Mastering Stress Management: Natural Solutions with Jim Lavalle

written by Dr. Ronald Hoffman | June 11, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman discusses stress and its various impacts on health with clinical pharmacist and nutritionist Jim Lavalle. They delve into the physiological mechanisms of stress, including cortisol's role and its effects on weight gain, thyroid function, and immune suppression. They highlight the widespread use and risks of long-term antidepressants, proposing natural alternatives like adaptogens (such as ashwagandha) and lifestyle modifications (such as mindfulness and exercise). Lavalle also talks about the innovative health optimization programs at Lifetime gyms and the potential of emerging therapies like microdosing psychedelics and ketamine. The episode emphasizes the importance of a comprehensive, balanced approach to managing stress without over-reliance on pharmaceuticals.

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