Intelligent Medicine Radio for February 28: Are some people more genetically-adapted to the cold?

written by Dr. Ronald Hoffman | March 2, 2026



The MAHA backlash over RFK Jr.’s about-face on glyphosate; New study confirms effectiveness of personalized lifestyle interventions for reversing dementia; Some GLP-1 users are developing scurvy; Sugar restriction during the first 1000 days of life may slash heart risk decades later; Are some people more genetically-adapted to the cold? Should strength assessments be added to routine physicals to forecast risk of dying? For gut health, take your microbiome for a run! And more!