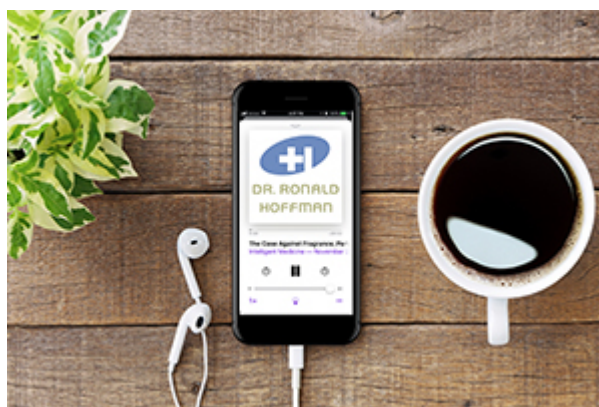


Each year at holiday time, I compile a list of the year's top *Intelligent Medicine* podcasts. It's become an annual tradition! This year, it takes on special significance, because our faithful listeners have propelled the *Intelligent Medicine* podcast across the momentous threshold of five million individual downloads!

Additionally, the podcast enjoys a 5-star rating on iTunes; and, when you Google "Radio or Podcast Doctor Shows" we're bound to come up among the top 5 in the search.



Thanks, again, to you, our *Intelligent Medicine* listeners, and please find time during the holiday lull to listen to some of these great podcast episodes from 2017!

- 1) The Case Against Fragrance** with Kate Grenville. One of Australia's most popular novelists takes aim at the fragrance industry, which is assaulting our noses with toxic, unnatural chemical concoctions.
- 2) Concussion Protocol Using High Dose Fish Oil** with Dr. Michael Lewis. A retired military physician shares vital information on how to prevent occurrence of and speed recovery from head injuries with a unique protocol utilizing nutritional supplements and cannabinoids.
- 3) Medical Marijuana for Chronic Pain** with Dr. Rav Ivker. A leading integrative physician offers detailed protocols for relief of pain associated with shingles, peripheral neuropathy, cancer, arthritis, low back pain and more using cannabinoids as an alternative to highly addictive pain meds.
- 4) Metabolic Cardiology** with Dr. Stephen Sinatra. America's foremost integrative cardiologist discusses supplements for cardiovascular disease.
- 5) Unlocking the Key to IBS** with Alison Siebecker. One of the world's authorities on SIBO (Small Intestine Bacterial Overgrowth) shares her insights on how to cure irritable bowel syndrome.
- 6) Everything You Ever Wanted to Know About Diabetes** with Mona Morstein ND. A comprehensive discussion on diet and supplements for both Type 1 and Type 2 diabetes.
- 7) The Link Between Diet and Inflammation** with Dr. David Seaman. The author of the Deflame Diet, and originator of the concept of diet-induced Inflammation, details how to curb inflammation with diet and supplements.
- 8) How to Live to be 100+** with Dr. John Day. Dr. Day traveled to a remote village in China to discover what accounts for their extraordinarily high percentage of centenarians.

9) The Autoimmune Solution with Dr. Amy Myers. A top integrative doctor discusses how a natural approach can tame autoimmune conditions like Hashimoto's thyroiditis, rheumatoid arthritis, lupus, and MS.

10) Are Statins Really Safe? with Dr. Peter Langsjoen. A leading CoQ10 researcher, and a pioneer in the use of ubiquinol, Dr. Langsjoen discusses why we may be missing the boat with our over-reliance on cholesterol-lowering drugs to curb heart disease.

11) The Lyme Solution with Darin Ingels. A leading naturopath offers a perspective on natural support for Lyme sufferers.

12) Strength Training vs. Aerobic Exercise with Dewayde Perry, MD. An integrative physician and champion athlete shares scientific findings on the benefits of different types exercise, and how to customize a balanced program that's right for you.

I hope you enjoy listening to these podcasts episodes as much as I enjoyed recording them! We'll have plenty of great content in store for you in 2018, plus some new innovations in communicating vital health information.

A very happy New Year to you and your families!

In health,

Dr. Hoffman