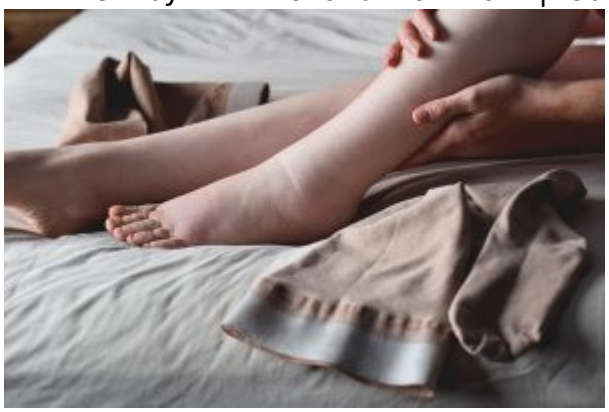
# Intelligent Medicine Radio for July 26: Chronic Leg Swelling

written by Dr. Ronald Hoffman | July 28, 2025



Natural alternatives for chronic leg swelling problems; NY Times misses the boat again on supplements for immunity; The dark personality traits that underlie online political engagement; Parents’ use of topical hormone preparations may pose unusual risks to their babies; Caloric restriction may extend life—but at what cost? A high-fiber diet may mimic caloric restriction’s longevity benefits; Can mammograms cause cancer?