

# Q&A with Leyla: Top Stories of 2025

written by Dr. Ronald Hoffman | January 8, 2026

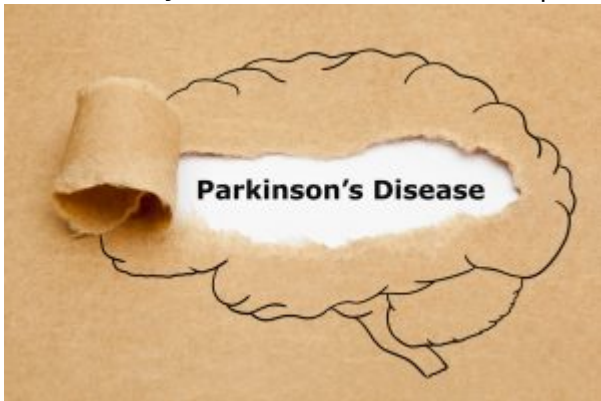


The Top stories of 2025; Does use of statins lead to muscle loss? GABA for insomnia and sleep support? What impact does a cocktail of pharmaceutical drugs have on the microbiome? In light of the recent EPA proposal to double permissible formaldehyde emissions, how does this jibe with MAHA? And more!

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## Exploring Nutritional and Natural Approaches to Parkinson's

written by Dr. Ronald Hoffman | January 8, 2026



How can natural approaches aid Parkinson's? Dr. Heather Zwicky reveals innovative natural treatments for Parkinson's disease. Discover how diet, exercise, and more can make a difference.

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# Decoding Chronic Illness: Environmental Triggers and Solutions

written by Dr. Ronald Hoffman | January 8, 2026



Are you or someone you know struggling with unexplained health issues? Dr. Neil Nathan unravels the mysteries of chronic illness, detoxification, and immune restoration.

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## ENCORE: Intelligent Medicine Radio for January 3: Artificial Light and Menstrual Cycle Rhythms

written by Dr. Ronald Hoffman | January 8, 2026



The advent of artificial light is obliterating women's moon-driven menstrual cycle rhythms; When the triple whammy of cataracts, glaucoma and macular degeneration strikes; Are wrist and finger wearables for blood pressure ready for prime time? Drinking bottled water causes surge in plastic micro-particle intake; The common supplement that can supercharge cancer immunotherapy; Children garner psychological benefits from grandparent time; And more!

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## ENCORE: Q&A with Leyla: A Treatment for Warts

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Consequences of weight loss with weight loss drugs; Enter myostatin inhibitor drugs; "My latest Alc is 5.9 but I'm doing everything right. What gives?" Alpha-ketoglutarate for healthy aging? A treatment for warts? "Am I destined to develop diabetes given my strong family history of the disease?"

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## ENCORE: Q&A with Leyla: Holiday Stress

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On this special holiday edition of Q&A with Leyla: Holiday Stress tops tax season stress; Is berberine truly efficacious? Does alcohol really reduce stress and improve circulation? Is thiamine a treatment for Parkinson's? Is there a natural thyroid medicine that is not pork-derived? Help for guttate psoriasis; And more!

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# ENCORE: Q&A with Leyla: The Holiday Season in NYC

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On this special holiday edition of Q&A with Leyla: The Holiday Season in NYC; Peanut allergies cause and effect; Can saw palmetto replace prostate medications? Does traction help bulging discs? Thoughts on green powder supplements; Serrapeptase for reducing coronary plaque? Supplements to reduce negative effects of x-rays? And more!

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# ENCORE: Intelligent Medicine Radio for December 27: French Fries' Diabetes Risk

written by Dr. Ronald Hoffman | January 8, 2026



Potatoes don't increase risk of diabetes—unless you eat French fries; Deep-frying in seed oils can yield harmful byproducts—but so, too, when you substitute with lard; New study shows beetroot juice can lower BP by 7 points; Comprehensive lifestyle modification program scores against cognitive decline; Women's brains especially vulnerable to Omega-3 deficiencies; Breakthroughs in rheumatoid arthritis treatment; And more!

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## **ENCORE: Q&A with Leyla: Deer Antler for increasing HGH?**

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On this holiday encore of Q&A with Leyla: For dark days, get some sun in your eyes; The misleading vegan diet twin study; Strontium for bone health? Are there alternatives to surgery for aortic valve stenosis? Dry eyes after cataract surgery; Deer Antler for increasing HGH?

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## **From the Sea to Supplements: Dr. Jeffrey Bland on the Unique Benefits of Cold-Pressed Fish Oils**

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The “Godfather of Functional Medicine,” Dr. Jeffrey Bland, has groundbreaking insights on the benefits of cold-pressed fish oil for immune health, inflammation, longevity, and more.