# Q&A with Leyla: Total Knee Replacement

written by Dr. Ronald Hoffman | October 29, 2026



Exercise training for bone health; I have chronic insomnia, and my doctor told me to avoid any supplements due to my pacemaker”; What supplements do you recommend for recovery from a total knee replacement? I have a family history of rheumatoid arthritis, how can I prevent this? And more!

---

# The Neuroscience of Loneliness: Unpacking Social Connection

written by Dr. Ronald Hoffman | October 29, 2026



Is loneliness really the new smoking? Dr. Ben Rein, author of “Why Brains Need Friends,” details the effects of social isolation and the incredible benefits of friendship. Discover why social connections can actually be lifesaving and how loneliness impacts our health. Don’t miss it!

---

# Building Stronger Bones: Harnessing Exercise for Osteoporosis Reversal

written by Dr. Ronald Hoffman | October 29, 2026

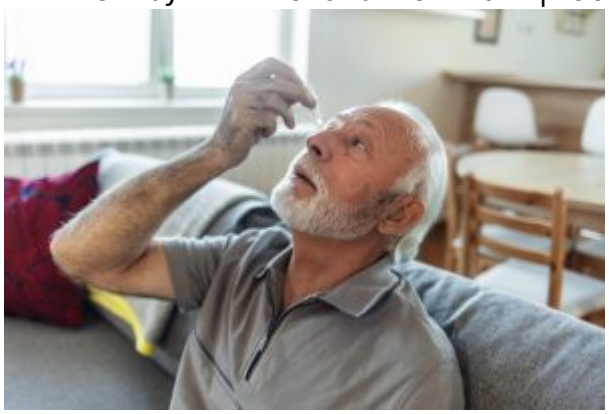


Explore the power of targeted exercise to combat osteoporosis. Professor Belinda Beck, founder of ONERO Academy, has groundbreaking research on osteoporosis and exercise. Learn how ONERO can renew bone density and protect your health. Check it out!

---

# Intelligent Medicine Radio for October 24: Can eye drops dissolve cataracts?

written by Dr. Ronald Hoffman | October 29, 2026



Can eye drops dissolve cataracts to forestall surgery? Urolithin A notches gains for GI and heart health in new studies; The biggest mistake GLP-1 weight-loss medication users make; B12 alone, or taken with a B complex? 10 diets are put to the test, and which scored highest for staving off biological aging? When medications cause constipation; Overcoming fatigue after radiation treatment for cancer; And more!

# Q&A with Leyla: Helpful Nutrition for Cancer

written by Dr. Ronald Hoffman | October 29, 2026



Pope Leo’s cancer diagnosis and treatment; Helpful nutrition for cancer; Increasing LDL but Zero calcium score, what does it mean? Does past candida mean you can’t take a supplement that contains baker’s yeast? Alleviating spinal stenosis; Creatine for increasing muscle strength; And more!

---

# ENCORE: Redefining Movement for Injury-Free Athletics

written by Dr. Ronald Hoffman | October 29, 2026



Can your movement protect you from injuries? Sports journalist Henry Abbott, author of “Ballistic,” shares insights from elite training and how we can apply them in our everyday lives to extend our motion horizon.

# The Ultimate Battle for Open Supplement Access

written by Dr. Ronald Hoffman | October 29, 2026




Discover how the Alliance for Natural Health is battling bureaucracy for your health rights. We're joined by the legendary "Dragon Slayer," constitutional attorney Jonathan Emord, to discuss the fight against federal regulation's impact on your access to natural health. Check it out!

---

# Intelligent Medicine Radio for October 17: Possible Causes of Hip Pain

written by Dr. Ronald Hoffman | October 29, 2026



The Pope's lung cancer diagnosis; Novel injection therapy melts fat cells; Is cholesterol the be-all/end-all for heart risk assessment? Is the new mRNA flu vaccine worth taking? Loneliness may steal 6 years of good health—but is it inevitable for introverts? The many possible causes of hip pain; Solutions for travelers' constipation; And more!

# Q&A with Leyla: Getting Back to Sleep After Late Night Bathroom Break

written by Dr. Ronald Hoffman | October 29, 2026



Folic acid vs. methylfolate; “What do I take to get back to sleep when I wake at 2 AM to go to the bathroom?” Is DHEA safe despite family history of breast and uterine cancers? Stomach and bowel upset after completing a round of antibiotics 2 months ago; “I have IBS, but my doctor confirmed no gluten sensitivity, so why do I have symptoms when I eat wheat?” And more!

# Beyond Medication: Nutritional Alternatives for Mood Enhancement

written by Dr. Ronald Hoffman | October 29, 2026



Discover the connection between nutrition and mood. Neil Levin from Protocol For Life Balance details the essential nutrients and lifestyle changes for emotional wellness. Check it out!