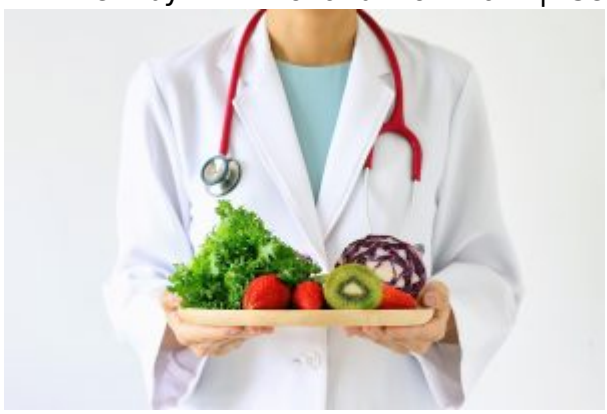
Culinary Medicine in Focus: Teaching Tomorrow’s Doctors Nutrition

written by Dr. Ronald Hoffman | September 22, 2026



Can food be medicine? Learn how Yale’s Culinary Medicine Program is shaping future doctors to think beyond prescriptions and embrace nutrition. Dr. Nate Wood, the program’s inaugural director, details the power of nutrition in healthcare. Don’t miss it!

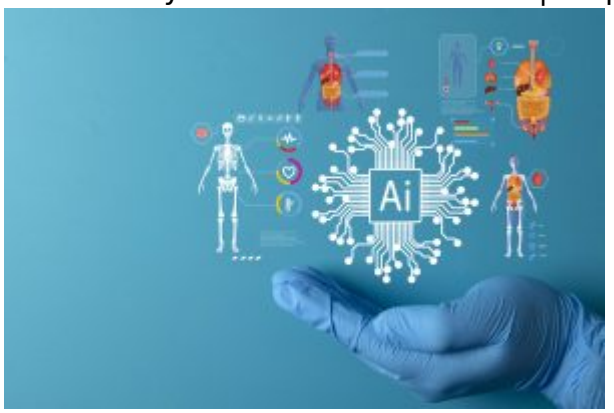
Intelligent Medicine Radio for September 19: Bright Lights at Night Emerge as Heart Disease Risk Factor

written by Dr. Ronald Hoffman | September 22, 2026

Will autonomous AI outperform doctors by 2030? “Emergency“ home medical kits draw ire of medical experts; Meta dinged $567 for teen addiction; Adequate vitamin D minimizes post-op pain; Cancer rise in younger adults may be explained by accelerated cellular aging; Splenda back in the crosshairs as new evidence points to genetic damage; Bright lights at night emerge as new heart disease risk factor. And more!

Q&A with Leyla: AI and The Future of Medicine

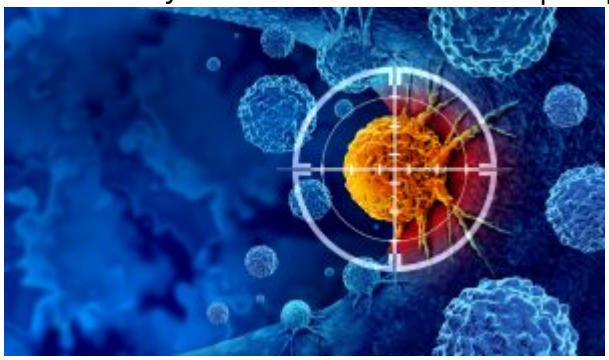
written by Dr. Ronald Hoffman | September 22, 2026



Autonomous Artificial Intelligence (AI) and the future of medicine; Alternatives to prescription medication for blood pressure; Are there cardiac side effects to berberine? What types of protein are most helpful for osteoporosis and weight gain? The coronary artery inflammation controversy; And more!

A Comprehensive Look at Immunity and Supplementation

written by Dr. Ronald Hoffman | September 22, 2026



Discover how new research is transforming our understanding of immune support with functional medicine physician Dr. Rob Rountree. He reveals revolutionary breakthroughs in immune science and debunks common myths about immune boosting. Check it out!

Microbiome Basics: How Pre-, Pro-, and Postbiotics Support Health

written by Dr. Ronald Hoffman | September 22, 2026

Learn why diversity matters — not just in nature but in your gut. Dr. Ross Pelton reveals groundbreaking insights into probiotics, postbiotics, and everything in between. Learn about the microbiome's role in weight loss, mood, and overall health. Don't miss it!

Intelligent Medicine Radio for September 12: Wobbly Arms and Shaky Legs—could it be FND?

written by Dr. Ronald Hoffman | September 22, 2026

Billy Joel's "brain surgery"; Are vegans hotter than meat-eaters? Wobbly arms and shaky legs—could it be FND? Women who start hormones in the 50s have 23% lower dementia risk; How to prep for cataract surgery; NY Times highlights magnesium for sleep; Even a single bout of antibiotics produces long-term

harm to microbiome; And more!

Q&A with Leyla: Advice for Lipedema

written by Dr. Ronald Hoffman | September 22, 2026

Ultra-processed foods’ impact on postpartum depression/psychosis; Trigeminal neuralgia after recent extensive dental work; The optimal total testosterone level for an 84-year-old male; Can the xylitol in my nasal spray have an adverse impact on heart health? Advice for a 25-year-old with lipedema; And more!

ENCORE: From Baby Powder to Big Pharma: The Dark Legacy of Johnson & Johnson

written by Dr. Ronald Hoffman | September 22, 2026

What do baby powder, antidepressants, and vaccines have in common? Investigative reporter Gardner Harris has a gripping exposé on one of the world’s biggest healthcare giants, Johnson & Johnson. He reveals what’s

really happening behind the scenes in Big Pharma. Don’t miss it!

Treating Muscle, Inflammatory, Nerve, and Brain Pain with Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | September 22, 2026

Struggling with chronic pain? Dr. Jacob Teitelbaum has groundbreaking insights from his new book, “Pain Relief in 4 Simple Steps.” Learn about cutting-edge approaches to tackling pain. Check it out!

Intelligent Medicine Radio for September 5: Brain Stimulation with Magnets for Cognitive Impairment?

written by Dr. Ronald Hoffman | September 22, 2026

Fish oil rivals effectiveness of antibiotics for periodontal disease; After American Heart Association green lights coffee, new study shows high consumption can accelerate bone loss; Scientists reveal how much exercise you really need to protect your heart—and no way are you doing enough! Is that prostate biopsy really necessary? Deep-brain stimulation with external magnets found to enhance brain function in mild cognitive impairment; And more!