Intelligent Medicine Radio for November 14: Chocolate May Be Scuba Divers’ New Best Friend

written by Dr. Ronald Hoffman | November 16, 2026

Will Republicans’ midterm wipeout sink MAHA? Research discloses link between fructose consumption and cancer metastases; What to do about bloating due to GLP-1 weight loss meds? When exercise backfires; “Forever chemicals” linked to aggressive forms of breast cancer; Fiber supplement reduces pain of knee osteoarthritis; Chocolate may be scuba divers’ new best friend; And more!

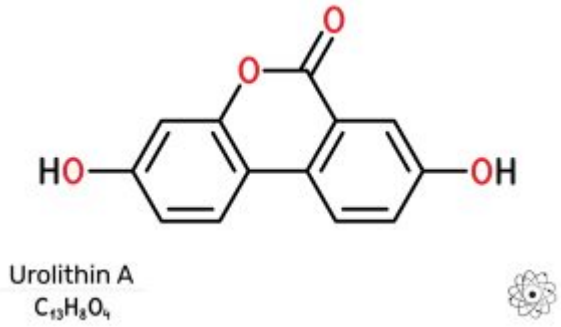
Q&A with Leyla: The Anatomy of Disordered Eating

written by Dr. Ronald Hoffman | November 16, 2026

Dealing with tough cases of chronic illness; The anatomy of disordered eating; Dealing with tick-borne illnesses; Do acid blockers disrupt the microbiome? Are there any supplements for food allergies? PRP treatment for arthritis? And more!

Unlocking Longevity: The Promise of Urolithin A

written by Dr. Ronald Hoffman | November 16, 2026



Uncover the potential of Mitopure Urolithin A in combating aging. Jen Scheinman from Timeline, makers of Mitopure, details revolutionary findings on its impact on health and aging. From heart and brain health to skin rejuvenation, find out what the future holds. Check it out!

A Multi-Systemic Approach to Chronic Illness

written by Dr. Ronald Hoffman | November 16, 2026

Discover groundbreaking methods to treat chronic diseases that are reshaping the medical landscape. Dr. Richard Horowitz, author of “Ending Chronic Illness,” details a bold new program to heal inflammation and persistent diseases. Don’t miss it!

Intelligent Medicine for November 7: Coffee Calories Soar—and It’s Not Just About Sugar

written by Dr. Ronald Hoffman | November 16, 2026

A case of life-threatening allergic reaction after sex; Death cap mushroom murderer sentenced; AI-enhanced retinal photography may unlock key to looming disease risk; The ultimate exercise for blood pressure; Coffee calories soar—and it’s not just about sugar; Less than 42 minutes of daily sunlight hikes dementia risk; And more!

Q&A with Leyla: Botox and Other Fillers

written by Dr. Ronald Hoffman | November 16, 2026

A tragic case of rhabdomyolysis at the NYC Marathon; Advice for getting off

antidepressants; Ways to prevent cognitive decline; Studies – remission of type 2 diabetes and reversal of fatty liver; Thoughts on Botox and other fillers; And more!

ENCORE: The Neuroscience of Retaliation: Conversations with Dr. James Kimmel

written by Dr. Ronald Hoffman | November 16, 2026

Why does revenge feel so addictive? Dr. James Kimmel, author of “The Science of Revenge,” reveals the mind’s hidden pathways and delves into the neuroscience behind revenge and its societal impacts. This episode might just change your perspective on justice. Check it out!

The Power of Fermented Foods: Enhancing Health and Longevity

written by Dr. Ronald Hoffman | November 16, 2026

Discover the power of fermented foods. Excited to welcome “Fermented” author Professor Tim Spector. He’s got cutting-edge science and practical advice on aging and disease management through optimizing your microbiome. Check it out!

Intelligent Medicine Radio for October 31: The “10,000 Step Rule”

written by Dr. Ronald Hoffman | November 16, 2026

Bone density can be IMPROVED with the right combination of resistance and high-impact exercises; Hard-to-treat depression may stem from circadian rhythm disruptions; Creatine plus resistance exercise fends off menopause woes; The arbitrariness of the “10,000 step rule”; Exercise improves sleep—but so, too, does a healthy microbiome; And more!

Q&A with Leyla: Total Knee Replacement

written by Dr. Ronald Hoffman | November 16, 2026

Exercise training for bone health; I have chronic insomnia, and my doctor

told me to avoid any supplements due to my pacemaker”; What supplements do you recommend for recovery from a total knee replacement? I have a family history of rheumatoid arthritis, how can I prevent this? And more!