# Intelligent Medicine Radio for December 20: Could napping improve cognitive function?

written by Dr. Ronald Hoffman | December 22, 2025

## Part 1: Cocoa Ingredient that Slows Aging

Popular media leverage weak study to criticize RFK Jr.’s rethink of standard recommendations for saturated fat avoidance; Poor quality plant-based diets hike cardio risk; A listener complains his lp(a) is going up with age despite his healthy diet, lifestyle; Scientists pinpoint cocoa ingredient that slows aging; Berry proanthocyanidins preserve brain power; Tattooing may promote inflammation, undermine immunity.

## Part 2: Could napping improve cognitive function?

Country singer Jellyroll dishes on his triple-digit weight loss odyssey; DGL for GERD—will it raise blood pressure? CBD curbs aggression in dogs; Hundreds of environmental chemicals may imbalance our microbiomes; ADHD isn’t just a malady—it may impart unrecognized superpowers; The evolutionary mismatch between our ancient genes and modern artificial environments; Could napping improve cognitive function? Heart attacks, lung problems soared after LA wildfires; HHS Secretary RFK Jr. focuses attention on inadequate testing, treatments for chronic Lyme Disease.