# Intelligent Medicine Radio for January 31: Full-Fat Cheese Protective Against Cognitive Decline

written by Dr. Ronald Hoffman | February 2, 2026



New study finds full-fat cheese protective against cognitive decline; Wild blueberries support heart and brain health; Are seed oils really that bad? Are memory supplements effective? Arthritis breakthrough as scientists discover way of regenerating joint cartilage; Surprising new findings on coffee, tea consumption, and osteoporosis risk; And more!