# Intelligent Medicine Radio for June 27: 80+ “Supermovers”

written by Dr. Ronald Hoffman | June 29, 2026



“The quick and the dead”: 80+ “Supermovers” show slowed cognitive decline; Pros and cons of ketamine therapy for depression; Magnesium—what research reveals about better sleep, stress resilience, and whole-body wellness; CBD may slow Alzheimer’s progression by tamping down brain inflammation; Zero-sugar diet may have unanticipated adverse health consequences; And more!