# Intelligent Medicine Radio for August 1, Part 1: Watching Too Much TV May Shrink Your Brain (Literally!)

written by Dr. Ronald Hoffman | August 3, 2026

Life is longer for “those who think young”; Watching too much TV may shrink your brain (literally!); Your mouth may be the gateway to your overall health and longevity; Do you still need colonoscopies past 75? Breathing CO2 clears brain of amyloid plaque; A novel treatment for knee pain—fiber! And more!