# ENCORE: Intelligent Medicine Radio for November 29: Chili Peppers

written by Dr. Ronald Hoffman | December 1, 2025

“Delay, Deny . . .”– Feds take aim at prior authorizations that block patients’ access to care, surgeries, drugs they need; Are there non-surgical options for goiters? Chili peppers confer heart, cancer, longevity benefits; Will stem cells deliver a cure for insulin-dependent diabetics? Vitamin C reprograms skin cells to reverse age-related thinning; SAT’s getting shorter to match diminished attention spans of college applicants; Best supplements for preventing osteoporosis; Researchers discover how exercise lowers Alzheimer’s risk; Two new studies show exercise curbs cancer recurrence; And more!