# Intelligent Medicine Radio for July 25: American Heart Association Does a 180° on Coffee

written by Dr. Ronald Hoffman | July 27, 2026

Science is conquering diseases—now breakthroughs in gene editing promise to vanquish aging itself; The healing potential of hydrogen; Dr. Jeffrey Bland on the benefits of a new full-spectrum fish oil; This week’s supplement spotlight—spermidine; American Heart Association does a 180° on coffee; How accurate are health tracker wearables for sleep, blood pressure, heart rate? And more!