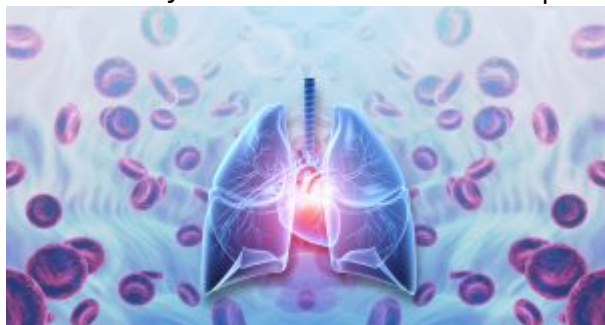


Q&A with Leyla: Sarcoidosis of the Lung

written by Dr. Ronald Hoffman | June 25, 2026



World Cup! What did humans eat from the Ice Age to the Bronze Age?
Supplements to avoid while undergoing radiation therapy for prostate cancer;
Treatment for sarcoidosis of the lung; Is it safe for hysterectomy patients
to eat tofu or other soy foods? Thoughts on using vibration devices to help
osteoporosis; And more!

Xylitol for Oral and Nasal Microbiome Support + Allergy Relief

written by Dr. Ronald Hoffman | June 25, 2026



Discover the surprising benefits of xylitol for dental & respiratory health. Nate Jones, CEO of Xlear, Inc. reveals the science behind xylitol and its vital impact on the oral and nasal microbiomes. Plus, he's got tips for allergy relief this season. Don't miss it!

Q&A with Leyla: Kudos to holistic veterinarians!

written by Dr. Ronald Hoffman | June 25, 2026



Is there any truth to some of the latest news that claims glucosamine supplements accelerate dementia and Alzheimer's? What may be the real driver of persistent musculoskeletal pain in menopause? Hyperbaric oxygen for treating hard-to-heal wounds? And more!

ENCORE: Beyond Boundaries: Pioneering Medical Innovations

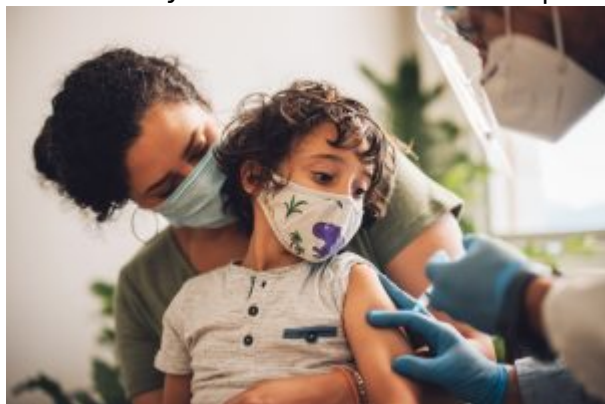
written by Dr. Ronald Hoffman | June 25, 2026



What drives medical breakthroughs? Innovator Dr. Kieran Murphy explores the essence of invention and creativity in medicine. He shares stories of life-saving innovations. Check it out!

Understanding COVID-19's Impact on Children

written by Dr. Ronald Hoffman | June 25, 2026



Pediatrician and author Dr. Elizabeth Mumper discusses her book, “Kids and COVID.” She details the pandemic’s impact on children’s health and what mistakes we must avoid in the future. A must-listen for parents and healthcare professionals!

Intelligent Medicine Radio for June 13: Smartphones and Social Media Create Real Harm for Adolescents

written by Dr. Ronald Hoffman | June 25, 2026



What’s the best form of curcumin? More than just a game—Knicks overcoming odds in game 4 comeback is a parable of resilience; a one-and-done lifetime cholesterol fix via gene modification; Do amounts of vitamin A in various supplements taken together court the risk of toxicity? Smartphones and social media create real harm for adolescents; Experts determine the exact right amount of sleep down to the minute—but is it overreach? And more!

Q&A with Leyla: In-Door Stair Climbing

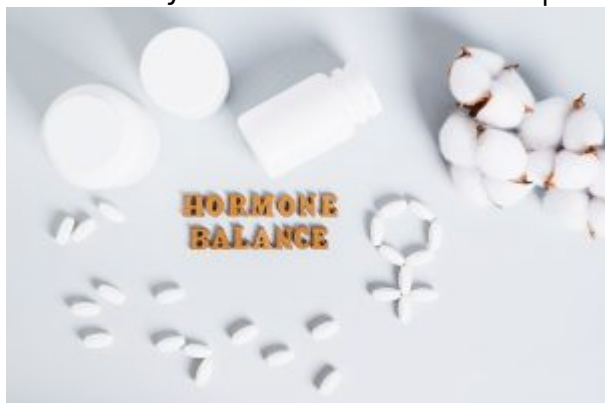
written by Dr. Ronald Hoffman | June 25, 2026



Deprescribing meds in older adults; Treating C. difficile; Stair climbing indoors in bad weather instead of walking outdoors, is this worthwhile? The FDA no longer recommends use of radiation shields during x-ray procedures? Magnesium taurate to control palpitations? Performance-enhancing drugs in professional sports; And more!

ENCORE: Hormone Solutions and Misconceptions with Dr. Erika Schwartz

written by Dr. Ronald Hoffman | June 25, 2026



A deep dive on hormones with Dr. Erika Schwartz, author of “The New Hormone Solution.” Explore how a tailored approach to hormone replacement can improve health and longevity. Is bioidentical hormone therapy the solution for menopause symptoms?