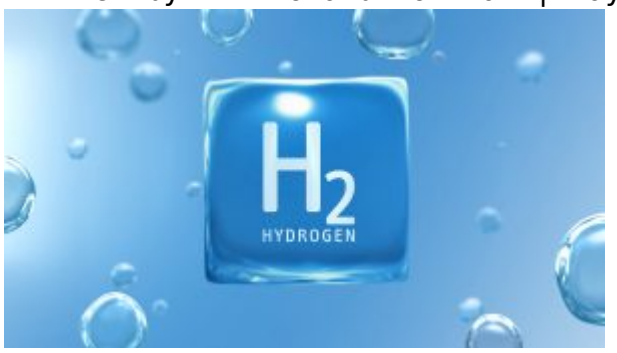
# Intelligent Medicine Radio for May 16: Hydrogen Water

written by Dr. Ronald Hoffman | May 18, 2026




Do we have to start worrying about Hantavirus? Space exploration yields new treatments for resistant bacterial infections; Multivitamins found to slow biological aging; Hydrogen water—breakthrough or scam? When oral vitamin D doesn’t work, sublingual D may normalize blood levels; Why fructose stokes food cravings; And more!