

Guardians of Health Freedom: A Deep Dive with Jonathan Emord

written by Dr. Ronald Hoffman | June 10, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman interviews constitutional attorney Jonathan Emord. They discuss Emord's extensive career advocating for health freedom, focusing on natural health products and constitutional law. Emord explains the legal battles and regulatory challenges faced by the natural health industry, particularly against the FDA and FTC. He highlights victories like the overturning of Chevron and recent successes in court that have implications for the natural products industry. The conversation also covers the impact of COVID-19 on health regulations and the ongoing efforts to secure truthful health information for consumers.

Guardians of Health Freedom: A Deep Dive with Jonathan Emord, Part 1

Guardians of Health Freedom: A Deep Dive with Jonathan Emord, Part 2

Intelligent Medicine Radio Show for June 7

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Intelligent Medicine Radio Show for June 7, Part 1: The promising use of the drug leucovorin, a potent form of vitamin B9, in treating autism

In this episode of *Intelligent Medicine*, Dr. Ronald Hoffman discusses the latest health stories, focusing on the promising use of the drug leucovorin, a potent form of vitamin B9, in treating autism. He reviews the research of Dr. Richard Fry and others exploring the role of cerebral folate deficiency in autism and how leucovorin may help alleviate symptoms. Dr. Hoffman also addresses the increased risk of sudden cardiac death associated with long-term use of antidepressants, based on new studies. Additionally, he highlights a recent FDA warning about severe itching as a withdrawal symptom from stopping antihistamines like Zyrtec and Xyzal after long-term use. The episode concludes with discussions on natural approaches to mitigate these health concerns and the potential benefits of quercetin for musculoskeletal health.

Intelligent Medicine Radio Show for June 7, Part 2: The effects of chlorine in swimming pools, solutions for managing chlorine exposure

Dr. Ronald Hoffman addresses various health-related topics including the effects of chlorine in swimming pools, solutions for managing chlorine exposure, the benefits of swimming, and the use of supplements to alleviate negative effects. He also discusses the benefits of CBD for overall wellbeing, as well as the impacts of excessive CT scan usage, including

potential cancer risks. Dr. Hoffman tackles a caller's question regarding low blood cell counts and highlights the importance of seeing a hematologist for a thorough investigation. The episode also explores the potential effects of long-term use of oral contraceptives on brain health and mood disorders, as well as preventative measures for macular degeneration.

References & Resources

Therapeutic potential of quercetin as an antioxidant for bone-muscle-tendon regeneration and aging

Aging and disease >> 2025, Vol. 16 >> Issue (3) :
1414-1437. DOI: 10.14336/AD.2024.0282

Use of antidepressant medication linked to substantial increase in risk of sudden cardiac death

European Society of Cardiology March 30, 2025

Vitamin K and cognitive health

Alzheimer's Dement. 2022; 8:e12255. <https://doi.org/10.1002/trc2.12255>

Parents say son with autism was nonverbal until trying an off-label drug that treats chemo side effects

By Dr. Celine Gounder, CBSnews.com February 18, 2025

Stopping Zyrtec (Cetirizine) led to itchy nightmare

By Joe Graedon, The People's Pharmacy October 12, 2021

Nationwide burden of sudden cardiac death among patients with a psychiatric disorder

Heart 2024;**110**:1365-1371

How does the pill affect your brain? We're finally getting answers

By Teal Burrell, New Scientist May 30, 2025

Night diversity of dietary flavonoid intake is associated with a lower risk of all-cause mortality and major chronic diseases

Nat Food (2025). <https://doi.org/10.1038/s43016-025-01176-1>

Tea, berries, dark chocolate and apples could lead to a longer life span, study shows

Nature Food, 2025; DOI: 10.1038/s43016-025-01176-1

Down your 7-pill cocktail, reduce DNA damage from ionizing radiation