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
Antioxidants, 2024; 13 (12): 1549 DOI: 10.3390/antiox13121549

Prognosis following a diagnosis of invasive epithelial ovarian cancer is poor. Some studies have suggested modifiable behaviors, like diet, are associated with survival but the evidence is inconsistent
The American Journal of Clinical Nutrition Available online 5 February 2025

Omega-3 supplements slow biological ageing
By Felicity Nelson, Nature February 3, 2025

Study reveals lasting effect of common herbicide on brain health
Journal of Neuroinflammation, 2024; 21 (1) DOI: 10.1186/s12974-024-03290-6

Lab findings support the concept that reducing neuroinflammation could help fight Alzheimer's
Immunity, 2025; DOI: 10.1016/j.immuni.2025.01.007

Green tea may protect the aging brain
By Asia Sherman, Nutra Ingredients USA January 15, 2025

Aerobic exercise: A powerful ally in fight against Alzheimer's
Brain Research, 2025; 1850: 149419 DOI: 10.1016/j.brainres.2024.149419

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
By Kristen Monaco, MedPage Today January 31, 2025

Drops that change eye color? Experts sound the alarm
By Jennifer Henderson, MedPage Today August 30, 2024

Vertex announces FDA approval of JOURNAVX (suzetrigine), a first-in-class treatment for adults with moderate to severe acute pain
Vertex January 30, 2025

'London Underground' mosquito has surprisingly ancient origins
By Chris Simms, Nature February 5, 2025

S**tudy suggests soy isoflavones do not have estrogenic effects**
Advances in Nutrition Volume 16, Issue 1, January 2025, 100327

Moderate exercise keeps appetite at bay
Physiological Reports, 2024; 12 (24) DOI: 10.14814/phy2.70167