liver removed**
By Kristrina Fiore, MedPageToday  January 31, 2025

**Most ditch GLP-1 drugs for weight loss within a year**
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**Vertex announces FDA approval of JOURNAVX (suzetrigine), a first-in-class treatment for adults with moderate to severe acute pain**
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