

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

written by Dr. Ronald Hoffman | December 8, 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!

## Q&A with Leyla: Coffee v. Tea

written by Dr. Ronald Hoffman | December 8, 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!

---

# Bioelectronics: Unleashing the Power of Vagus Nerve Stimulation

written by Dr. Ronald Hoffman | December 8, 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.

---

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

written by Dr. Ronald Hoffman | December 8, 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.

---

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

written by Dr. Ronald Hoffman | December 8, 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!

---

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

written by Dr. Ronald Hoffman | December 8, 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!

---

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

written by Dr. Ronald Hoffman | December 8, 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.

---

## Decadence with a Purpose: The Science Behind Healthy Chocolate

written by Dr. Ronald Hoffman | December 8, 2025



Unlock the secrets of chocolate as a functional food. From heart health to

brain function, learn why cocoa is more than just a treat. Hear from experts about cocoa's powerful antioxidants and health perks.

---

## **Intelligent Medicine Radio for November 22: Can surgical anesthesia accelerate memory loss?**

written by Dr. Ronald Hoffman | December 8, 2025



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!

---

## **Q&A with Leyla: Soup in Cold Weather**

written by Dr. Ronald Hoffman | December 8, 2025



Soup in cold weather; Study: No benefit from beta-blockers post heart attack, but vitamin D cuts risk of 2nd heart attack in half! The assault on young people's brains; What to do about a hip labrum tear; Lead levels in dark chocolate; And more!