

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

written by Dr. Ronald Hoffman | August 27, 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!

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

written by Dr. Ronald Hoffman | August 27, 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.

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

written by Dr. Ronald Hoffman | August 27, 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!

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

written by Dr. Ronald Hoffman | August 27, 2026

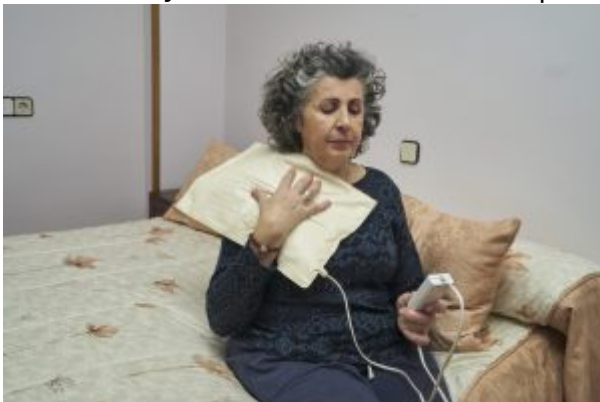


New-think on diet for ApoE4, a risk factor for Alzheimer's—eat meat! True or false—does drinking carbonated water help weight loss? Why some people fail to lose weight on GLP-1 drugs; Don't skip homocysteine when testing for dementia risk factors; Treating osteoporosis; New hope against pancreatic cancer; Eating right for Parkinson's Disease; Olive oil helps stave off dementia—but only the right kind; And more!

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

written by Dr. Ronald Hoffman | August 27, 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!

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

written by Dr. Ronald Hoffman | August 27, 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!

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## Caffeinated Insights: New Findings in Heart Health

written by Dr. Ronald Hoffman | August 27, 2026



Curious about how coffee affects your heart? Cardiologist Dr. Gregory Marcus has new findings on the nuanced effects of caffeine on heart health. Hear about the surprising relationship between coffee and the heart. Don't miss it!

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# Intelligent Medicine Radio for August 15: That Fishy Smell

written by Dr. Ronald Hoffman | August 27, 2026



Most mayos, salad dressings and chips “made with 100% avocado oil” fail test; Immune benefits of BWH Beta Glucan; Low-fat dairy shown to confer no weight, cholesterol benefits over full-fat dairy; FDA and USDA to define ultra-processed foods for first time—but what are they really? Those dark skin blotches—are they melasma, or just age spots? That fishy smell—does it mean your seafood is spoiled? And more!

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## Q&A with Leyla: The New Vaccine Schedule Recommendations

written by Dr. Ronald Hoffman | August 27, 2026



The new vaccine schedule recommendations; My urologist is giving me grief that my vitamin D level is too high; Nattokinase for long covid? Thoughts on

Cleveland Clinic's assessment of fish oil supplements; Natural treatments for anxiety and depression; Is taking Bergamot for cholesterol really effective? And more!

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# Mold Exposure Uncovered: Health Implications and New Approaches

written by Dr. Ronald Hoffman | August 27, 2026



Could unexplained symptoms be linked to mold exposure? Chemical engineer Ariana Thacker on the pervasive issue of mold toxicity, CIRS, and how to protect your health. Check out her insights and groundbreaking solutions.