Q&A with Leyla: Burning Mouth Syndrome

written by Dr. Ronald Hoffman | September 3, 2026

Highlights from Dr. Hoffman’s vacation; What can my friend take for burning mouth syndrome? Would peptides like BPC-157 protect my knees? The Salad and Salmon Diet is the best of both worlds in a whole-foods eating plan; I’ve been told to avoid red meat and instead take an iron supplement, but it’s causing constipation; And more

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ENCORE: Turning Stress into Strength

written by Dr. Ronald Hoffman | September 3, 2026

Unlock the secrets of stress resilience. Dr. Sharon Bergquist, author of “The Stress Paradox,” explains why embracing stress may be the key to a longer, healthier, and happier life. Check it out!

ENCORE: Vitamin D: How Rickets Shaped

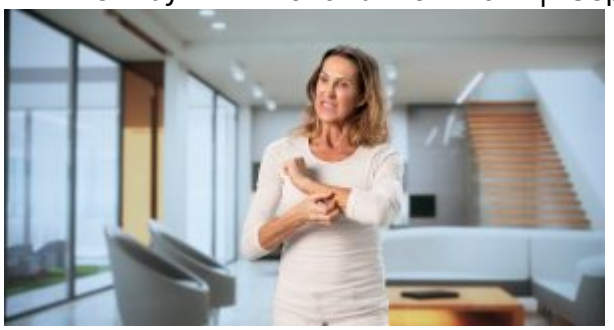
Nutritional Science

written by Dr. Ronald Hoffman | September 3, 2026

Dive into the fascinating history of vitamin D & rickets with Dr. Chris Warren. Learn about vitamin D’s role in health & why it still matters. Don’t miss it!

ENCORE: Intelligent Medicine Radio August 29: Persistent Itch

written by Dr. Ronald Hoffman | September 3, 2026



Dr. Marty Makary out as FDA Commissioner—was he the victim of a BigPharma purge? Are “liquid biopsies” useful? Persistent itch—could topical vitamin B12 provide an answer? You won’t believe this new medical use for Classic Coca-Cola; The solution for menopausal sleep problems goes beyond mere hormone replacement; Higher aerobic fitness boosts size of the brain’s memory centers—as does memorizing London taxi routes; And more!

ENCORE: Q&A with Leyla: Deep, Restful Sleep

written by Dr. Ronald Hoffman | September 3, 2026

The promise of genetic testing in the future; I have chronic anemia—not iron deficiency. What can I do for my foggy head? What do you recommend for vestibular migraine? Natural treatments for deep, restful sleep? And more!

ENCORE: Cognitive Wellness: Strategies to Preserve and Enhance Brain Function

written by Dr. Ronald Hoffman | September 3, 2026

Understanding and Preserving Cognitive Health with Dr. Barbara Haskin: In this episode of the Intelligent Medicine podcast, host Dr. Ronald Hoffman discusses cognitive health with neuropsychologist Dr. Barbara Haskin, author of “How My Brain Works: A Guide to Understanding It Better and To Keeping It Healthy.” They explore the impact of aging and other factors on cognitive function, citing personal anecdotes and recent research. The conversation centers on the importance of mental well-being, diet, exercise, and sleep in maintaining brain health. Dr. Haskin highlights her professional experiences,

including the evaluation and treatment of various cognitive issues through detailed testing and personalized care strategies. The episode concludes with a discussion on practical lifestyle measures to prevent and address cognitive decline.

ENCORE: Biohacking Your Genes: Navigating the Genetic Path to Wellness

written by Dr. Ronald Hoffman | September 3, 2026

Could your genes hold the secrets to optimal health? Dr. Sherrod Paul explores the revolutionary approach of biohacking your genes and the impact of personalized lifestyle changes. Check it out!

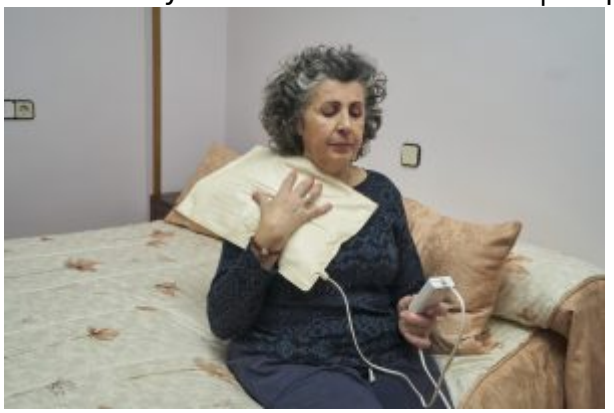
ENCORE: Intelligent Medicine Radio for August 22: Does drinking carbonated water help weight loss?

written by Dr. Ronald Hoffman | September 3, 2026

New-think on diet for ApoE4, a risk factor for Alzheimer's—eat meat! True or false—does drinking carbonated water help weight loss? Why some people fail to lose weight on GLP-1 drugs; 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; And more!

ENCORE: Q&A with Leyla: Heating Pad for Pain

written by Dr. Ronald Hoffman | September 3, 2026



An example of another bad 'scientific' study; Thoughts on the new at-home prostate test; A case study in high cholesterol; My husband's A1c went up after taking a statin for 5 months. Help! Using a heating pad for pain – a listener's success story; And more!

Your Ultimate Guide to Magnesium: Facts, Benefits, and Solutions

written by Dr. Ronald Hoffman | September 3, 2026

Discover why magnesium is referred to as the “spark of life.” Natalie Ochoa, president of Jigsaw Health, has a deep dive into how this essential mineral in our diet can combat stress, improve sleep, and benefit your energy levels, muscle health, and more. Check it out!