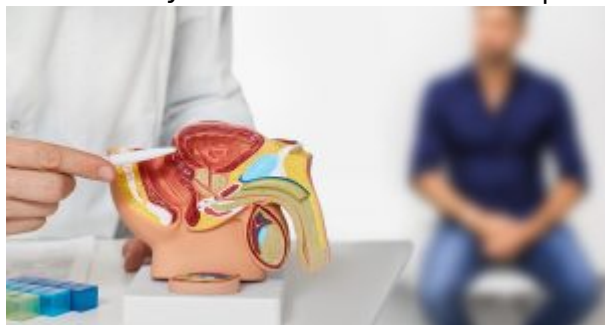


# ENCORE: Natural Solutions for Prostate and Male Sexual Health

written by Dr. Ronald Hoffman | October 15, 2025

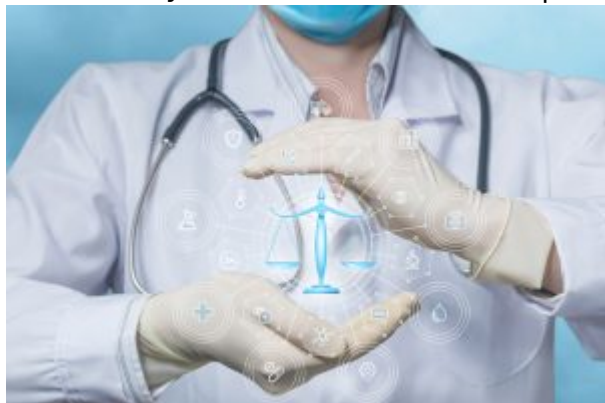


From prostate health to natural testosterone boosters, we're covering it all. Discover transformative insights on holistic men's health from Dr. Geo Espinosa, one of America's foremost integrative urologists.

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## Health Autonomy and the Fight for Natural Products

written by Dr. Ronald Hoffman | October 15, 2025

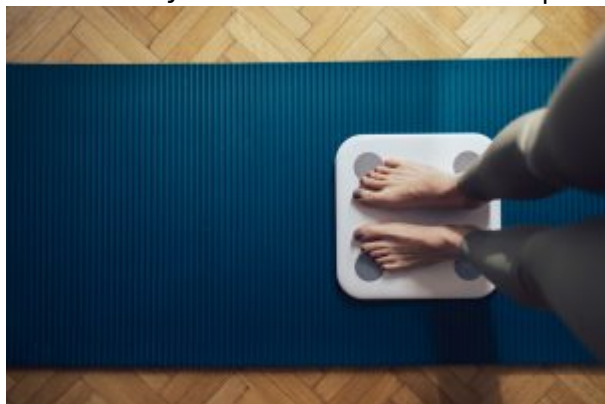


Dr. Rob Verkerk, executive director of the Alliance for Natural Health, discusses the fight for access to natural therapies and the revolutionary steps being taken to ensure health freedom and your access to natural health options.

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# Q&A with Leyla: Determining Your Healthy Weight

written by Dr. Ronald Hoffman | October 15, 2025



Dealing with post-exercise pain and fatigue; A closer look at plasmalogens; Determining your healthy weight; Painful cramps in thighs while sleeping, is this from dehydration? Exercise—for those who hate exercise; Dealing with post exercise pain and fatigue; And more!

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# Depression and Anxiety: Holistic Solutions with Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | October 15, 2025



What do metabolic psychiatry and ancient breathing techniques have in common? On the Podcast, holistic approaches to tackling anxiety and depression. Dr. Jacob Teitelbaum details natural therapies and lifestyle tips that really work.

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# Probiotics for All Ages

written by Dr. Ronald Hoffman | October 15, 2025

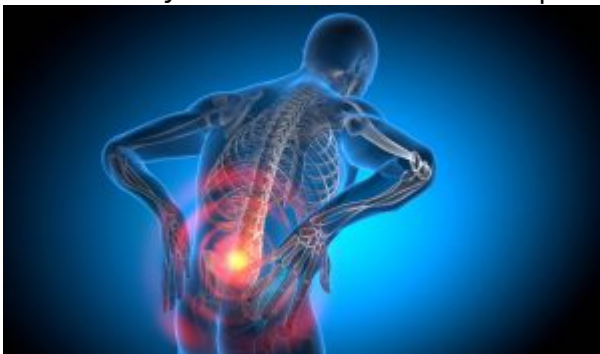


Your gut health impacts your overall wellness, from improving digestive health to possibly making you happier. Holistic practitioner Jane Jansen details the role of probiotics, prebiotics, and postbiotics in maintaining a balanced microbiome.

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# Intelligent Medicine Radio for October 4: Cannabis Extract vs. Low Back Pain

written by Dr. Ronald Hoffman | October 15, 2025



How the low-fat food craze of the 80s set Gen X women up for an astounding rate of ultra-processed food addiction; New testosterone support supplement harnesses safe, natural ingredients; Synthetic progestogens hike risk for brain tumors, natural progesterone safe; Healthy microbiome, good genes, clean lifestyle propel world's oldest woman to age 117; Cannabis extract scores vs. low back pain.

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# Q&A with Leyla: Excessive Sweating

written by Dr. Ronald Hoffman | October 15, 2025



The secrets of the world's oldest woman; Plasmalogens; Advice for a 24-year-old recently diagnosed with Crohn's disease; Recommendations for a calcium score of 1200; "My husband has been sweating like crazy during our walks, what may be causing this?" How serious is RSV for seniors?

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# Harnessing the Mitochondria to Revitalize Your Skin

written by Dr. Ronald Hoffman | October 15, 2025



Discover the groundbreaking benefits of topical Urolithin A for skin health. Hear mitochondrial biologist Dr. Julie Faitg detail how mitochondrial science is redefining health and beauty strategies for your skin from the outside in.

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# Lyme Disease Exposed: Breaking Down Misdiagnoses and Innovations

written by Dr. Ronald Hoffman | October 15, 2025



Discover the intricate links between tick-borne illnesses and misdiagnosed conditions. Nicole Bell, CEO of Galaxy Diagnostics, details diagnostics, treatments, and advocacy in the fight against Lyme Disease.

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## Intelligent Medicine Radio for September 27: Air Pollution Hikes Cardiometabolic Risk

written by Dr. Ronald Hoffman | October 15, 2025



### Part 1: The cause of autism—is it Tylenol?

The cause of autism revealed—is it Tylenol? Is there an ideal probiotic for Crohn's Disease? Treating constipation by modifying the microbiome with botanicals; ACTION ALERT: If Congress has its way, 95% of natural hemp products with CBD/THC may be banned by year's end! The popular diet that reverses psoriasis; A daily habit that could save you from chronic back pain.

## Part 2: Air Pollution Hikes Cardiometabolic Risk

Perfect Aminos® vs. protein powders—which are better to stave off frailty? Cocoa extract supplements reduce age-related inflammation, and may curb chronic diseases; Being too skinny associated with higher risk of dying; One in eight Americans have tried GLP-1 drugs—but only half stick to them after one year, citing price, side effects; The many health benefits of saunas; Air pollution hikes cardiometabolic risk—as does harmful mouth bacteria; Is the flu shot truly a “vaccine” if it’s only partially effective and has to be taken every year?

## References & Resources

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*JAMA Network Open*, 2025; 8 (6): e2515592

DOI: 10.1001/jamanetworkopen.2025.15592

### **Popular diet shows benefits for Psoriasis**

*JAMA Dermatol.* Published online September 24, 2025.

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### **Probiotics for Crohn’s disease**

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### **Cocoa extract supplements reduce age-related markers of inflammation**

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afaf269, <https://doi.org/10.1093/ageing/afaf269>

### **Air pollution exposure and cardiometabolic risk**

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### **The multifaceted benefits of passive heat therapies for extending the healthspan: A comprehensive review with a focus on Finnish sauna**

*Temperature (Austin)*. 2024 Feb 25;11(1):27-51. doi:

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### **1 in 8 Americans have already tried Ozempic and similar weight loss**

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**Most quit breakthrough weight loss drug within a year**

European Association for the Study of Diabetes

**Being too thin can be deadlier than being overweight, Danish study reveals**

European Association for the Study of Diabetes

**Your own mouth bacteria could give you a heart attack, new study suggests**

Journal of the American Heart Association Volume 14, Number

16 <https://doi.org/10.1161/JAHA.125.041521>