# Intelligent Medicine Radio for July 12: Smartphone “Fast”

written by Dr. Ronald Hoffman | July 14, 2025

Study reveals heart hazards of new bone-building drugs; Carbo-loading before endurance events—are we overdoing it? Barbie gets a CGM; Dr. Jeffrey Bland introduces Himalayan Tartary Buckwheat as a hedge against age-related immune decline; New study shows mood, attention, brain function improvements after 2-week smartphone “fast”; Omega-3 reduces depression in bipolar disease; Berberine for blood sugar control; Nighttime pistachio snack curbs pre-diabetes; And more!