# ENCORE: Intelligent Medicine Radio for December 27: French Fries’ Diabetes Risk

written by Dr. Ronald Hoffman | December 29, 2025



Potatoes don’t increase risk of diabetes—unless you eat French fries; Deep-frying in seed oils can yield harmful byproducts—but so, too, when you substitute with lard; New study shows beetroot juice can lower BP by 7 points; Comprehensive lifestyle modification program scores against cognitive decline; Women’s brains especially vulnerable to Omega-3 deficiencies; Breakthroughs in rheumatoid arthritis treatment; And more!