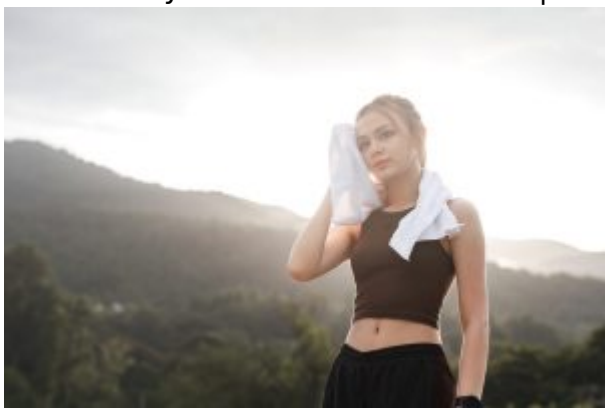
# Intelligent Medicine Radio for July 4: Break a Sweat to Beat the Heat

written by Dr. Ronald Hoffman | July 6, 2026



Break a sweat to beat the heat; Evidence that aged garlic extract curbs atherosclerosis risk; How to stave off age-related muscle atrophy; Niacin augments glioblastoma treatment; Creatine for depression; Melatonin can reduce chronic pain; Do biopsies spread cancer? Causes of excessive sleepiness; And more!