# ENCORE: Intelligent Medicine Radio for August 22: Does drinking carbonated water help weight loss?

written by Dr. Ronald Hoffman | August 24, 2026

New-think on diet for ApoE4, a risk factor for Alzheimer's—eat meat! True or false—does drinking carbonated water help weight loss? Why some people fail to lose weight on GLP-1 drugs; Don't skip homocysteine when testing for dementia risk factors; Treating osteoporosis; New hope against pancreatic cancer; Eating right for Parkinson's Disease; Olive oil helps stave off dementia—but only the right kind; And more!