

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

written by Dr. Ronald Hoffman | February 2, 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!

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## Q&A with Leyla: Leg Cramps

written by Dr. Ronald Hoffman | February 2, 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!

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# Brain Health Breakthroughs: Natural Approaches to Migraine Relief

written by Dr. Ronald Hoffman | February 2, 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.

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## Winterize Your Skin

written by Dr. Ronald Hoffman | February 2, 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.

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

written by Dr. Ronald Hoffman | February 2, 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!

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

written by Dr. Ronald Hoffman | February 2, 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?

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## **ENCORE: Living to 100**

written by Dr. Ronald Hoffman | February 2, 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."

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## **Intelligent Exercise: A Guide to Pain-Free Performance**

written by Dr. Ronald Hoffman | February 2, 2026



Ready to break free from the 'no pain, no gain' myth? Renowned strength coach Dr. John Rusin reveals the secrets to pain-free exercise performance. Learn effective strategies for sustainable fitness. Check it out!

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# Intelligent Medicine Radio for January 17: Breast-Feeding Moms Gain Less Post-Pregnancy Weight

written by Dr. Ronald Hoffman | February 2, 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!

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## Q&A with Leyla: Does nicotine destroy the spine?

written by Dr. Ronald Hoffman | February 2, 2026



A spoof on suggested nutrition guidelines; Does nicotine destroy the spine? Suggestions for an 88-year-old man with an irregular heart rate. "My PSA is on an upward trend since my last test. Should I stop taking testosterone?"

Essential tremors; "I wake often during the night. What can I take to help me stay asleep?" And more!