# Intelligent Medicine Radio for July 18: Preserving Brain Function

written by Dr. Ronald Hoffman | July 20, 2026



Diets rich in fruits and vegetables preserve brain function—but in vulnerable persons with the ApoE4 “Alzheimer’s gene”, more meat staves off decline; “Forever chemicals” may weaken teen’s bones—but menopausal hormone replacement therapy decisively fends off osteoporosis; Pentagon plans widespread testosterone screening for troops; New study claims arthroscopic surgery for age-related degenerative changes of knees is worthless; Lithium orotate for Alzheimer’s prevention; And more!