Intelligent Medicine Radio for April 4: The Ultimate Weight Loss Plan—The Boring Diet

written by Dr. Ronald Hoffman | April 6, 2026



Social media and AI—the digital equivalents of ultra-processed junk food; Are natural non-caloric sweeteners—erythritol, xylitol, and stevia—safe? A pig's brain has been flash frozen and reanimated, signaling new prospects for cryopreservation after death; Dr. Jeffrey Bland weighs in on a new, enhanced form of fish oil from Big Bold Health; What are the health benefits of circumcision? The ultimate weight loss plan—the Boring Diet; Substituting famotidine for PPIs for reflux; And more!