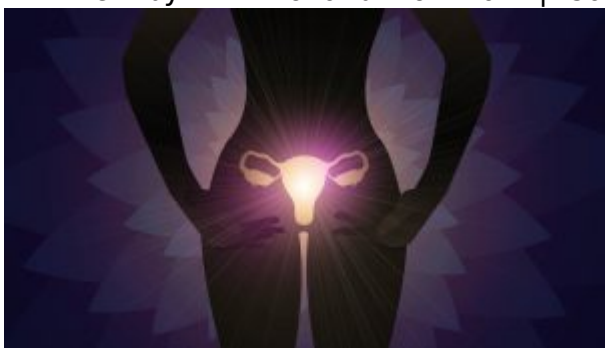
ENCORE: Intelligent Medicine Radio for January 3: Artificial Light and Menstrual Cycle Rhythms

written by Dr. Ronald Hoffman | January 5, 2026



The advent of artificial light is obliterating women’s moon-driven menstrual cycle rhythms; When the triple whammy of cataracts, glaucoma and macular degeneration strikes; Are wrist and finger wearables for blood pressure ready for prime time? Drinking bottled water causes surge in plastic micro-particle intake; The common supplement that can supercharge cancer immunotherapy; Children garner psychological benefits from grandparent time; And more!