

# Q&A with Leyla: Is Canned Fish Safe?

written by Dr. Ronald Hoffman | December 11, 2025

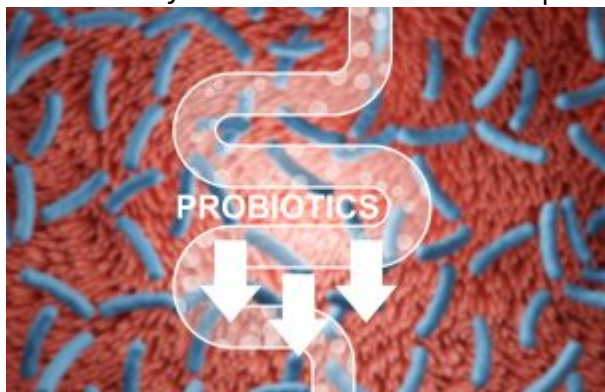


Antioxidants and resistance training for treatment of sarcopenia; Is canned fish like sardines safe to eat? The benefits of magnesium threonate; Is creatine helpful in building bone strength in osteoporosis? Thoughts on the REMS ultrasound to diagnose bone mineral density status? What to do about an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

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## Hippocrates: All Chronic Disease Begins in the Gut

written by Dr. Ronald Hoffman | December 11, 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.

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# Exploring Global Remedies with Medicine Hunter Chris Kilham

written by Dr. Ronald Hoffman | December 11, 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.

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

written by Dr. Ronald Hoffman | December 11, 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!

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# Q&A with Leyla: Coffee v. Tea

written by Dr. Ronald Hoffman | December 11, 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!

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## Bioelectronics: Unleashing the Power of Vagus Nerve Stimulation

written by Dr. Ronald Hoffman | December 11, 2025

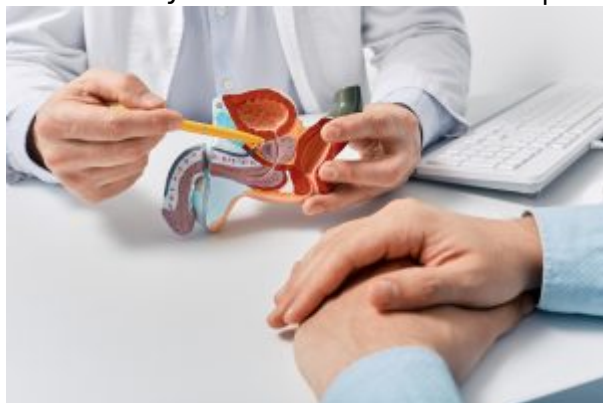


Did you know that a tiny device implanted in your neck could replace medication for conditions like rheumatoid arthritis? Learn how the vagus nerve could hold the key to future therapies. Delve into the science & potential of bioelectronic medicine.

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# Navigating Prostate Cancer: The Intersection of Natural and Conventional Urology

written by Dr. Ronald Hoffman | December 11, 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.

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## ENCORE: Intelligent Medicine Radio for November 29: Chili Peppers

written by Dr. Ronald Hoffman | December 11, 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!

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## **ENCORE: Q&A with Leyla: Thanksgiving and Overindulgence**

written by Dr. Ronald Hoffman | December 11, 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!

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

written by Dr. Ronald Hoffman | December 11, 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.