

# ENCORE: Intelligent Medicine Radio for May 9: Cancer, Diabetes Risks from Food Preservatives

written by Dr. Ronald Hoffman | May 11, 2026



New study dispels fears over fish oil-atrial fibrillation link; Research highlights cancer, diabetes risks from food preservatives; Do the new dietary guidelines go too far, or are they a cop-out? Can we crack the code on aging, or are humans just “term-limited”? Patients with depression who’ve tried everything obtain surprising relief from vagus nerve stimulation; Blood sugar spikes after meals—even absent diabetes—can drive Alzheimer’s risk; New study pushes back on Tylenol-autism link, but highlights poor diet, chemical exposure, pre-natal anti-depressant use as potential culprits. And more!

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## ENCORE: Q&A with Leyla: Is herpes a risk factor for dementia?

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When a second opinion is necessary; Could niacin be a factor in

cardiovascular disease? Could spasms in your sleep be a prediction of Parkinson's? Could prescribed medications cause tinnitus? Is the herpes virus a risk factor for dementia? And more!

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## **ENCORE: Challenging the Conventional Wisdom on Diabetes and Diet**

written by Dr. Ronald Hoffman | May 11, 2026



Is everything we've believed about diet and diabetes a "big fat lie"? Join me in a riveting conversation with Gary Taubes, author of "Rethinking Diabetes," as we challenge conventional wisdom on carbs, insulin, and successful treatments. Check it out!

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## **Enhancing Muscle Quality: A Deep Dive into Mitochondrial Science**

written by Dr. Ronald Hoffman | May 11, 2026



Dr. Brad Currier from Timeline Longevity details the benefits of Urolithin A (MitoPure) for muscle preservation and recovery, immunity, and skin health. From elite athletes to everyday wellness, Urolithin A is revolutionizing

mitochondrial health. Check it out!

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## **ENCORE: Intelligent Medicine Radio for May 2: Breast-Feeding Moms Gain Less Post-Pregnancy Weight**

written by Dr. Ronald Hoffman | May 11, 2026



Study shows brain stimulation with external electronic headset produces weight loss rivaling shots, pills; Breast-feeding moms gain less post-pregnancy weight; Scientists find hidden weight gain trigger in soybean oil; Calculators that assess your risk for heart disease miss the boat—half of actual heart attack victims were said to be at low-risk; Common amino acid may bust Alzheimer's plaque; Adequate sleep may trump healthy diet, exercise for longevity; And more!

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## **ENCORE: Q&A with Leyla: The Benefits of Bone Broth**

written by Dr. Ronald Hoffman | May 11, 2026



The concepts of weight-inclusive care and healthism; Medicine's biggest failures; Thoughts on the Shingrix vaccine; Can essential tremor cause unsteadiness and balance problems? Can kidney stones be controlled with probiotics? Thoughts on bone broth; And more!

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## **From Nutrition to Robotics: Modern Advances in Eye Health**

written by Dr. Ronald Hoffman | May 11, 2026



Discover how to keep your vision sharp. Integrative ophthalmologist Dr. Rudrani Banik discusses innovative approaches to vision health, the upcoming Eye Summit 2026, and cutting-edge therapies. Don't miss it!

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## **Physical Therapy and the Path to Healing with Dr. Tom Walters**

written by Dr. Ronald Hoffman | May 11, 2026



Pain management and injury prevention with Dr. Tom Walters, author of “Rehab Science.” Learn about combating pain and boosting physical resilience. Check it out!

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## **Intelligent Medicine Radio for April 25: Does drinking carbonated water help weight loss?**

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### **Part 1: Does drinking carbonated water help weight loss?**

New-think on diet for ApoE4, a risk factor for Alzheimer’s—eat meat! Is a non-invasive blood sugar monitor on the drawing board for the next Apple Watch? True or false—does drinking carbonated water help weight loss? Eating while distracted puts on the pounds; Treating duodenitis; How much whey protein should you consume? Why some people fail to lose weight on GLP-1 drugs.

## Part 2: New Hope Against Pancreatic Cancer

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; A lifestyle hack that can cut Alzheimer's risk by 38%; How to reduce high calprotectin on a stool test.

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## Q&A with Leyla: Is oatmeal healthy?

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Is oatmeal healthy? Advice for higher-than-normal carotid artery intima-media thickness and no appreciable plaque; The hepatitis B vaccine; Protocol for 9-11 first responders for addressing toxic burden and immune support; GLP-1 weight loss drugs—help vs harm; And more!