

# Intelligent Medicine Radio for June 20: Social Anxiety Disorder

written by Dr. Ronald Hoffman | June 22, 2026



Should you stop taking glucosamine based on a new study linking it to Alzheimer's? What's behind the spate of "Tai Chi Walking" social media posts? Vaping after smoking hikes risk for lung cancer; Why aren't there more medical insurance plans that cover alternative medicine? Keto diet shows promise for treatment of anorexia; Incidence of social anxiety disorder is soaring among young people; And more!

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## Q&A with Leyla: Kudos to holistic veterinarians!

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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!

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# ENCORE: Beyond Boundaries: Pioneering Medical Innovations

written by Dr. Ronald Hoffman | June 22, 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!

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## Understanding COVID-19's Impact on Children

written by Dr. Ronald Hoffman | June 22, 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!

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

written by Dr. Ronald Hoffman | June 22, 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!

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## Q&A with Leyla: In-Door Stair Climbing

written by Dr. Ronald Hoffman | June 22, 2026

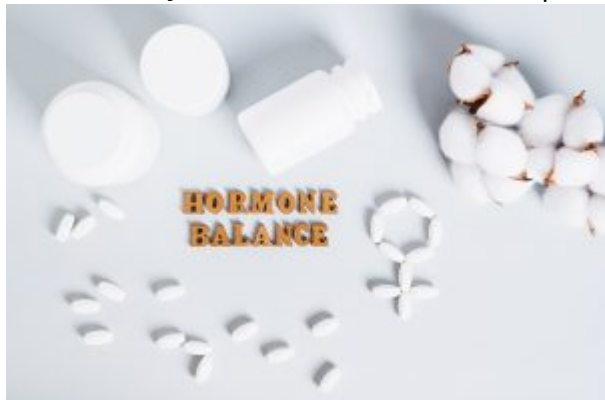


Deprescribing meds in older adults; Treating C. difficile; Stair climbing indoors in bad weather instead of walking outdoors, is this worthwhile? The FDA no longer recommends use of radiation shields during x-ray procedures? Magnesium taurate to control palpitations? Performance-enhancing drugs in professional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

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# ENCORE: Hormone Solutions and Misconceptions with Dr. Erika Schwartz

written by Dr. Ronald Hoffman | June 22, 2026

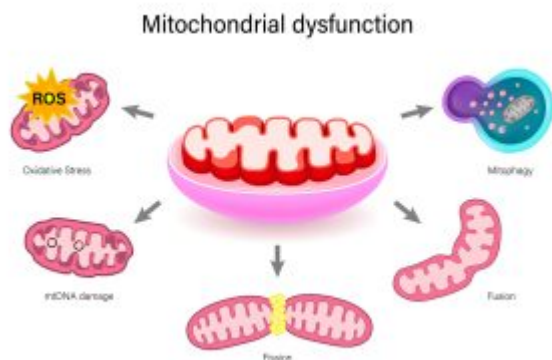


A deep dive on hormones with Dr. Erika Schwartz, author of “The New Hormone Solution.” Explore how a tailored approach to hormone replacement can improve health and longevity. Is bioidentical hormone therapy the solution for menopause symptoms?

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## Revitalizing Energy with Membrane Lipid Replacement

written by Dr. Ronald Hoffman | June 22, 2026



Did you know healthy cell membranes can transform your energy levels and combat aging? Dr. Garth Nicolson reveals how membrane lipid replacement is the key to fighting aging and enhancing cellular vitality. Check it out!

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# Intelligent Medicine Radio for June 6: Motorized e-scooter use needs to be regulated NOW!

written by Dr. Ronald Hoffman | June 22, 2026



The “Enhanced Games”, with no-holds-barred performance-enhancing drugs, yields scant advantages over “clean” contests; Does saturated fat increase insulin resistance? Can a heart attack victim avoid statin use with CoQ10? Omega-3 fish oil shows promise vs. type 2 diabetes; Motorized e-scooter use needs to be regulated NOW! Researchers test the “5 second rule” for dropped food; And more!

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## Q&A with Leyla: Lavender Oil to Relieve Itching

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The types of doctors to avoid; A case study of lavender oil helping to relieve itching; Dairy sensitivities and whey protein; Is high blood pressure

genetic? A critique of the study asserting fish oil supplements elevate the risk of atrial fibrillation; And more!