Intelligent Medicine Radio Show for July 11: Internal Visceral Fat May Accelerate Brain Aging

written by Dr. Ronald Hoffman | July 13, 2026



Part 1: Internal Visceral Fat May Accelerate Brain Aging

Carnitine, with acknowledged muscle and brain benefits, may find a new role in supporting cancer immunity; Calcium and vitamin D’s bone-building impact may be limited; Internal visceral fat may accelerate brain aging, MRI study finds; The remarkable benefits of a newly-discovered mitochondrial booster—urolithin A (Mitopure®).

Part 2: Is it safe to stop statins “cold turkey”?

Is it safe to stop statins “cold turkey”? Can the supplement ingredient HMB counteract age-related muscle loss? Researchers may have discovered the key to development of a true fat-burning weight loss medication; Can a mammogram yield clues about cardiovascular risk? Their bottom line threatened by GLP-1 weight loss drugs, BIg Food tweaks portion sizes, adds spices and flavorings to pique blunted appetites; Vitamins A & D may improve lung health for asthma sufferers; When it comes to thyroid medication prescribing, treat the numbers or treat the patient?