Q&A with Leyla: Helpful Nutrition for Cancer

written by Dr. Ronald Hoffman | October 22, 2026

Pope Leo’s cancer diagnosis and treatment; Helpful nutrition for cancer; Increasing LDL but Zero calcium score, what does it mean? Does past candida mean you can’t take a supplement that contains baker’s yeast? Alleviating spinal stenosis; Creatine for increasing muscle strength; And more!

ENCORE: Redefining Movement for Injury-Free Athletics

written by Dr. Ronald Hoffman | October 22, 2026

Can your movement protect you from injuries? Sports journalist Henry Abbott, author of “Ballistic,” shares insights from elite training and how we can apply them in our everyday lives to extend our motion horizon.

The Ultimate Battle for Open Supplement Access

written by Dr. Ronald Hoffman | October 22, 2026

Discover how the Alliance for Natural Health is battling bureaucracy for your health rights. We’re joined by the legendary “Dragon Slayer,” constitutional attorney Jonathan Emord, to discuss the fight against federal regulation’s impact on your access to natural health. Check it out!

Intelligent Medicine Radio for October 17: Possible Causes of Hip Pain

written by Dr. Ronald Hoffman | October 22, 2026

The Pope’s lung cancer diagnosis; Novel injection therapy melts fat cells; Is cholesterol the be-all/end-all for heart risk assessment? Is the new mRNA flu vaccine worth taking? Loneliness may steal 6 years of good health—but is it inevitable for introverts? The many possible causes of hip pain; Solutions for travelers’ constipation; And more!

Q&A with Leyla: Getting Back to Sleep After Late Night Bathroom Break

written by Dr. Ronald Hoffman | October 22, 2026

Folic acid vs. methylfolate; “What do I take to get back to sleep when I wake at 2 AM to go to the bathroom?” Is DHEA safe despite family history of breast and uterine cancers? Stomach and bowel upset after completing a round of antibiotics 2 months ago; “I have IBS, but my doctor confirmed no gluten sensitivity, so why do I have symptoms when I eat wheat?” And more!

Beyond Medication: Nutritional Alternatives for Mood Enhancement

written by Dr. Ronald Hoffman | October 22, 2026

Discover the connection between nutrition and mood. Neil Levin from Protocol For Life Balance details the essential nutrients and lifestyle changes for emotional wellness. Check it out!

Navigating Parenting in the Digital Age: Social Media Risks, Screen Time, and Practical Strategies

written by Dr. Ronald Hoffman | October 22, 2026

How can parents manage their children’s screen time constructively? Dr. Megan Moreno, author of “Connecting: Raising our Kids in the Digital World,” has expert insights and solutions. Listen now!

Intelligent Medicine Radio for October 10: Can Mistletoe Help Treat Cancer? Surprising Insights

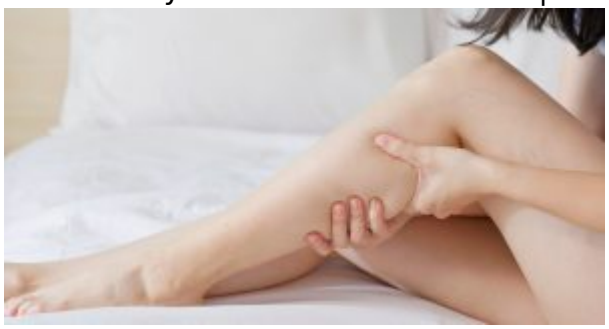
written by Dr. Ronald Hoffman | October 22, 2026

Death at clandestine Siberian bio lab raises specter of weaponized plague leak; Oats for constipation—friend or foe? How long can supplements keep? The brouhaha over fortifying foods with folic acid—is it a cancer promoter?

Mistletoe for cancer? And more!

Q&A with Leyla: Restless Legs Syndrome

written by Dr. Ronald Hoffman | October 22, 2026



Folic acid-fortified foods and cancer; Why are calcium and strontium often combined in some supplements when they're supposed to be taken separately? The benefits of Pycnogenol in lipedema; What can I do about my restless legs syndrome? And more!

Preventive Medicine: From Past Discoveries to Future Challenges

written by Dr. Ronald Hoffman | October 22, 2026

Are we prepared for the next health crisis? Dr. Barry Davis explores the groundbreaking work of "preventioneers," the heroes behind lifesaving medical advancements. He dissects the impact of preventative medicine and shares insights on public health's future. Listen now!