Q&A with Leyla: Coffee v. Tea

written by Dr. Ronald Hoffman | December 4, 2025

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!

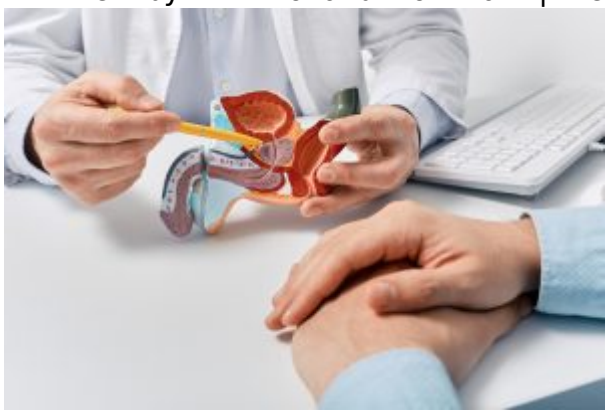
Bioelectronics: Unleashing the Power of Vagus Nerve Stimulation

written by Dr. Ronald Hoffman | December 4, 2025

Did you know that a tiny device implanted in your neck could replace medication for conditions like rheumatoid arthritis? Learn how the vagus nerve could hold the key to future therapies. Delve into the science & potential of bioelectronic medicine.

Navigating Prostate Cancer: The Intersection of Natural and Conventional Urology

written by Dr. Ronald Hoffman | December 4, 2025



A deep dive into prostate health with Dr. Geo Espinosa, a naturopathic doctor specializing in urological health from NYU Langone. Discover cutting-edge treatments, natural approaches, & expert insights. Plus, hear about the Prostate Cancer Summit Dec 13-17.

ENCORE: Intelligent Medicine Radio for November 29: Chili Peppers

written by Dr. Ronald Hoffman | December 4, 2025

“Delay, Deny . . .”– Feds take aim at prior authorizations that block patients’ access to care, surgeries, drugs they need; Are there non-surgical options for goiters? Chili peppers confer heart, cancer, longevity benefits; Will stem cells deliver a cure for insulin-dependent diabetics? Vitamin C reprograms skin cells to reverse age-related thinning; SAT’s getting shorter to match diminished attention spans of college applicants; Best supplements

for preventing osteoporosis; Researchers discover how exercise lowers Alzheimer’s risk; Two new studies show exercise curbs cancer recurrence; And more!

ENCORE: Q&A with Leyla: Thanksgiving and Overindulgence

written by Dr. Ronald Hoffman | December 4, 2025

Thanksgiving and overindulgence; A food poisoning incident; Thoughts on online sites offering prescriptions for hair loss; Suggestions for menstrual cramps; “I’ve been on Ozempic for a year and have diarrhea every morning!” Bergamot for fatty liver? And more!

From Tap to Table: Ensuring Water Safety with Expert Cydian Kauffman

written by Dr. Ronald Hoffman | December 4, 2025

Is your home’s water supply truly safe? Expert Cydian Kauffman of Pure Water

Northwest busts myths and shares essential knowledge on water safety. He’s got everything you need to know about water testing and treatment to make informed decisions for your family’s health.

Decadence with a Purpose: The Science Behind Healthy Chocolate

written by Dr. Ronald Hoffman | December 4, 2025

Unlock the secrets of chocolate as a functional food. From heart health to brain function, learn why cocoa is more than just a treat. Hear from experts about cocoa’s powerful antioxidants and health perks.

Intelligent Medicine Radio for November 22: Can surgical anesthesia accelerate memory loss?

written by Dr. Ronald Hoffman | December 4, 2025

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!

Q&A with Leyla: Soup in Cold Weather

written by Dr. Ronald Hoffman | December 4, 2025

Soup in cold weather; Study: No benefit from beta-blockers post heart attack, but vitamin D cuts risk of 2nd heart attack in half! The assault on young people’s brains; What to do about a hip labrum tear; Lead levels in dark chocolate; And more!

Aged Garlic Extract’s Impact on Periodontal and Cardiovascular Health

written by Dr. Ronald Hoffman | December 4, 2025

Clinical Pharmacist, Author, Board-Certified Clinical Nutritionist, and Health Expert Jim LaValle details the many health benefits of aged garlic extract, particularly its impact on periodontal disease. He reveals exciting new research findings that show Kyolic Aged Garlic Extract supplements can significantly reduce periodontal pocket depth – a key indicator of gingivitis and periodontal disease progression. He also highlights the role of aged garlic extract in reducing inflammation and improving gum health, which in turn has significant implications for cardiovascular and cognitive health. The conversation also touches on various formulations of aged garlic extract available from Kyolic, the importance of integrative approaches to health and wellness, and updates on the latest trends in anti-aging medicine, including peptides and GLP-1 agonists.