

Q&A with Leyla: Protein Intake Across the Lifespan

written by Dr. Ronald Hoffman | August 6, 2026



Considerations for protein intake across the lifespan; My bone mineral density has improved with strontium, should I stop taking it? My HgbA1c is steady at 5.5, could I reduce my metformin dose? I have a large gallstone and am wondering what the pros and cons of having my gallbladder removed are; Is there an easier way to ingest supplements? And more!

ENCORE: Medical Errors and Patient Advocacy: Dr. Julie's Guide to Hospital Stays

written by Dr. Ronald Hoffman | August 6, 2026



Dr. Julie Seamers reveals essential tips from her book, "Surviving Your Hospital Stay." From medical error insights to proactive patient advocacy, get empowered before your next hospital visit. Don't miss it!

Exploring Hormonal Health: From Testosterone to the Secrets of Longevity

written by Dr. Ronald Hoffman | August 6, 2026



Women's health, men's testosterone, and genetic destiny—explore it all. Endocrinologist Dr. Florence Comite reveals how to defy your genetic destiny and live a healthier, longer life. Check it out!

Intelligent Medicine Radio for August 1, Part 1: Watching Too Much TV May Shrink Your Brain (Literally!)

written by Dr. Ronald Hoffman | August 6, 2026



Life is longer for “those who think young”; Watching too much TV may shrink your brain (literally!); Your mouth may be the gateway to your overall health and longevity; Do you still need colonoscopies past 75? Breathing CO₂ clears brain of amyloid plaque; A novel treatment for knee pain—fiber! And more!

Q&A with Leyla: Varicose Veins

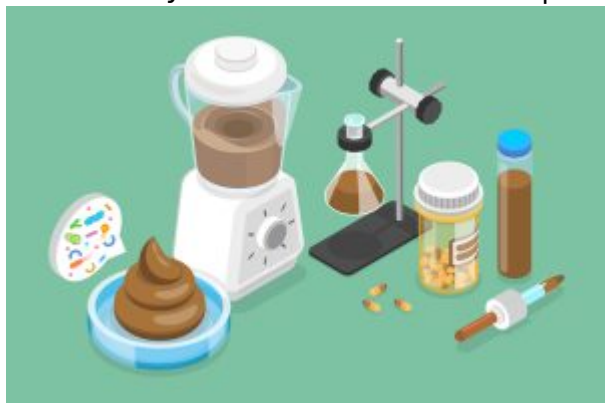
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Is there evidence for statins in the treatment of aortic valve stenosis? How the bacteria behind gum disease can affect heart health; Wouldn't it better to resume taking probiotics after finishing a round of antibiotics? Surgery for varicose veins, is this just a temporary fix? 25-year-old has bipolar and can't tolerate his medications, any natural recommendations? Is chondroitin effective? And more!

Integrative Naturopathic Gastroenterology: Fecal Transplants, Diet, Probiotics, and Helminth Therapy

written by Dr. Ronald Hoffman | August 6, 2026



Can fecal microbiota transplantation revolutionize the treatment of gut disorders? Naturopathic gastroenterologist Dr. Mark Davis has exciting new treatments for IBS, IBD, and more. Don't miss it!

Breaking New Ground: Psychedelics in Modern Psychiatry

written by Dr. Ronald Hoffman | August 6, 2026



Could psychedelics be the key to restoring mental health? Dr. Will Van Derveer and Keith Kurlander, co-authors of “Psychedelic Therapy,” reveal how substances like psilocybin and MDMA are paving the way for revolutionary therapies. Check it out!

Intelligent Medicine Radio for July 25: American Heart Association Does a 180° on Coffee

written by Dr. Ronald Hoffman | August 6, 2026



Science is conquering diseases—now breakthroughs in gene editing promise to vanquish aging itself; The healing potential of hydrogen; Dr. Jeffrey Bland on the benefits of a new full-spectrum fish oil; This week’s supplement spotlight—spermidine; American Heart Association does a 180° on coffee; How accurate are health tracker wearables for sleep, blood pressure, heart rate? And more!

Q&A with Leyla: Lithium Orotate for Therapeutic Benefit

written by Dr. Ronald Hoffman | August 6, 2026



Nature or nurture—which is more important when it comes to health conditions? Nattokinase vs. statins on coronary artery health; Lean Mass Hyper-responders on low carb diets explained; What is the best dose of lithium orotate for therapeutic benefit? Must I exercise fasted? And more!

Beyond the Mind: The Interplay of Mental and Physical Health

written by Dr. Ronald Hoffman | August 6, 2026



From gut health to mental well-being, everything is connected! Holistic psychiatrist Dr. Susan Trachman, author of "It's Not Just In Your Head," unpacks the brain-body relationship. She details how mental and physical health are intertwined. Check it out!