# Intelligent Medicine Radio for January 10: Long-Overdue Change to the Broken Food Pyramid

written by Dr. Ronald Hoffman | January 12, 2026




Applauding a long-overdue change to the broken Food Pyramid; FDA green lights testosterone replacement; Does CoQ10 protect against statin muscle damage? MAHA derailed by federal policies that allow harmful chemicals to proliferate; FDA approves electrical stimulation headset as safe and effective for home-use to treat depression; Is just a little red wine ever day bad for you? And more!