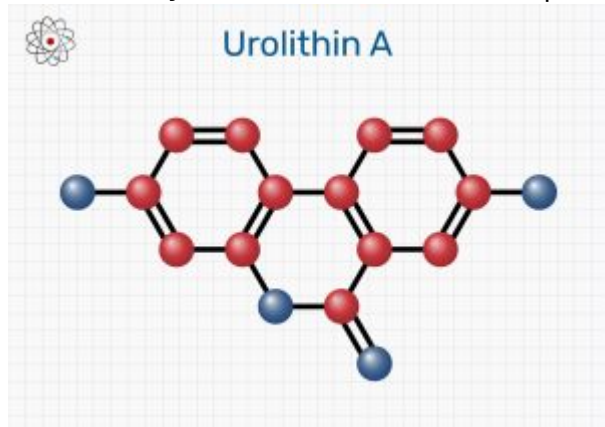


Urolithin A: A Pathway to Enhanced Energy and Longevity

written by Dr. Ronald Hoffman | June 30, 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”

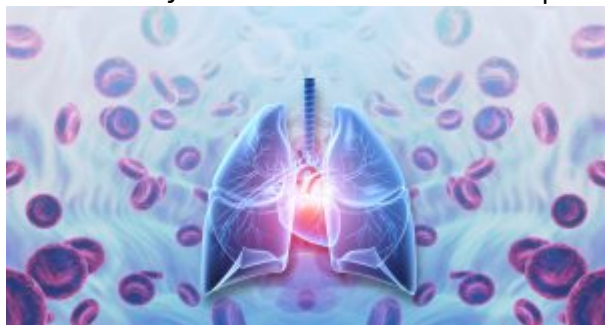
written by Dr. Ronald Hoffman | June 30, 2026



“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

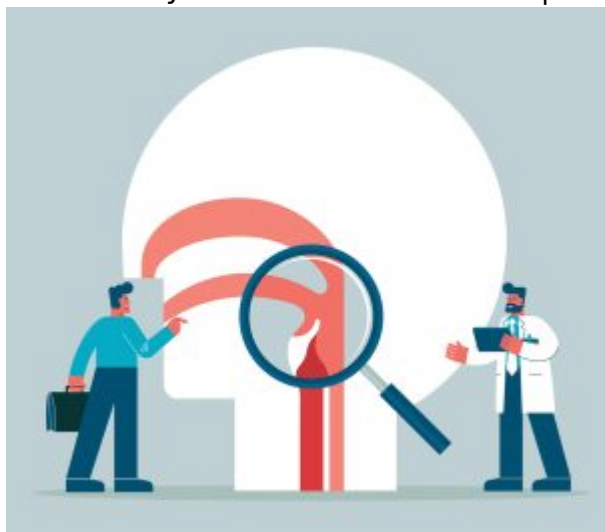
written by Dr. Ronald Hoffman | June 30, 2026



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 | June 30, 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 | June 30, 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

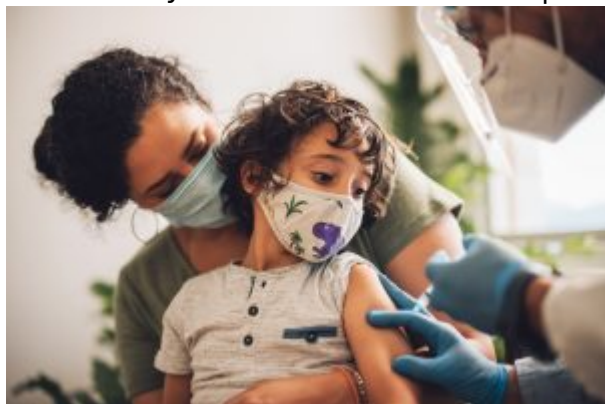
written by Dr. Ronald Hoffman | June 30, 2026



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!

Understanding COVID-19's Impact on Children

written by Dr. Ronald Hoffman | June 30, 2026



Pediatrician and author Dr. Elizabeth Mumper discusses her book, “Kids and COVID.” She details the pandemic’s impact on children’s health and what mistakes we must avoid in the future. A must-listen for parents and healthcare professionals!

Intelligent Medicine Radio for June 13: Smartphones and Social Media Create Real Harm for Adolescents

written by Dr. Ronald Hoffman | June 30, 2026



What’s the best form of curcumin? More than just a game—Knicks overcoming odds in game 4 comeback is a parable of resilience; a one-and-done lifetime cholesterol fix via gene modification; Do amounts of vitamin A in various supplements taken together court the risk of toxicity? Smartphones and social media create real harm for adolescents; Experts determine the exact right amount of sleep down to the minute—but is it overreach? And more!