Microbiome Basics: How Pre-, Pro-, and Postbiotics Support Health

written by Dr. Ronald Hoffman | September 15, 2026

Learn why diversity matters — not just in nature but in your gut. Dr. Ross Pelton reveals groundbreaking insights into probiotics, postbiotics, and everything in between. Learn about the microbiome's role in weight loss, mood, and overall health. Don't miss it!

Intelligent Medicine Radio for September 12: Wobbly Arms and Shaky Legs—could it be FND?

written by Dr. Ronald Hoffman | September 15, 2026

Billy Joel's "brain surgery"; Are vegans hotter than meat-eaters? Wobbly arms and shaky legs—could it be FND? Women who start hormones in the 50s have 23% lower dementia risk; How to prep for cataract surgery; NY Times highlights magnesium for sleep; Even a single bout of antibiotics produces long-term harm to microbiome; And more!

Q&A with Leyla: Advice for Lipedema

written by Dr. Ronald Hoffman | September 15, 2026

Ultra-processed foods’ impact on postpartum depression/psychosis; Trigeminal neuralgia after recent extensive dental work; The optimal total testosterone level for an 84-year-old male; Can the xylitol in my nasal spray have an adverse impact on heart health? Advice for a 25-year-old with lipedema; And more!

ENCORE: From Baby Powder to Big Pharma: The Dark Legacy of Johnson & Johnson

written by Dr. Ronald Hoffman | September 15, 2026

What do baby powder, antidepressants, and vaccines have in common? Investigative reporter Gardner Harris has a gripping exposé on one of the world’s biggest healthcare giants, Johnson & Johnson. He reveals what’s really happening behind the scenes in Big Pharma. Don’t miss it!

Treating Muscle, Inflammatory, Nerve, and Brain Pain with Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | September 15, 2026

Struggling with chronic pain? Dr. Jacob Teitelbaum has groundbreaking insights from his new book, “Pain Relief in 4 Simple Steps.” Learn about cutting-edge approaches to tackling pain. Check it out!

Intelligent Medicine Radio for September 5: Brain Stimulation with Magnets for Cognitive Impairment?

written by Dr. Ronald Hoffman | September 15, 2026

Fish oil rivals effectiveness of antibiotics for periodontal disease; After American Heart Association green lights coffee, new study shows high

consumption can accelerate bone loss; Scientists reveal how much exercise you really need to protect your heart—and no way are you doing enough! Is that prostate biopsy really necessary? Deep-brain stimulation with external magnets found to enhance brain function in mild cognitive impairment; And more!

Q&A with Leyla: Burning Mouth Syndrome

written by Dr. Ronald Hoffman | September 15, 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 15, 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 15, 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 15, 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!