# Intelligent Medicine Radio for August 15: That Fishy Smell

written by Dr. Ronald Hoffman | August 17, 2026

Most mayos, salad dressings and chips “made with 100% avocado oil” fail test; Immune benefits of BWH Beta Glucan; Low-fat dairy shown to confer no weight, cholesterol benefits over full-fat dairy; FDA and USDA to define ultra-processed foods for first time—but what are they really? Those dark skin blotches—are they melasma, or just age spots? That fishy smell—does it mean your seafood is spoiled? And more!