

Breaking Dietary Myths and Revolutionizing Nutrition Policy

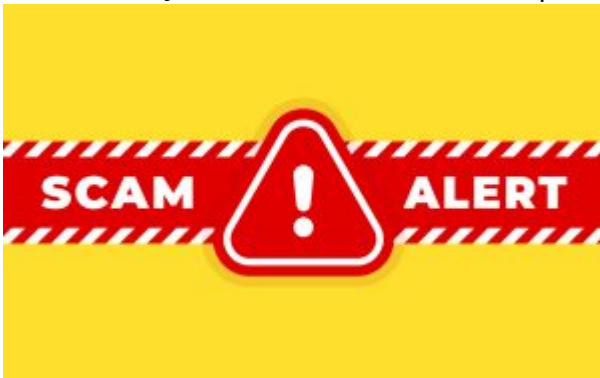
written by Dr. Ronald Hoffman | July 1, 2025



What truly defines a healthy diet? Dr. Nina Teicholz tackles this hot topic! Explore her revolutionary insights into low-carb diets and nutrition policy.

Q&A with Leyla: Scam Alert

written by Dr. Ronald Hoffman | July 1, 2025



A natural approach to tinnitus; Scam alert using the likeness of a colleague. It could happen to you! Does dairy prevent absorption of antioxidants? Can melatonin cause glucose levels to be high the next morning? Treatments for neuropathy; And more!

A Battle for Clarity: Nate Jones on

Legal Challenges and Health Solutions

written by Dr. Ronald Hoffman | July 1, 2025



Struggling with allergies or dental health? Nate Jones from Xlear, Inc. details the benefits of using xylitol-based products and how Xlear's innovative line can improve your nasal and dental health.

From GMOs to Homeopathy: Rethinking Children's Health

written by Dr. Ronald Hoffman | July 1, 2025



Dr. Michelle Perro, author of "Making Our Children Well," has a deep-dive into the health challenges our children face today. Learn about GMOs, vaccines, and empowering parents with nutrition and homeopathy.

Intelligent Medicine Radio for June 21: ChatGPT is Making Us Dumber

written by Dr. Ronald Hoffman | July 1, 2025



First of its kind brain study shows ChatGPT is making us dumber; Eradicating “ulcer bug” H. Pylori with triple-therapy may increase risk of Alzheimer’s, Parkinson’s; Alternatives for prescription blood thinners? Long work hours may foster deleterious brain changes; Blood in urine—why is it such a big deal? Suggestions for a dog with panic attacks ahead of weather fronts.

Q&A with Leyla: Methylene Blue

written by Dr. Ronald Hoffman | July 1, 2025



Big Food pledging to drop artificial food dyes—hopefully in all states; Can we expect a ban on Big Pharma ads? Unknown dangers lurking in your ‘wellness’ packs? Thoughts on stem cell release vitamins; Contraceptive pills and inflammation; Chronotype to determine the best time to go to bed? Does methylene blue deserve all the hype?

Beyond Calories: Understanding Satiety and Weight Loss

written by Dr. Ronald Hoffman | July 1, 2025



Transform your relationship with food. Dr. Andreas Eenfeldt details the science of satiety and cutting-edge AI technology's impact on diet. Find out how to eat better.

Nutritional Strategies for Lifelong Joint and Muscle Health

written by Dr. Ronald Hoffman | July 1, 2025



Unsure how to tackle those “ugh” moments of aging? On the Podcast, Neil Levin from Protocol for Life Balance discusses all things joint health and the vital role of nutrition. Stay active, stay informed.

Intelligent Medicine Radio for June

14: Brain Benefits of Facial and Neck Massage

written by Dr. Ronald Hoffman | July 1, 2025



On the Radio Show: Red yeast rice for cholesterol; Is fish oil a no-no if you have atrial fibrillation? Study finds GLP-1 drugs associated with heightened macular degeneration risk; A novel nutrient—OEA—shows promise for reversing metabolic disorders, enhancing satiety; Natural support for the pain of vertebral compression fractures; Facial and neck massage facilitate brain's natural waste disposal, offering hope for neurodegenerative disorders; And more!

Mastering Stress Management: Natural Solutions with Jim Lavallo

written by Dr. Ronald Hoffman | July 1, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman discusses stress and its various impacts on health with clinical pharmacist and nutritionist Jim Lavallo. They delve into the physiological mechanisms of stress, including cortisol's role and its effects on weight gain, thyroid function, and immune suppression. They highlight the widespread use and risks of long-term antidepressants, proposing natural alternatives like adaptogens

(such as ashwagandha) and lifestyle modifications (such as mindfulness and exercise). Lavalley also talks about the innovative health optimization programs at Lifetime gyms and the potential of emerging therapies like microdosing psychedelics and ketamine. The episode emphasizes the importance of a comprehensive, balanced approach to managing stress without over-reliance on pharmaceuticals.

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Mastering Stress Management: Natural Solutions with Jim Lavalley PT 1

Mastering Stress Management: Natural Solutions with Jim Lavalley PT 2