

# Bioelectronics: Unleashing the Power of Vagus Nerve Stimulation

written by Dr. Ronald Hoffman | December 3, 2025

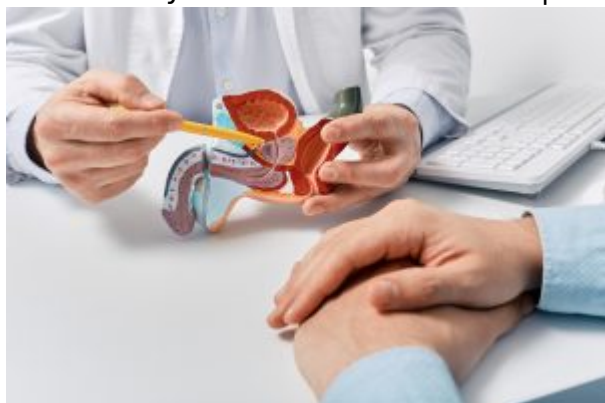


Did you know that a tiny device implanted in your neck could replace medication for conditions like rheumatoid arthritis? Learn how the vagus nerve could hold the key to future therapies. Delve into the science & potential of bioelectronic medicine.

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# Navigating Prostate Cancer: The Intersection of Natural and Conventional Urology

written by Dr. Ronald Hoffman | December 3, 2025



A deep dive into prostate health with Dr. Geo Espinosa, a naturopathic doctor specializing in urological health from NYU Langone. Discover cutting-edge treatments, natural approaches, & expert insights. Plus, hear about the Prostate Cancer Summit Dec 13-17.

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# ENCORE: Intelligent Medicine Radio for November 29: Chili Peppers

written by Dr. Ronald Hoffman | December 3, 2025



“Delay, Deny . . .”– Feds take aim at prior authorizations that block patients’ access to care, surgeries, drugs they need; Are there non-surgical options for goiters? Chili peppers confer heart, cancer, longevity benefits; Will stem cells deliver a cure for insulin-dependent diabetics? Vitamin C reprograms skin cells to reverse age-related thinning; SAT’s getting shorter to match diminished attention spans of college applicants; Best supplements for preventing osteoporosis; Researchers discover how exercise lowers Alzheimer’s risk; Two new studies show exercise curbs cancer recurrence; And more!

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# ENCORE: Q&A with Leyla: Thanksgiving and Overindulgence

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Thanksgiving and overindulgence; A food poisoning incident; Thoughts on online sites offering prescriptions for hair loss; Suggestions for menstrual cramps; “I’ve been on Ozempic for a year and have diarrhea every morning!”

Bergamot for fatty liver? And more!

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## From Tap to Table: Ensuring Water Safety with Expert Cydian Kauffman

written by Dr. Ronald Hoffman | December 3, 2025



Is your home's water supply truly safe? Expert Cydian Kauffman of Pure Water Northwest busts myths and shares essential knowledge on water safety. He's got everything you need to know about water testing and treatment to make informed decisions for your family's health.

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## Decadence with a Purpose: The Science Behind Healthy Chocolate

written by Dr. Ronald Hoffman | December 3, 2025



Unlock the secrets of chocolate as a functional food. From heart health to brain function, learn why cocoa is more than just a treat. Hear from experts about cocoa's powerful antioxidants and health perks.

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## Q&A with Leyla: Soup in Cold Weather

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Soup in cold weather; Study: No benefit from beta-blockers post heart attack, but vitamin D cuts risk of 2nd heart attack in half! The assault on young people's brains; What to do about a hip labrum tear; Lead levels in dark chocolate; And more!

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## Aged Garlic Extract's Impact on Periodontal and Cardiovascular Health

written by Dr. Ronald Hoffman | December 3, 2025



Clinical Pharmacist, Author, Board-Certified Clinical Nutritionist, and Health Expert Jim LaValle details the many health benefits of aged garlic extract, particularly its impact on periodontal disease. He reveals exciting new research findings that show Kyolic Aged Garlic Extract supplements can significantly reduce periodontal pocket depth – a key indicator of gingivitis and periodontal disease progression. He also highlights the role of aged garlic extract in reducing inflammation and improving gum health, which in

turn has significant implications for cardiovascular and cognitive health. The conversation also touches on various formulations of aged garlic extract available from Kyolic, the importance of integrative approaches to health and wellness, and updates on the latest trends in anti-aging medicine, including peptides and GLP-1 agonists.

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## Nasal Hygiene and Tooth Decay: The Science of Xylitol

written by Dr. Ronald Hoffman | December 3, 2025



Discover the hidden connections between oral health, respiratory health, and overall wellness. Nate Jones from Xlear details innovative products that challenge the status quo. Hear the truth behind xylitol, FDA petitions, and more!

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# Intelligent Medicine Radio for November 15: Benefits of Cocoa Flavanols

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## Part 1: Benefits of Cocoa Flavanols

“Study” that’s not even a study spreads panic about dubious melatonin-heart failure link; Should you ignore Dr’s advice to take powerful acid-blocking drugs? Novel implantable electrical pacemakers may bring relief to sufferers of severe constipation; Benefits of cocoa flavanols for heart, brain, athletic performance.

## Part 2: Coffee and Atrial Fibrillation

The FDA belatedly liberates women’s hormone replacement; Beta-blockers now deemed passé for routine heart attack aftercare; After most breast cancer surgery, adjuvant radiation brings no survival benefits; Can you drink caffeinated coffee if you have atrial fibrillation? Ignore frequent falls without attention to balance and stability training at your peril; Is it reasonable to contemplate a knee replacement surgery at 88?

## References & Resources

**Melatonin as a novel drug to improve cardiac function and quality of life in heart failure patients: a systematic review and meta-analysis.**

Clinical Cardiology. 2025 Mar;48(3):e70107. doi: 10.1002/clc.70107.

**A study questions melatonin use and heart health, but lose sleep over it**

By Lauren Neergaard, Associated Press November 7, 2025

**Burst-patterned stimulation restores colonic motility in preclinical models**

Sci Transl Med. 2025 Nov 5;17(823):eadu4615. doi:

10.1126/scitranslmed.adu4615. Epub 2025 Nov 5. PMID: 41191773.

**Speaking multiple languages may slow down biological aging**

*Nat Aging* 5, 2340–2354 (2025). <https://doi.org/10.1038/s43587-025-01000-2>

**Cup of coffee a day may not be harmful for some adults with AFib and could lower episodes**

American Heart Association Scientific Sessions 2025 Late-Breaking Science Abstract 4377429

**RADIATION may be unnecessary for many breast cancer patients**

*N Engl J Med* 2025;393:1771-1783

**Beta blockers have no effect on heart attack patients**

*N Engl J Med* 2025 Aug 30 Ibanez B et al. *N Engl J Med* 2025 Aug 30

**Marty Makary: The FDA liberates women's hormone replacement therapy**

By Marty Makary. WSJ November 10, 2025