

# ENCORE: From Teas to Capsules: Exploring Botanical Breakthroughs

written by Dr. Ronald Hoffman | March 24, 2026



Discover the secrets of herbal medicine. Mark Blumenthal from the American Botanical Council has a deep-dive into the world of botanicals. Learn about their role in health and wellness, as well as their quality control and adulteration Prevention. Check it out!

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# ENCORE: Intelligent Medicine Radio for March 21: Can surgical anesthesia accelerate memory loss?

written by Dr. Ronald Hoffman | March 24, 2026



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!

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# ENCORE: Q&A with Leyla: Avoiding Microplastics

written by Dr. Ronald Hoffman | March 24, 2026

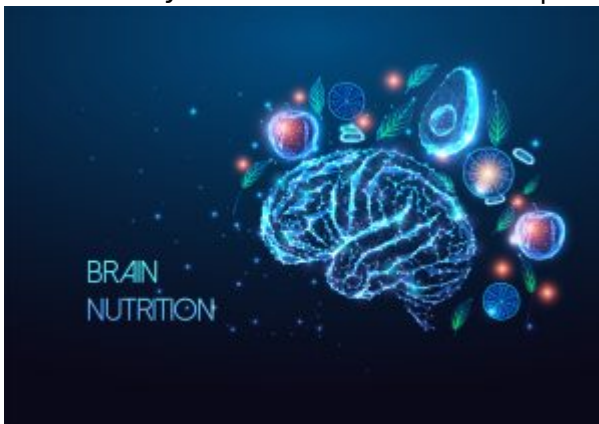


Transcatheter Mitral Valve Replacement (TMVR); The impact of hops on the microbiome; Avoiding microplastics; Thoughts on continuous blood pressure monitors; Should certain supplements be taken at different times of day or apart from each other? Thoughts on the HPV vaccine; And more!

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# ENCORE: The Food-Mood Connection: Optimizing Mental Health Through Nutrition

written by Dr. Ronald Hoffman | March 24, 2026



Can what you eat impact your mental well-being? Dr. Georgia Ede, author of “Change Your Diet, Change Your Mind,” details how a whole-foods, ketogenic, or even carnivore diet could benefit your mental health. Check it out!

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# Understanding Metabolic Dysfunction: A Deep Dive with Dr. Bret Scher

written by Dr. Ronald Hoffman | March 24, 2026



Are you part of the 93% of Americans with suboptimal metabolic health? Dr. Bret Scher from the Coalition for Metabolic Health details the risks and has practical steps for a healthier lifestyle.

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## Intelligent Medicine Radio for March 14: Robotic Pets

written by Dr. Ronald Hoffman | March 24, 2026

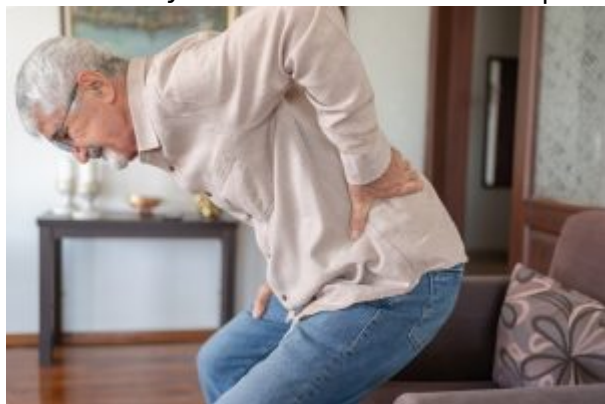


The Havana Syndrome coverup; Omega-3s combat “neuroticism”, dementia—they also tame depression and improve cognitive function and memory in adolescents; Robotic pets make life easier for patients with dementia; Risks, benefits of “natural” ED formulas; Daily multivitamin delays biological aging; Breastfeeding confers weight loss benefits—to moms; Can you avoid a colonoscopy with a new colon cancer blood test? And more!

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## Q&A with Leyla: Back Pain

written by Dr. Ronald Hoffman | March 24, 2026



Want to reverse the declines of ageing? Check your attitude; Can vitamin E increase the risk of hemorrhagic stroke? How do I know which ingredients to avoid in my shampoo and soaps? Lower back pain; And more!

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## Reimagining Assisted Living: Exercise, Nutrition, and Deprescribing

written by Dr. Ronald Hoffman | March 24, 2026



It's time to rethink eldercare. Hal Cranmer from A Paradise for Parents shares innovative approaches to improve eldercare, focusing on exercise, nutrition, and mental wellness. From ketones to cognitive exercises, hear how he enhances the quality of life for seniors. Check it out.

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# The Science of Sleep: Improving Rest and Rejuvenation

written by Dr. Ronald Hoffman | March 24, 2026



Struggling to get a good night's rest? Noted integrative physician Dr. Jacob Teitelbaum has expert tips on achieving quality sleep, tackling insomnia, and understanding sleep disorders. Dive into the science of sleep. Don't miss it!

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## Intelligent Medicine Radio for March 7: "Culinary Medicine"

written by Dr. Ronald Hoffman | March 24, 2026



Dentists continue to write prescriptions for potentially deadly antibiotic; A man, in love with his Chatbot, commits suicide to join her in the virtual world; Olive oil is calorie dense—but its consumption results in weight loss; Doctors-in-training embrace "culinary medicine"; As Administration relaxes their regulation, PFAS compounds shown to accelerate biological aging; Biopsies reveal microplastics in 90% of prostate cancers; And more!