# Intelligent Medicine Radio for March 14: Robotic Pets

written by Dr. Ronald Hoffman | March 16, 2026

The Havana Syndrome coverup; Omega-3s combat “neuroticism”, dementia—they also tame depression and improve cognitive function and memory in adolescents; Robotic pets make life easier for patients with dementia; Risks, benefits of “natural” ED formulas; Daily multivitamin delays biological aging; Breastfeeding confers weight loss benefits—to moms; Can you avoid a colonoscopy with a new colon cancer blood test? And more!