# Intelligent Medicine Radio for September 12: Wobbly Arms and Shaky Legs—could it be FND?

written by Dr. Ronald Hoffman | September 14, 2026




Billy Joel's "brain surgery"; Are vegans hotter than meat-eaters? Wobbly arms and shaky legs—could it be FND? Women who start hormones in the 50s have 23% lower dementia risk; How to prep for cataract surgery; NY Times highlights magnesium for sleep; Even a single bout of antibiotics produces long-term harm to microbiome; And more!