


Top 10 Intelligent Medicine Podcasts

One of the best-kept secrets about *Intelligent Medicine* is that it's not just a weekly radio show that you may or may not have a chance to catch in real time.

Each week, we also generate three or four additional podcasts that can be accessed via your computer, iPad or any mobile device. Try downloading them individually from our website or subscribe via iTunes or Stitcher.

That means that there's an inventory of scores of podcasts with fascinating content: interviews with top personalities in the field of complementary and alternative medicine, our weekly Q&A with Hoffman Center nutritionist Leyla Muedin, as well as my solo disquisitions on a wide range of topics. 

Feel free to browse them here: <http://drhoffman.com/podcast-2/>

And best of all, they're free, plus you don't need to wade through tons of commercials to get to the good stuff.

If you were to listen to all of them, you would receive an extraordinary grounding in the principles and practice of integrative medicine and applied nutrition. If it were up to me, I'd be handing out honorary degrees! However, I know that in the midst of our busy lives, logging all those listening hours can be tough, so I've handpicked a short list that will get your education in *Intelligent Medicine* off to a strong start.

Here are my Top Ten Podcasts of 2013/2014:

1) **Dr. Stephen Sinatra:** The dean of integrative cardiology, Dr. Sinatra discusses the limitations of our current approach to heart disease, and the role targeted natural therapies can play.

2) **Dr. Jacob Teitelbaum:** Author of *From Fatigued to Fantastic*, Dr. Teitelbaum outlines an effective integrative protocol for overcoming achy body and chronic exhaustion.

3) **Suzanne Somers:** A far-reaching interview with America's foremost advocate for natural cures.

4) **Dr. Loren Cordain:** The influential author of *The Paleo Diet* discusses his

evidence-based views on the optimal diet for humans.

5) **Denise Minger:** Author of *Death by Food Pyramid*, investigative journalist Denise Minger traces how faulty science, our government and food conglomerates have undermined Americans' health; she pushes back on T. Colin Campbell's *The China Study* with a nuanced critique.

6) **Dr. Allison Siebecker:** Millions of Americans suffer from gas, bloating and irritable bowel; Dr. Siebecker is one of the most knowledgeable authorities on SIBO—Small Intestine Bacterial Overgrowth—treatment, which can resolve many stubborn GI problems.

7) **Dr. Terry Wahls:** Author of *The Wahls Protocol*, and herself a sufferer of MS, Dr. Wahls outlines a highly effective dietary strategy that is being successfully embraced by thousands of MS patients.

8) **Dr. Kelly Brogan:** An integrative psychiatrist, Dr. Brogan eschews the use of medication in favor of scientifically validated natural treatments.

9) **Dr. John Abramson:** Dr. Abramson, a Harvard professor, challenges as unwarranted new guidelines that unnecessarily promote the use of statin drugs for additional tens of millions of Americans.

10) **Dr. Jeanne Drisko:** A top researcher in integrative medicine discusses research validating chelation therapy and intravenous vitamin C for cancer.

Now that we've established a good place to start, I hope you continue to check in daily on our website in anticipation of new podcast content or subscribe to one of our podcast feeds as linked above.

Wishing you and your families a joyous Palm Sunday, Passover, Good Friday and Easter!