

# ENCORE: Q&A with Leyla: The Benefits of Bone Broth

written by Dr. Ronald Hoffman | April 30, 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!

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# From Nutrition to Robotics: Modern Advances in Eye Health

written by Dr. Ronald Hoffman | April 30, 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!

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# Physical Therapy and the Path to Healing with Dr. Tom Walters

written by Dr. Ronald Hoffman | April 30, 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!

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## Intelligent Medicine Radio for April 25: Does drinking carbonated water help weight loss?

written by Dr. Ronald Hoffman | April 30, 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.

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## Q&A with Leyla: Is oatmeal healthy?

written by Dr. Ronald Hoffman | April 30, 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!

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# From Indoor to Outdoor: Reviving Health Through Natural Exposure

written by Dr. Ronald Hoffman | April 30, 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!

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# Exploring the Cognitive Health Benefits of Aged Garlic Extract

written by Dr. Ronald Hoffman | April 30, 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!

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

written by Dr. Ronald Hoffman | April 30, 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!

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

written by Dr. Ronald Hoffman | April 30, 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!

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# Environmental Toxins and Autoimmune Wellness with Dr. Aly Cohen

written by Dr. Ronald Hoffman | April 30, 2026



Explore groundbreaking ways to manage autoimmune conditions using integrative strategies. Integrative rheumatologist Dr. Aly Cohen reveals how the right supplement regimen and a mindful lifestyle can transform your health. Plus, discover how everyday toxins impact your health and ways to defend against them.