

Q&A with Leyla: Do you need to filter your water?

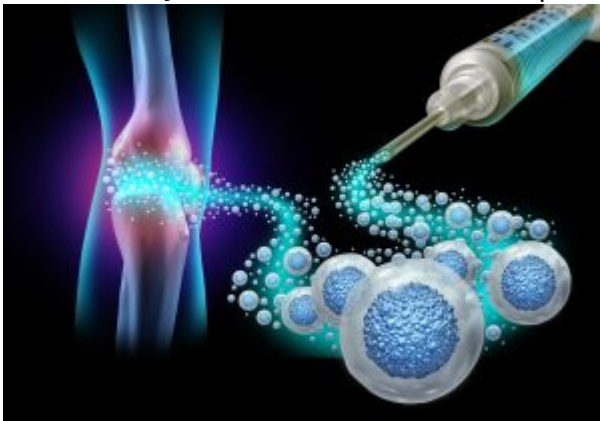
written by Dr. Ronald Hoffman | July 17, 2025



Do you need to filter your water? “My husband has high cholesterol, triglycerides and blood sugar...help!” Treatments for SIBO; Ashwagandha for mild anxiety? And more!

Reviving Mobility: Rethinking Pain Through Regenerative Medicine

written by Dr. Ronald Hoffman | July 17, 2025



Exploring Innovative Approaches to Pain Management with Dr. Fawad Mian, a neurologist and regenerative medicine specialist. He delves into the various forms of pain and the limitations of traditional treatments such as drugs and surgery. Dr. Mian shares his personal journey with chronic pain and his transition into regenerative medicine. The discussion covers alternative treatments like prolotherapy, platelet-rich plasma (PRP), and stem cell therapies, emphasizing their potential benefits and the importance of image guidance in their administration. They also touch upon lifestyle modifications and nutritional supplements for managing conditions like diabetic neuropathy and CIDP. Dr. Mian highlights the importance of a multifocal approach to pain management and offers insights from his book,

“Getting to Pain Free: How to Make Your Body Stop Hurting So That You Can Start Living Again Without Drugs Or Surgery.”

Revolutionizing Wellness: Regenerative Agriculture and Advanced Nutraceuticals

written by Dr. Ronald Hoffman | July 17, 2025



Walk the path of sustainability from cosmetics to construction materials. Explore innovative plant-based advancements in nutraceuticals and eco-friendly technologies with Nébil Bourguiba, Vegetal Sourcing Manager, Groupe Berkem in France. Learn how nature is making a comeback in modern industries.

Intelligent Medicine Radio for July 12: Smartphone “Fast”

written by Dr. Ronald Hoffman | July 17, 2025



Study reveals heart hazards of new bone-building drugs; Carbo-loading before endurance events—are we overdoing it? Barbie gets a CGM; Dr. Jeffrey Bland introduces Himalayan Tartary Buckwheat as a hedge against age-related immune decline; New study shows mood, attention, brain function improvements after 2-week smartphone “fast”; Omega-3 reduces depression in bipolar disease; Berberine for blood sugar control; Nighttime pistachio snack curbs pre-diabetes; And more!

Q&A with Leyla: Red Light Therapy v. Morning Sunlight

written by Dr. Ronald Hoffman | July 17, 2025



More and more patients are looking for root causes to their ailments; Slowing the progression of PSA levels; Red light therapy device vs. early morning sunlight; The importance of coronary artery calcium scoring in determining the need for a statin; A weedkiller worse than glyphosate being used in the US; “Can I eat one meal a day indefinitely?”

Decoding Seed Oils: Impacts on Health and Diet

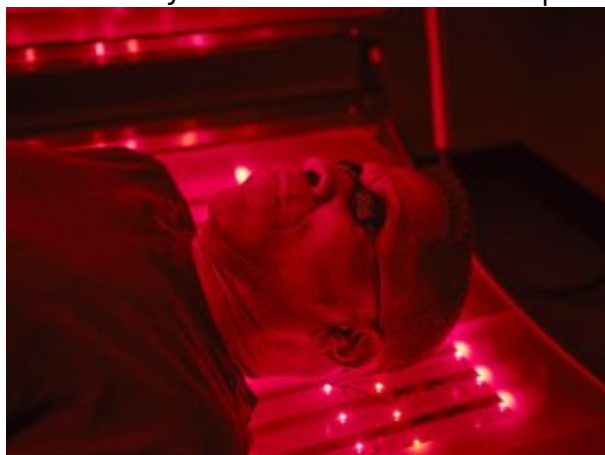
written by Dr. Ronald Hoffman | July 17, 2025



Looking to navigate the controversy around seed oils? Jonathan Rubin from the Seed Oil Free Alliance details why cutting seed oils might be your next step towards better health.

Beyond Sunlight: Dr. Carl Rothschild on the Benefits of Red Light Therapy

written by Dr. Ronald Hoffman | July 17, 2025



Hear from Dr. Carl Rothschild from Trifecta Light Technologies as he explains the transformative power of red and infrared light therapy. He details how this groundbreaking technology is revolutionizing health and wellness.

Intelligent Medicine Radio for July 5: Hair Growth and Restoration

written by Dr. Ronald Hoffman | July 17, 2025



A slew of ultra-powerful weight loss drugs are in the pipeline; New study upends belief that inflammation is inevitable with aging; Rating products for hair growth and restoration; Why electric vehicles may make us carsick; Can liver fibrosis be reversed? Tailored probiotic sponges up toxic PFAS chemicals in GI tract; And more!

Q&A with Leyla: Fitness Trackers

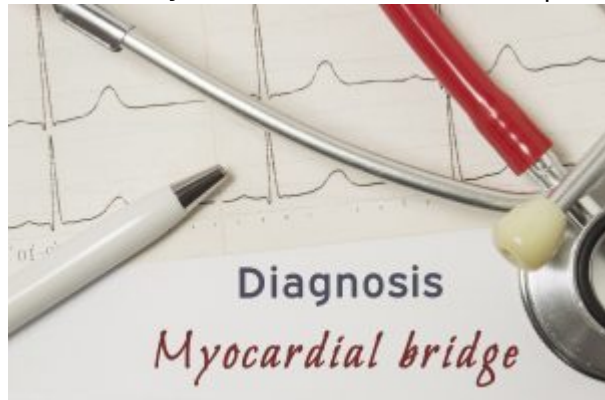
written by Dr. Ronald Hoffman | July 17, 2025



Fitness trackers; friend or foe? Is a reverse osmosis water filtration system the best way to go? Possible causes for low ejection fraction; Does levothyroxine affect heart function? Mitochondria and heart health; How long can one fast safely? And more!

Rethinking Heart Health: Uncovering Myocardial Bridges

written by Dr. Ronald Hoffman | July 17, 2025



From near tragedy to triumphant comeback! Hear Jeff Holden's compelling story about overcoming his myocardial bridge, a little-known but deadly heart condition. Learn how myocardial bridge remains underdiagnosed and why awareness is crucial.