

# ENCORE: Q&A with Leyla: The Impact of Apple Cider Vinegar on Blood Sugar

written by Dr. Ronald Hoffman | May 14, 2026



More on “eat the rainbow” . . . or not; Medical breakthroughs that we don’t really need; What’s the impact of apple cider vinegar on blood sugar? I’m a 54-year-old postmenopausal woman with no libido—can supplements help? Can plant-based diets improve fertility? And more!

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# ENCORE: Rewiring Your Brain: Conquering Sugar Addiction

written by Dr. Ronald Hoffman | May 14, 2026



Is sugar rewiring your brain? Discover the science behind sugar cravings and how to curb them effectively. Dr. Nicole Avena, author of “Sugarless,” has a seven-step plan to conquer your cravings. Don’t miss it!

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# ENCORE: Finding Root Causes with Functional Diagnostic Nutrition

written by Dr. Ronald Hoffman | May 14, 2026



Did you know that stress & your gut health are deeply interconnected? Learn how Functional Diagnostic Nutrition can uncover hidden health issues conventional medicine might miss. Check it out!

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# ENCORE: Intelligent Medicine Radio for May 9: Cancer, Diabetes Risks from Food Preservatives

written by Dr. Ronald Hoffman | May 14, 2026



New study dispels fears over fish oil-atrial fibrillation link; Research highlights cancer, diabetes risks from food preservatives; Do the new dietary guidelines go too far, or are they a cop-out? Can we crack the code on aging, or are humans just “term-limited”? Patients with depression who’ve tried everything obtain surprising relief from vagus nerve stimulation; Blood sugar spikes after meals—even absent diabetes—can drive Alzheimer’s risk; New study pushes back on Tylenol-autism link, but highlights poor diet, chemical exposure, pre-natal anti-depressant use as potential culprits. And more!

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## ENCORE: Q&A with Leyla: Is herpes a risk factor for dementia?

written by Dr. Ronald Hoffman | May 14, 2026



When a second opinion is necessary; Could niacin be a factor in cardiovascular disease? Could spasms in your sleep be a prediction of Parkinson's? Could prescribed medications cause tinnitus? Is the herpes virus a risk factor for dementia? And more!

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## ENCORE: Challenging the Conventional Wisdom on Diabetes and Diet

written by Dr. Ronald Hoffman | May 14, 2026



Is everything we've believed about diet and diabetes a "big fat lie"? Join me in a riveting conversation with Gary Taubes, author of "Rethinking Diabetes," as we challenge conventional wisdom on carbs, insulin, and successful treatments. Check it out!

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# Enhancing Muscle Quality: A Deep Dive into Mitochondrial Science

written by Dr. Ronald Hoffman | May 14, 2026



Dr. Brad Currier from Timeline Longevity details the benefits of Urolithin A (MitoPure) for muscle preservation and recovery, immunity, and skin health. From elite athletes to everyday wellness, Urolithin A is revolutionizing mitochondrial health. Check it out!

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## ENCORE: Intelligent Medicine Radio for May 2: Breast-Feeding Moms Gain Less Post-Pregnancy Weight

written by Dr. Ronald Hoffman | May 14, 2026



Study shows brain stimulation with external electronic headset produces weight loss rivaling shots, pills; Breast-feeding moms gain less post-pregnancy weight; Scientists find hidden weight gain trigger in soybean oil; Calculators that assess your risk for heart disease miss the boat—half of actual heart attack victims were said to be at low-risk; Common amino acid may bust Alzheimer’s plaque; Adequate sleep may trump healthy diet, exercise

for longevity; And more!

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## **ENCORE: Q&A with Leyla: The Benefits of Bone Broth**

written by Dr. Ronald Hoffman | May 14, 2026



The concepts of weight-inclusive care and healthism; Medicine's biggest failures; Thoughts on the Shingrix vaccine; Can essential tremor cause unsteadiness and balance problems? Can kidney stones be controlled with probiotics? Thoughts on bone broth; And more!

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## **From Nutrition to Robotics: Modern Advances in Eye Health**

written by Dr. Ronald Hoffman | May 14, 2026



Discover how to keep your vision sharp. Integrative ophthalmologist Dr. Rudrani Banik discusses innovative approaches to vision health, the upcoming Eye Summit 2026, and cutting-edge therapies. Don't miss it!