# ENCORE: Intelligent Medicine Radio for March 28: Are eggs good or bad for the brain?

written by Dr. Ronald Hoffman | March 30, 2026



Are eggs good or bad for the brain? Low levels of a key nutrient can foster anxiety; Garlic mouthwash outperforms chemical antibacterials; 76% of the world’s population isn’t getting enough omega-3s; Surgery may hasten progression to Alzheimer’s, but a vitamin may help; Far-infrared phototherapy may offer “electroceutical” treatment for dementia; Hobbies may forestall all-cause mortality—by 29%! And more!