

Intelligent Medicine Radio for December 20: Could napping improve cognitive function?

written by Dr. Ronald Hoffman | December 22, 2025



Part 1: Cocoa Ingredient that Slows Aging

Popular media leverage weak study to criticize RFK Jr.'s rethink of standard recommendations for saturated fat avoidance; Poor quality plant-based diets hike cardio risk; A listener complains his lp(a) is going up with age despite his healthy diet, lifestyle; Scientists pinpoint cocoa ingredient that slows aging; Berry proanthocyanidins preserve brain power; Tattooing may promote inflammation, undermine immunity.

Part 2: Could napping improve cognitive function?

Country singer Jellyroll dishes on his triple-digit weight loss odyssey; DGL for GERD—will it raise blood pressure? CBD curbs aggression in dogs; Hundreds of environmental chemicals may imbalance our microbiomes; ADHD isn't just a malady—it may impart unrecognized superpowers; The evolutionary mismatch between our ancient genes and modern artificial environments; Could napping improve cognitive function? Heart attacks, lung problems soared after LA wildfires; HHS Secretary RFK Jr. focuses attention on inadequate testing, treatments for chronic Lyme Disease.

Q&A with Leyla: Sauna & Sunlight During Winter

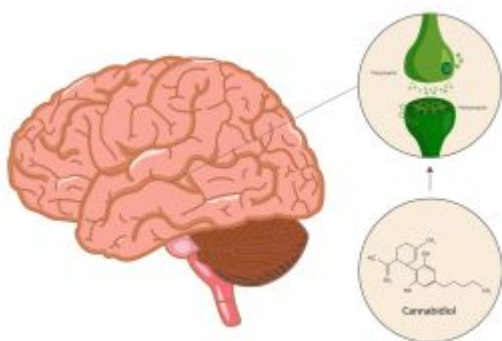
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The benefits of sauna and sunlight during winter months; Applied Behavioral Analysis in autism treatment; What are good supplements to take for HPV virus? The consequences of antibiotic use; And more!

The Power of CBD and Its Cannabinoid Cousins

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Maggie Frank, the national educator for CV Sciences, makers of PlusCBD Oil, has a deep-dive into the latest updates on CBD products, their benefits, and distinctions from THC. Discover the health benefits, from stress relief to metabolic support. Don't miss it!

ENCORE: A Deep Dive into Healthcare's Failings and Future

written by Dr. Ronald Hoffman | December 22, 2025



Dr. Henry Buchwald dissects the critical issues plaguing today's healthcare system. From rising costs to the loss of doctor-patient relationships, this episode is a must-listen for anyone invested in healthcare!

Intelligent Medicine Radio for December 13: Are eggs good or bad for the brain?

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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!

Q&A with Leyla: Is Canned Fish Safe?

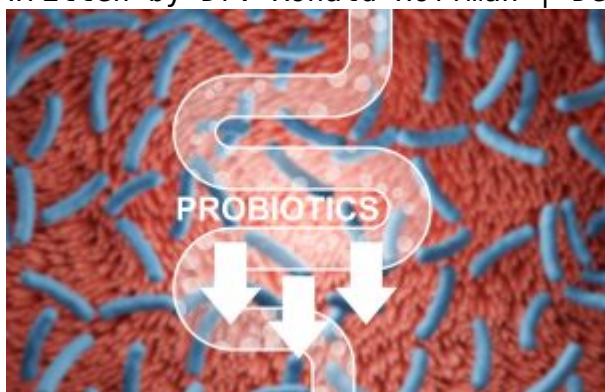
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Antioxidants and resistance training for treatment of sarcopenia; Is canned fish like sardines safe to eat? The benefits of magnesium threonate; Is creatine helpful in building bone strength in osteoporosis? Thoughts on the REMS ultrasound to diagnose bone mineral density status? What to do about an upward trending PSA; Can diabetes meds cause erectile dysfunction?

Hippocrates: All Chronic Disease Begins in the Gut

written by Dr. Ronald Hoffman | December 22, 2025



Want to learn how to boost your health through your gut? The Natural Pharmacist, Dr. Ross Pelton, reveals the benefits of postbiotic metabolites on microbiome magic and chronic disease, plus he has practical health tips.

Exploring Global Remedies with Medicine Hunter Chris Kilham

written by Dr. Ronald Hoffman | December 22, 2025



Discover the secrets of adaptogens, herbal bitters, and natural psychedelics. Journey around the globe with Chris Kilham, aka the Medicine Hunter, as he shares insights into sustainable herbal practices and the power of plant-based remedies.

Intelligent Medicine Radio for December 6: War Against Ultra-Processed Foods

written by Dr. Ronald Hoffman | December 22, 2025



First shots fired in war against ultra-processed foods; Early smartphone use linked to mental harms in kids; Revolutionary study highlights anti-aging benefits of collagen supplementation; Creatine gummies flunk potency tests; How exercise slows cancer and forestalls dementia; Fructose may stoke body-wide inflammation; What causes bleeding gums? And more!

Q&A with Leyla: Coffee v. Tea

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The best water filter? Vagus nerve therapy benefits; With so many benefits of drinking coffee, should we drink more of it instead of tea? Nutritional strategies for treating Barrett's Esophagus; Mitigating the side effects of Merkel cell carcinoma therapy; Is beet root powder beneficial for nitric oxide production? And more!