

Q&A with Leyla: Answering Your Questions

written by Dr. Ronald Hoffman | June 5, 2025



Q&A with Leyla, Part 1: Hava.co – A new way to determine the satiety of your food

- Dr. Hoffman shares his excitement about a new app that helps calculate the satiety of our meals.
- I have hypertrophic cardiomyopathy but don't qualify for weight loss drugs. What natural options do you recommend?
- Are there health risks associated with the amount of taurine in energy drinks?

Q&A with Leyla, Part 2: Can you explain remnant cholesterol and how it's calculated?

- Can you help me understand more about remnant cholesterol and how it factors into overall cardiovascular risk?
- Should I be taking vitamin D and magnesium together?
- The health benefits of sunlight (in moderation)
- Should I cut down on fish oil before a surgical procedure?

Mitochondrial Magic: Enhancing Health Span with Mitopure

written by Dr. Ronald Hoffman | June 5, 2025



In this episode of the *Intelligent Medicine* podcast, host Dr. Ronald Hoffman delves into the complexities of mitochondrial health with expert guest Dr. Brad Carrier, Clinical Trial Manager at Timeline. The podcast covers the critical role mitochondria play in cellular energy, gene expression, hormone synthesis, and insulin sensitivity. Dr. Carrier discusses the development and benefits of MitoPure, a product based on Urolithin A, a compound shown to enhance mitochondrial function and health span. Topics include recent clinical studies demonstrating improved physical performance and recovery, the unique properties of Urolithin A, and how it supports cellular processes like mitophagy. The episode emphasizes the importance of mitochondrial health for overall well-being and features an in-depth look at the scientific research behind MitoPure.

Mitochondrial Magic: Enhancing Health Span with Mitopure PT 1

Mitochondrial Magic: Enhancing Health Span with Mitopure PT 2

Exploring Heart Health: Insights from Kim Bright and Dr. Ronald Hoffman

written by Dr. Ronald Hoffman | June 5, 2025



In today's Intelligent Medicine podcast, Dr. Ronald Hoffman discusses heart health and cardiovascular prevention. The episode features Kim Bright, founder of Brightcore, who introduces an innovative supplement called Vitality. This formulation combines seven key ingredients, including Coenzyme Q10, Vitamin K2, Grape Seed Extract, Hawthorn Berry, Bilberry, Resveratrol, and Olive Leaf Extract, to support cardiovascular health. They discuss the benefits of each ingredient, their compatibility with medications, and the importance of incorporating natural supplements into cardiovascular care. The episode emphasizes the need for a holistic approach, including diet and lifestyle changes, to maintain heart health.

Exploring Heart Health: Insights from Kim Bright and Dr. Ronald Hoffman PT 1

Exploring Heart Health: Insights from Kim Bright and Dr. Ronald Hoffman PT 2

Intelligent Medicine Radio Show for May 31

written by Dr. Ronald Hoffman | June 5, 2025



Intelligent Medicine Radio Show for May 31, Part 1: MAHA report drops—overreach or copout?

MAHA report drops—overreach or copout? Western diet during pregnancy tied to autism, ADHD in offspring. Solutions for intractable itching after a burn injury; Mitochondria are more than mere cellular powerhouses; Atrial fibrillation tied to bacteria lurking in gums; Tips for itchy burning eyes

Intelligent Medicine Radio for May 31, Part 2 : Athletes' claims that tainted meat led to positive doping tests called into question

References and Resources

Heart Rhythm disorder traces to bacterium lurking in our gums
Circulation, 2025; DOI: 10.1161/CIRCULATIONAHA.124.071310

A western dietary pattern during pregnancy is associated with neurodevelopmental disorders in childhood and adolescence
Nature, March 3, 2025

What's inside RFK Jr,'s MAHA report
By Natalie Andrew's, *WSJ* May 22, 2025

Olympic anti-doping lab puts US meat supply to the test

Drug Testing and Analysis, 2025; DOI: 10.1002/dta.3901

Chronic mercury poisoning from daily cosmetics: case report and brief literature review

Cureus. 2021 Nov 26;13(11):e19916.

Exercise improves your gut microbe health

By Lydia Denworth, *Scientific American* May 20, 2025

All living things emit an eerie glow that is snuffed out upon death

By Alex Wilkins, *New Scientist* May 20, 2025

Q&A with Leyla: Exploring Healthy Living Post-Memorial Day

written by Dr. Ronald Hoffman | June 5, 2025



In this episode of the *Intelligent Medicine* podcast, Dr. Ronald Hoffman and resident nutritionist Leyla Muedin discuss various topics including their Memorial Day activities, the recent MAHA Report, and specific health concerns from listeners. They delve into the practical implications and controversies surrounding the MAHA Report, which critiques aspects of American healthcare like the pharmaceutical industry's influence and vaccine guidelines. The show also covers tips for managing conditions like acid reflux, cholesterol, and the efficacy of various supplements for sleep and brain health. Listener questions are addressed, providing insights on managing Barrett's esophagus naturally, the benefits of magnesium for sleep, and the limitations of a vegan diet in weight management.

The Neuroscience of Retaliation: Conversations with Dr. James Kimmel

written by Dr. Ronald Hoffman | June 5, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman hosts Dr. James Kimmel, a lecturer in psychiatry at the Yale School of Medicine, to discuss the psychology and science behind revenge. Dr. Kimmel explains how revenge operates similarly to an addiction in the brain, triggering the same pleasure and reward circuits. He recounts his own traumatic experience with bullying and how it led him to understand the destructive nature of revenge. The discussion covers the implications for criminal justice, the role of social media in exacerbating revenge behaviors, and practical strategies for managing revenge cravings, including the potential benefits of forgiveness. Dr. Kimmel's new book, "The Science of Revenge," explores these themes and offers insights into breaking free from the cycle of retribution.

The Journey to Emotional Control and Masculine Balance

written by Dr. Ronald Hoffman | June 5, 2025



From the wisdom of stoicism to mastering life's hurdles, Dr. Christian Conte, author of "Strong Mind, Strong Man," shares invaluable insights. Discover how you can cultivate mental strength and emotional balance.

Intelligent Medicine Radio for May 26: Biden Prostate Diagnosis

written by Dr. Ronald Hoffman | June 5, 2025



Intelligent Medicine Radio for May 26, Part 1: Biden Prostate diagnosis

Biden's prostate cancer diagnosis is a teachable moment for American men; Is BPC 157 a viable treatment option for a knee injury? Biden officials suppressed reports of Covid vaccine risks; New guidelines narrow Covid booster recommendations to seniors and immunosuppressed; What to give a 5 yr old for seasonal allergies?

Intelligent Medicine Radio for May 26, Part 2 : New York Times “exposé” maligns natural options for Alzheimer’s

New York Times “exposé” maligns natural options for Alzheimer’s; Creatine, probiotics, and rosemary-derived medication show promise for dementia; Exercise reverses aging clocks in human study; Alternating slow walking with short bouts of maximal effort supercharges health benefits; Novel blood and urine tests aid researchers by revealing who’s consuming ultra- processed foods; Can you get shingles in the mouth? Addressing anxiety when medications haven’t worked

References and Resources

Probiotics in childhood: allergic illness and respiratory infections

J Clin Gastroenterol. 2012 Oct:46 Suppl:S69-72. doi: 10.1097/MCG.0b013e318266fea7

Biden officials knew about potential COVID-19 vaccine risks-and took steps to downplay them: scathing Senate report

By Ryan King, NYPost.com May 21, 2025

FDA tightens requirements for COVID vaccine, adding trials for healthy adults

By Michael Erman, Reuters May 20, 2025

Compound found in common herbs inspires potential anti-inflammatory drug for Alzheimer’s disease

The Scripps Research Institute, March 10, 2025

An expensive Alzheimer's lifestyle plan offers false hope, experts say

By Lindsay Gellman, NYT May 21, 2025

Creatine monohydrate pilot in Alzheimer's: Feasibility, brain creatine, and cognition

Alzheimer's Dement. 2025; 11:e70101

Creatine as a therapeutic target in Alzheimer's disease

Curr Dev Nutr. 2023 Sep 29;7(11):102011. doi: 10.1016/j.cdnut.2023.102011

Original research article exploring the acute and chronic effects of a multi-strain probiotic supplement on cognitive function and mood in healthy older adults: A randomized controlled trial

The American Journal of Clinical Nutrition Available online 11 April 2025

Your washing machine may not actually rid clothes of harmful bacteria

By Chris Simms, NewScientist April 30, 2025

12-year physical activity trajectories and epigenetic age acceleration among middle-aged and older adults

Biological Research for Nursing. 2025;0(0).doi:10.1177/1099800425133

Effects of high-intensity interval walking training on physical fitness and blood pressure in Middle-aged and older people

Mayo Clinic Proceedings, Volume 82, Issue 7, 803 – 811

Q&A with Leyla: Insomnia

written by Dr. Ronald Hoffman | June 5, 2025



Is it a good idea to take Metformin for its anti-aging benefits? Homeopathic therapies for insomnia; "I'm 78 and have been sober for 43 years, are CBD products appropriate for me to take?" "Should I be concerned about unnecessary additives in coated, extended-release aspirin preparations? And

more!

Breaking Down the Biden Prostate Cancer Reveal

written by Dr. Ronald Hoffman | June 5, 2025



Join Dr. Ronald Hoffman and integrative urologist Dr. Geo Espinosa as they unravel the complexities of President Biden's prostate cancer diagnosis. From treatment options to integrative health, this episode offers crucial insights.