

ENCORE: Intelligent Medicine Radio for March 28: Are eggs good or bad for the brain?

written by Dr. Ronald Hoffman | March 30, 2026



Are eggs good or bad for the brain? Low levels of a key nutrient can foster anxiety; Garlic mouthwash outperforms chemical antibacterials; 76% of the world's population isn't getting enough omega-3s; Surgery may hasten progression to Alzheimer's, but a vitamin may help; Far-infrared phototherapy may offer "electroceutical" treatment for dementia; Hobbies may forestall all-cause mortality—by 29%! And more!

ENCORE: Q&A with Leyla: Spelt Matzoh v. Traditional Wheat Matzoh

written by Dr. Ronald Hoffman | March 30, 2026



Is spelt matzoh better than traditional wheat matzoh for Passover? Is a dry red wine preferable to sweet wine or grape juice? Liver support supplements for alcoholic issues; What to take for pain and tingling after a shingles outbreak; Is carrageenan a carcinogen? Organic acids test for chronic

fatigue? And more!

ENCORE: Bridging Oral and Systemic Health: Discoveries in Periodontal Care

written by Dr. Ronald Hoffman | March 30, 2026



Explore how protecting your gums can safeguard your heart. Dr. William Levine, a board-certified periodontist, details the important science behind oral inflammation and systemic disease. Don't miss it!

ENCORE: From Teas to Capsules: Exploring Botanical Breakthroughs

written by Dr. Ronald Hoffman | March 30, 2026



Discover the secrets of herbal medicine. Mark Blumenthal from the American Botanical Council has a deep-dive into the world of botanicals. Learn about their role in health and wellness, as well as their quality control and adulteration Prevention. Check it out!

ENCORE: Intelligent Medicine Radio for March 21: Can surgical anesthesia accelerate memory loss?

written by Dr. Ronald Hoffman | March 30, 2026



New weight loss drugs may portend end of “Fat Acceptance” movement; Mid- and late-life exercise slash dementia risk; “Ethicists” urge more tick-borne meat allergy to save planet; How to detox 9-11 first-responders? Can natural herbs aid recovery from anorexia? Can surgical anesthesia accelerate memory loss? Bananas could be interfering with your smoothie’s health benefits; Chemical residues on produce impair male fertility; And more!

ENCORE: Q&A with Leyla: Avoiding Microplastics

written by Dr. Ronald Hoffman | March 30, 2026



Transcatheter Mitral Valve Replacement (TMVR); The impact of hops on the microbiome; Avoiding microplastics; Thoughts on continuous blood pressure

monitors; Should certain supplements be taken at different times of day or apart from each other? Thoughts on the HPV vaccine; And more!

ENCORE: The Food-Mood Connection: Optimizing Mental Health Through Nutrition

written by Dr. Ronald Hoffman | March 30, 2026



Can what you eat impact your mental well-being? Dr. Georgia Ede, author of “Change Your Diet, Change Your Mind,” details how a whole-foods, ketogenic, or even carnivore diet could benefit your mental health. Check it out!

Understanding Metabolic Dysfunction: A Deep Dive with Dr. Bret Scher

written by Dr. Ronald Hoffman | March 30, 2026



Are you part of the 93% of Americans with suboptimal metabolic health? Dr.

Bret Scher from the Coalition for Metabolic Health details the risks and has practical steps for a healthier lifestyle.

Intelligent Medicine Radio for March 14: Robotic Pets

written by Dr. Ronald Hoffman | March 30, 2026



The Havana Syndrome coverup; Omega-3s combat “neuroticism”, dementia—they also tame depression and improve cognitive function and memory in adolescents; Robotic pets make life easier for patients with dementia; Risks, benefits of “natural” ED formulas; Daily multivitamin delays biological aging; Breastfeeding confers weight loss benefits—to moms; Can you avoid a colonoscopy with a new colon cancer blood test? And more!

Q&A with Leyla: Back Pain

written by Dr. Ronald Hoffman | March 30, 2026



Want to reverse the declines of ageing? Check your attitude; Can vitamin E increase the risk of hemorrhagic stroke? How do I know which ingredients to avoid in my shampoo and soaps? Lower back pain; And more!