Intelligent Medicine Radio for November 15: Benefits of Cocoa Flavanols

written by Dr. Ronald Hoffman | November 17, 2025



Part 1: Benefits of Cocoa Flavanols

“Study” that’s not even a study spreads panic about dubious melatonin-heart failure link; Should you ignore Dr’s advice to take powerful acid-blocking drugs? Novel implantable electrical pacemakers may bring relief to sufferers of severe constipation; Benefits of cocoa flavanols for heart, brain, athletic performance.

Part 2: Coffee and Atrial Fibrillation

The FDA belatedly liberates women’s hormone replacement; Beta-blockers now deemed passé for routine heart attack aftercare; After most breast cancer surgery, adjuvant radiation brings no survival benefits; Can you drink caffeinated coffee if you have atrial fibrillation? Ignore frequent falls without attention to balance and stability training at your peril; Is it reasonable to contemplate a knee replacement surgery at 88?

References & Resources

Melatonin as a novel drug to improve cardiac function and quality of kid in heart failure patients: a systematic review and meta-analysis.
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A study questions melatonin use and heart health, but lose sleep over it
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Cup of coffee a day may not be harmful for some adults with AFib and could lower episodes
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Marty Makary: The FDA liberates women’s hormone replacement therapy
By Marty Makary. WSJ November 10, 2025