Q&A with Leyla: The Case for Language Learning for Older Adults

written by Dr. Ronald Hoffman | February 5, 2026

The case for language learning for older folks; Are there any adverse interactions between curcumin and low-dose Crestor? The benefits of taking vitamin D with vitamin K; Can taking creatine artificially raise PSA levels? Thoughts on the multidetector CT scan; And more!

Allergies, Candida, and Modern Medicine: A Conversation with Dr. Dean Mitchell

written by Dr. Ronald Hoffman | February 5, 2026

Dr. Dean Mitchell, author of “Conquering Candida,” details the intersection of traditional and integrative medicine to conquer yeast and allergy challenges. Discover how modern approaches to allergy and yeast management are revolutionizing health. Check it out!

The Power of Magnesium: A Deep Dive with Dr. Carolyn Dean

written by Dr. Ronald Hoffman | February 5, 2026

Could magnesium be the missing link to better health? Dr. Carolyn Dean, author of “The Magnesium Miracle,” details the crucial role magnesium plays in brain health, energy, and disease prevention.

Intelligent Medicine Radio for January 31: Full-Fat Cheese Protective Against Cognitive Decline

written by Dr. Ronald Hoffman | February 5, 2026

New study finds full-fat cheese protective against cognitive decline; Wild blueberries support heart and brain health; Are seed oils really that bad? Are memory supplements effective? Arthritis breakthrough as scientists discover way of regenerating joint cartilage; Surprising new findings on coffee, tea consumption, and osteoporosis risk; And more!

Q&A with Leyla: Leg Cramps

written by Dr. Ronald Hoffman | February 5, 2026

Fish oil linked to reduced risk of atrial fibrillation; Advice for arthritis and leg cramps during the night; “I follow a low-carb diet, why is my Hemoglobin A1c high?” Will there soon be biological criteria for diagnosing clinical depression? What’s with the ongoing battle between low fat and full fat dairy advocates? And more!

Brain Health Breakthroughs: Natural Approaches to Migraine Relief

written by Dr. Ronald Hoffman | February 5, 2026

Explore innovative solutions for migraines beyond medication with Dr. Elena Gross. From natural diets to understanding brain energy, this podcast episode is packed with insights for migraine sufferers and beyond.

Winterize Your Skin

written by Dr. Ronald Hoffman | February 5, 2026

Is your winter skincare routine missing something crucial? Friend of the pod Dr. Ross Pelton, the Natural Pharmacist, details the secrets to a healthy skin microbiome and how it connects with your gut health.

Intelligent Medicine Radio for January 24: Cancer, Diabetes Risks from Food Preservatives

written by Dr. Ronald Hoffman | February 5, 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!

Q&A with Leyla: “Wintering” – How to Optimize your Winter Experience

written by Dr. Ronald Hoffman | February 5, 2026

“Wintering” – how to optimize your winter experience; What we’re eating for dinner; An overview of the Dietary Guidelines for Americans; Rectifying scar tissue; Natural supplements for neuropathy in the legs and feet; Supplements for prostate health; Famotidine for GERD?

ENCORE: Living to 100

written by Dr. Ronald Hoffman | February 5, 2026

Could living past 100 become the new normal? Discover the secrets to living longer and the societal impacts of everyone living past 100 with Journalist William J. Cole, author of “The Big 100: Uncovering the Keys to Longevity.”