

Intelligent Medicine Radio for April 25: Does drinking carbonated water help weight loss?

written by Dr. Ronald Hoffman | April 27, 2026



Part 1: Does drinking carbonated water help weight loss?

New-think on diet for ApoE4, a risk factor for Alzheimer's—eat meat! Is a non-invasive blood sugar monitor on the drawing board for the next Apple Watch? True or false—does drinking carbonated water help weight loss? Eating while distracted puts on the pounds; Treating duodenitis; How much whey protein should you consume? Why some people fail to lose weight on GLP-1 drugs.

Part 2: New Hope Against Pancreatic Cancer

Don't skip homocysteine when testing for dementia risk factors; Treating osteoporosis; New hope against pancreatic cancer; Eating right for Parkinson's Disease; Olive oil helps stave off dementia—but only the right kind; A lifestyle hack that can cut Alzheimer's risk by 38%; How to reduce high calprotectin on a stool test.

