# Intelligent Medicine Radio for November 14: Chocolate May Be Scuba Divers’ New Best Friend

written by Dr. Ronald Hoffman | November 16, 2026



Will Republicans’ midterm wipeout sink MAHA? Research discloses link between fructose consumption and cancer metastases; What to do about bloating due to GLP-1 weight loss meds? When exercise backfires; “Forever chemicals” linked to aggressive forms of breast cancer; Fiber supplement reduces pain of knee osteoarthritis; Chocolate may be scuba divers’ new best friend; And more!