# Intelligent Medicine Radio for September 26: What Super-Agers Over 100 Have in Common

written by Dr. Ronald Hoffman | September 28, 2026




## Part 1: What Super-Agers Over 100 Have in Common

We take the keys away from older drivers—why not older doctors? Nearly 3 in 4 Americans battling this health problem—fatigue! What super-agers over 100 have in common—a hyper-vigilant immune system guarding against cancers and infections. How does “anabolic resistance” contribute to frailty—and what to do about it? Recurrent bouts of “burning sensations” on the face—diagnosis please?

## Part 2: Dry Fasting

Deadline looms for ban on hemp-derived CBD/THC products—while legal pot proliferates; Scientists disclose IBD benefits of urolithin A; “Dry-fasting” is a new fad—is it healthy? Short “exercise snacks” to break up prolonged inactivity benefit attention and cognition; Kimchi and designer probiotics show promise for flushing out microplastics; LSD soon to be approved as a prescription for anxiety.