

Q&A with Leyla: Carnivore Diet Controversies

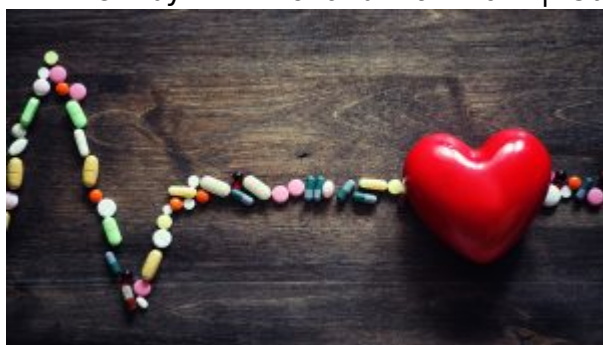
written by Dr. Ronald Hoffman | July 2, 2026



Carnivore diet controversies; What is a normal oxygen saturation? How much glucosamine should I take after surgery on both knees? Oral vs. IV chelation: how to determine which is appropriate; Are there any supplements one should stop taking before getting blood tests? And more!

Heart Matters: Essential Supplements for Cardiovascular Protection

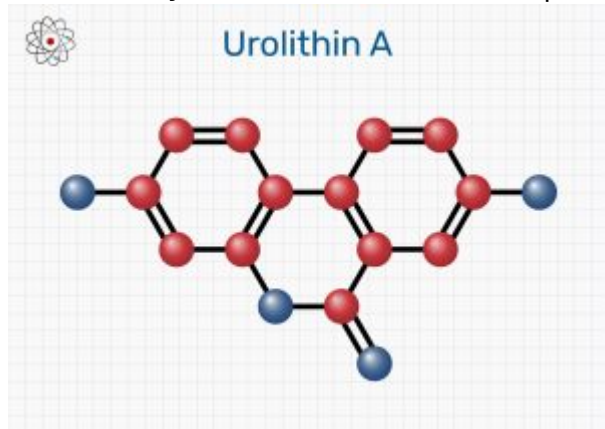
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Neil Levin from Protocol For Life Balance details cardiovascular protection beyond cholesterol-lowering drugs. Discover the benefits of nattokinase, vitamin K2, and much more for heart protection.

Urolithin A: A Pathway to Enhanced Energy and Longevity

written by Dr. Ronald Hoffman | July 2, 2026



Unravel the secrets behind a groundbreaking anti-aging compound, urolithin A. Jen Scheinman from Timeline Longevity details its muscle, immune and skin benefits by promoting mitophagy—recycling damaged mitochondria. Check it out!

Intelligent Medicine Radio for June 27: 80+ “Supermovers”

written by Dr. Ronald Hoffman | July 2, 2026



“The quick and the dead”: 80+ “Supermovers” show slowed cognitive decline; Pros and cons of ketamine therapy for depression; Magnesium—what research reveals about better sleep, stress resilience, and whole-body wellness; CBD may slow Alzheimer’s progression by tamping down brain inflammation; Zero-sugar diet may have unanticipated adverse health consequences; And more!

Q&A with Leyla: Sarcoidosis of the Lung

written by Dr. Ronald Hoffman | July 2, 2026



World Cup! What did humans eat from the Ice Age to the Bronze Age?
Supplements to avoid while undergoing radiation therapy for prostate cancer;
Treatment for sarcoidosis of the lung; Is it safe for hysterectomy patients
to eat tofu or other soy foods? Thoughts on using vibration devices to help
osteoporosis; And more!

Xylitol for Oral and Nasal Microbiome Support + Allergy Relief

written by Dr. Ronald Hoffman | July 2, 2026



Discover the surprising benefits of xylitol for dental & respiratory health. Nate Jones, CEO of Xlear, Inc. reveals the science behind xylitol and its vital impact on the oral and nasal microbiomes. Plus, he's got tips for allergy relief this season. Don't miss it!

Q&A with Leyla: Kudos to holistic veterinarians!

written by Dr. Ronald Hoffman | July 2, 2026



Is there any truth to some of the latest news that claims glucosamine supplements accelerate dementia and Alzheimer's? What may be the real driver of persistent musculoskeletal pain in menopause? Hyperbaric oxygen for treating hard-to-heal wounds? And more!

ENCORE: Beyond Boundaries: Pioneering Medical Innovations

written by Dr. Ronald Hoffman | July 2, 2026



What drives medical breakthroughs? Innovator Dr. Kieran Murphy explores the essence of invention and creativity in medicine. He shares stories of life-saving innovations. Check it out!