

Q&A with Leyla: Are children's IQs going down?

written by Dr. Ronald Hoffman | November 13, 2025



Q&A with Leyla, Part 1: Are children's IQs going down?

- Are children's IQs going down?
- An overview of medical reversals
- Can you comment on the melatonin and heart failure study?
- Result of a prostate artery embolization

Q&A with Leyla, Part 2: The State of our Healthcare System

- I have hypothyroidism. Do I need to be concerned about low ferritin levels?
- What are the benefits of lower-dose fish oil?
- Is there a connection between melatonin supplementation and depression?
- Can I take melatonin while on warfarin?
- What to do about the state of our healthcare system?

Holistic and High-Tech Approaches to Fertility with Gabriela Rosa

written by Dr. Ronald Hoffman | November 13, 2025



Holistic and scientific approaches to overcoming fertility challenges. Fertility specialist Gabriela Rosa discusses how lifestyle changes can make all the difference. From diet tips to overcoming stress, uncover the secrets to achieving a 78.8% live birth rate using holistic methods.

Women's Health Essentials

written by Dr. Ronald Hoffman | November 13, 2025



Neil Levin from Protocol for Life Balance on the vital role of personalized nutrition for women. He breaks down supplements, hormonal balance, and more.

Intelligent Medicine Radio for November 8: 4 Simple Lifestyle Measures Deliver 9 Additional Years of Disease-Free Healthspan

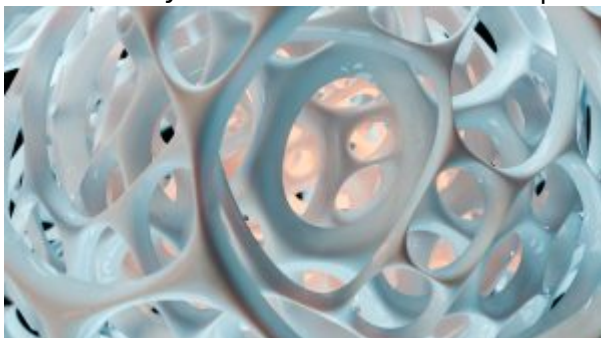
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Just 4 simple lifestyle measures deliver 9 additional years of disease-free healthspan; Study underscores protein's role in staving off cancer, heart disease and death; Urolithin A (Mitopure®) found to support athletic performance, immune function; Why you should ignore some influencers' advice to avoid fish oil; As little as 3000 steps per day can slow progression to Alzheimer's Disease; Prostate artery embolization (PAE) offers new non-invasive option for men's age-related urinary problems; Discovery that a safe, cheap medication may increase survival after breast cancer surgery; And more!

Q&A with Leyla: Melatonin for Bone Mineral Density?

written by Dr. Ronald Hoffman | November 13, 2025



Advice for a small pericardial effusion; Is melatonin beneficial for bone mineral density? Mitopure's impact on immune parameters; What are the most important blood tests? Coffee enemas for liver detox? Could a recent dental implant be causing clogged ears and a hissing noise? And more!

Tracking Cortisol: How Instant Monitoring Can Transform Your Health

written by Dr. Ronald Hoffman | November 13, 2025



What's cortisol, and why does it matter? Discover groundbreaking at-home hormone monitoring tech with Marina Pavlovic Rivas from Eli Health. Learn how understanding your cortisol levels can lead to better health and lifestyle.

Stress, Exercise, and the Heart: The Six Domains of Holistic Health

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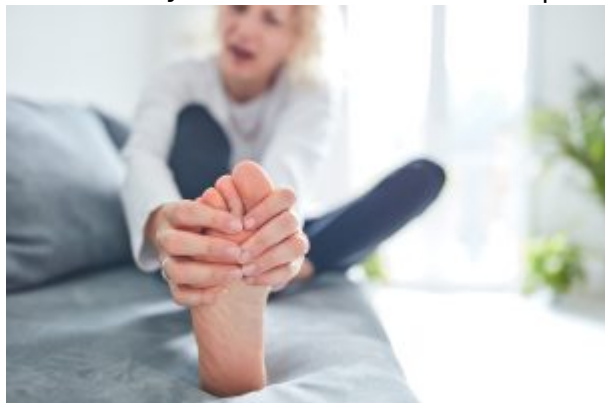


Cardiology isn't just about imaging and meds. Explore the intersection of high-tech imaging and holistic healing with integrative cardiologist Dr. Alan

Rozanski. He details lifestyle medicine, stress management, and the six domains of health.

Q&A with Leyla: Sore Feet and Toes

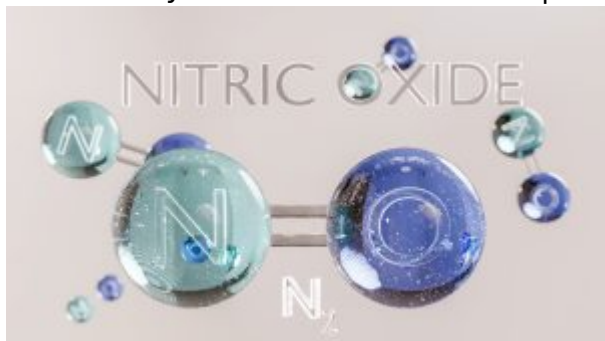
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Will Truheight vitamins really make your kids grow? “The balls of my feet are sore, along with my toes. Is this a vitamin deficiency?” Keeping an aortic aneurysm from enlarging; Thoughts on whole-body scans; “Can I take magnesium L-threonate while also taking magnesium glycinate?” And more!

Say Yes to NO: Exploring Nitric Oxide's Role in Health

written by Dr. Ronald Hoffman | November 13, 2025



Discover the benefits, myths, and the science behind the crucial molecule, nitric oxide. Dr. Nathan Bryan shares groundbreaking insights and practical tips for health and athletic performance.

Mind, Body, Gut: A Comprehensive Look at Gastroenterology

written by Dr. Ronald Hoffman | November 13, 2025



Discover how the future of gastroenterology fuses modern science and ancient wisdom. Dr. Alexandra Shustina discusses mind-gut connections, diet's role in GI health, and innovative treatments you don't want to miss.