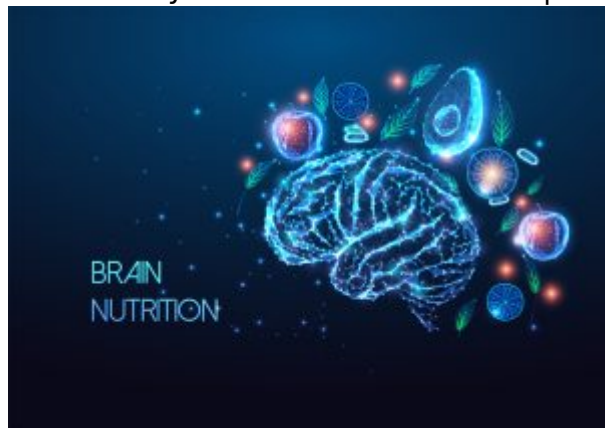


ENCORE: The Food-Mood Connection: Optimizing Mental Health Through Nutrition

written by Dr. Ronald Hoffman | March 18, 2026



Can what you eat impact your mental well-being? Dr. Georgia Ede, author of “Change Your Diet, Change Your Mind,” details how a whole-foods, ketogenic, or even carnivore diet could benefit your mental health. Check it out!

Understanding Metabolic Dysfunction: A Deep Dive with Dr. Bret Scher

written by Dr. Ronald Hoffman | March 18, 2026



Are you part of the 93% of Americans with suboptimal metabolic health? Dr. Bret Scher from the Coalition for Metabolic Health details the risks and has practical steps for a healthier lifestyle.

Intelligent Medicine Radio for March 14: Robotic Pets

written by Dr. Ronald Hoffman | March 18, 2026



The Havana Syndrome coverup; Omega-3s combat “neuroticism”, dementia—they also tame depression and improve cognitive function and memory in adolescents; Robotic pets make life easier for patients with dementia; Risks, benefits of “natural” ED formulas; Daily multivitamin delays biological aging; Breastfeeding confers weight loss benefits—to moms; Can you avoid a colonoscopy with a new colon cancer blood test? And more!

Q&A with Leyla: Back Pain

written by Dr. Ronald Hoffman | March 18, 2026



Want to reverse the declines of ageing? Check your attitude; Can vitamin E increase the risk of hemorrhagic stroke? How do I know which ingredients to avoid in my shampoo and soaps? Lower back pain; And more!

Reimagining Assisted Living: Exercise, Nutrition, and Deprescribing

written by Dr. Ronald Hoffman | March 18, 2026



It's time to rethink eldercare. Hal Cranmer from A Paradise for Parents shares innovative approaches to improve eldercare, focusing on exercise, nutrition, and mental wellness. From ketones to cognitive exercises, hear how he enhances the quality of life for seniors. Check it out.

The Science of Sleep: Improving Rest and Rejuvenation

written by Dr. Ronald Hoffman | March 18, 2026



Struggling to get a good night's rest? Noted integrative physician Dr. Jacob Teitelbaum has expert tips on achieving quality sleep, tackling insomnia, and understanding sleep disorders. Dive into the science of sleep. Don't miss it!

Intelligent Medicine Radio for March 7: “Culinary Medicine”

written by Dr. Ronald Hoffman | March 18, 2026



Dentists continue to write prescriptions for potentially deadly antibiotic; A man, in love with his Chatbot, commits suicide to join her in the virtual world; Olive oil is calorie dense—but its consumption results in weight loss; Doctors-in-training embrace “culinary medicine”; As Administration relaxes their regulation, PFAS compounds shown to accelerate biological aging; Biopsies reveal microplastics in 90% of prostate cancers; And more!

Q&A with Leyla: Quinoa—NOT a Grain

written by Dr. Ronald Hoffman | March 18, 2026



Quinoa is not a grain—it’s a pseudograin; When did poisoning our food fall under ‘defense’? How does MAHA reconcile this? Avoiding glaucoma; Can long-term effects of chemo cause insomnia and nausea? “I avoid red meat. Would I still get the same benefits from seafood and turkey?” And more!

Express Yourself: The Psychological Impact of Authentic Communication

written by Dr. Ronald Hoffman | March 18, 2026



‘Words can never hurt me’—is it true? Dr. Chloe Carmichael, author of “Can I Say That?,” breaks down how open dialogue influences anxiety, depression, and personal growth. Dive into the intersection of psychology and free speech, and explore the power of language in shaping our psyche. Don’t miss it!

Nutritional Empowerment for Cognitive Health

written by Dr. Ronald Hoffman | March 18, 2026



Looking to optimize your brain health? Don’t miss my engaging discussion with Neil Levin from Protocol For Life Balance. Learn about the role of nutrients, groundbreaking research, and actionable tips for cognitive wellbeing.