# Intelligent Medicine Radio for November 21: Blueberries Boost Brain Circulation

written by Dr. Ronald Hoffman | November 23, 2026

New prostate cancer screening guidelines reinforce recommendations for PSA testing; Novel treatments for incontinence; Blueberries boost brain circulation; Supplements to slow cognitive decline; Pregnant moms who take vitamin C shield their babies from emotional stress; Cancer-fighting chewing gum blocks HPV by 97%; Nighttime “pink noise” may boost memory in Alzheimer’s; And more!