

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

written by Dr. Ronald Hoffman | May 4, 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 4, 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 4, 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 4, 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 4, 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?

written by Dr. Ronald Hoffman | May 4, 2026



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 4, 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!

Exploring the Cognitive Health Benefits of Aged Garlic Extract

written by Dr. Ronald Hoffman | May 4, 2026



Discover the potential of Kyolic Aged Garlic Extract in enhancing cognition. Holistic practitioner Jane Jansen reveals a new study on aged garlic extract's benefits for cognitive function. It's all about unlocking brain health naturally. Check it out!

Intelligent Medicine Radio for April 18: Can your fast-fashion clothing give you cancer?

written by Dr. Ronald Hoffman | May 4, 2026



HIIT to optimize disease-prevention; Natural ways to lower your LDL; Choline's impact on the menopausal brain; How targeted supplementation can boost your nitric oxide for better health, an interview with Dr. Nathan Bryan, creator of N101. When GLP-1 drugs supercharge eating disorders; Vitamin C's brain-protective role; Can your fast-fashion clothing give you cancer? And more!

Q&A with Leyla: Are diets containing meat dangerous?

written by Dr. Ronald Hoffman | May 4, 2026



Are diets containing meat dangerous? The best assisted living models; Are butyrate supplements beneficial? Is iron overload a risk factor for heart attack? Nattokinase for blood pressure? Is there a danger of clot relocation when taking systemic enzymes? And more!