

ENCORE: Intelligent Medicine Radio for August 22: Does drinking carbonated water help weight loss?

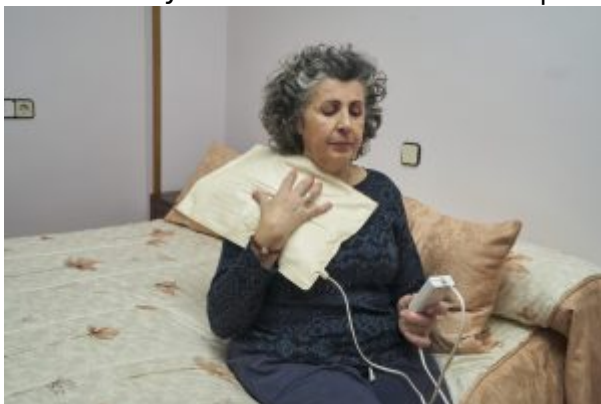
written by Dr. Ronald Hoffman | August 24, 2026



New-think on diet for ApoE4, a risk factor for Alzheimer's—eat meat! True or false—does drinking carbonated water help weight loss? Why some people fail to lose weight on GLP-1 drugs; Don't skip homocysteine when testing for dementia risk factors; Treating osteoporosis; New hope against pancreatic cancer; Eating right for Parkinson's Disease; Olive oil helps stave off dementia—but only the right kind; And more!

ENCORE: Q&A with Leyla: Heating Pad for Pain

written by Dr. Ronald Hoffman | August 24, 2026



An example of another bad 'scientific' study; Thoughts on the new at-home prostate test; A case study in high cholesterol; My husband's A1c went up after taking a statin for 5 months. Help! Using a heating pad for pain – a listener's success story; And more!

Your Ultimate Guide to Magnesium: Facts, Benefits, and Solutions

written by Dr. Ronald Hoffman | August 24, 2026



Discover why magnesium is referred to as the “spark of life.” Natalie Ochoa, president of Jigsaw Health, has a deep dive into how this essential mineral in our diet can combat stress, improve sleep, and benefit your energy levels, muscle health, and more. Check it out!

Caffeinated Insights: New Findings in Heart Health

written by Dr. Ronald Hoffman | August 24, 2026



Curious about how coffee affects your heart? Cardiologist Dr. Gregory Marcus has new findings on the nuanced effects of caffeine on heart health. Hear about the surprising relationship between coffee and the heart. Don't miss it!

Intelligent Medicine Radio for August 15: That Fishy Smell

written by Dr. Ronald Hoffman | August 24, 2026



Most mayos, salad dressings and chips “made with 100% avocado oil” fail test; Immune benefits of BWH Beta Glucan; Low-fat dairy shown to confer no weight, cholesterol benefits over full-fat dairy; FDA and USDA to define ultra-processed foods for first time—but what are they really? Those dark skin blotches—are they melasma, or just age spots? That fishy smell—does it mean your seafood is spoiled? And more!

Q&A with Leyla: The New Vaccine Schedule Recommendations

written by Dr. Ronald Hoffman | August 24, 2026



The new vaccine schedule recommendations; My urologist is giving me grief that my vitamin D level is too high; Nattokinase for long covid? Thoughts on

Cleveland Clinic's assessment of fish oil supplements; Natural treatments for anxiety and depression; Is taking Bergamot for cholesterol really effective? And more!

Mold Exposure Uncovered: Health Implications and New Approaches

written by Dr. Ronald Hoffman | August 24, 2026



Could unexplained symptoms be linked to mold exposure? Chemical engineer Ariana Thacker on the pervasive issue of mold toxicity, CIRS, and how to protect your health. Check out her insights and groundbreaking solutions.

Clear Air, Clean Water: Helen Christoni on Reducing Household Pollutants

written by Dr. Ronald Hoffman | August 24, 2026



Did you know your indoor environment could be up to 100 times more polluted than outside? Environmental and wellness expert Helen Christoni breaks down the essentials of air and water purification to maintain your health. Learn how to create a safer space for you and your loved ones. Check it out!

Intelligent Medicine for August 8: Your Future Drug Deliveries May Be Via Drones

written by Dr. Ronald Hoffman | August 24, 2026



What are the pros and cons of male circumcision? Do women wearing thongs get more vaginal infections? An avocado a day may keep the cardiologist away; Major study flags frailty risks with GLP-1 drugs for seniors; Unlicensed doctor arrested after patient dies following NAD+ infusion; Your future drug deliveries may be via drones; Can osteoporosis be reversed with hormone replacement therapy and resistance exercise? And more!

Q&A with Leyla: Protein Intake Across the Lifespan

written by Dr. Ronald Hoffman | August 24, 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!