

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

written by Dr. Ronald Hoffman | May 7, 2026



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!

ENCORE: Challenging the Conventional Wisdom on Diabetes and Diet

written by Dr. Ronald Hoffman | May 7, 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!

Enhancing Muscle Quality: A Deep Dive into Mitochondrial Science

written by Dr. Ronald Hoffman | May 7, 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!

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

written by Dr. Ronald Hoffman | May 7, 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!

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

written by Dr. Ronald Hoffman | May 7, 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!

From Nutrition to Robotics: Modern Advances in Eye Health

written by Dr. Ronald Hoffman | May 7, 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!

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

written by Dr. Ronald Hoffman | May 7, 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!

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

written by Dr. Ronald Hoffman | May 7, 2026



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.

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!

From Indoor to Outdoor: Reviving Health Through Natural Exposure

written by Dr. Ronald Hoffman | May 7, 2026



The “Indoor Epidemic.” Internist, chef, and regenerative farmer Dr. John La Puma reveals powerful insights on sunlight, nature, and their surprising impact on health. Find out how a simple walk outside could transform your wellness. Don’t miss it!