# Intelligent Medicine Radio for February 21: Saunas Can Help Stave Off Dementia

written by Dr. Ronald Hoffman | February 23, 2026

Vitamin D testing is vital for tailoring doses to optimize health—but regulators are conducting a campaign to deny coverage; Can magnesium be taken simultaneously with blood pressure meds? Saunas can help stave off dementia; Reflections on the Peter Attia/Epstein scandal; How to lower lp(a)—does diet help? What are bio-active peptides? Could they stave off kidney disease? Scientists just tested the fittest 81-year-old in the world—here's what they found; And more!