

Exploring the Link Between Diet and Sleep with Dr. Marie-Pierre St-Onge

written by Dr. Ronald Hoffman | August 20, 2025



From diet to dreamland! Discover practical tips on improving your sleep through diet. Dr. Marie-Pierre St-Onge, author of “Eat Better, Sleep Better,” explores the deep connection between diet and sleep. Check it out!

ENCORE: Strategies for Optimizing Your Immune Health

written by Dr. Ronald Hoffman | August 20, 2025



Discover the secrets to a robust immune system with Dr. Robert Silverman, author of “Immune Reboot.” He shares insights on nutrition, exercise, and lifestyle for optimal health.

Intelligent Medicine Radio for August 16: Could overuse of CT scans cause 100,000 extra cancers?

written by Dr. Ronald Hoffman | August 20, 2025



As natural thyroid ban looms, thyroid sufferers gird for battle with regulators; Rapid weight loss, muscle wasting—what to do? Could overuse of CT scans cause 100,000 extra cancers in the U.S.? Searching for the causes of low iron; Report shows rapid declines in health of children and adolescents since 2007; N-acetylcysteine (NAC) for Parkinson's; Statins increase likelihood of hearing loss, tinnitus; Lithium orotate for Alzheimer's; And more!

Q&A with Leyla: Are dental mouth guards toxic?

written by Dr. Ronald Hoffman | August 20, 2025



Is the FDA phasing out natural thyroid? Study: Lithium for Alzheimer's disease; Hallucinations from a UTI? Are dental mouth guards toxic? Thoughts on AI-enhanced EKGs; Advice for IBS; And more!

ENCORE: Bridging Conventional and Functional Medicine

written by Dr. Ronald Hoffman | August 20, 2025



How can integrative and functional medicine transform healthcare for underserved communities? Discover how Dr. Ramona Wallace, a pioneering osteopathic physician, is making a big impact in Middle America.

ENCORE: How to Reap the Cognitive Benefits of Exercise

written by Dr. Ronald Hoffman | August 20, 2025



Dr. Sabrina Jo reveals the science behind how exercise enhances cognitive function and boosts mental wellness. Learn how physical activity can support brain health at any age.

ENCORE: Intelligent Medicine Radio for August 9: Benefits of Sun Exposure

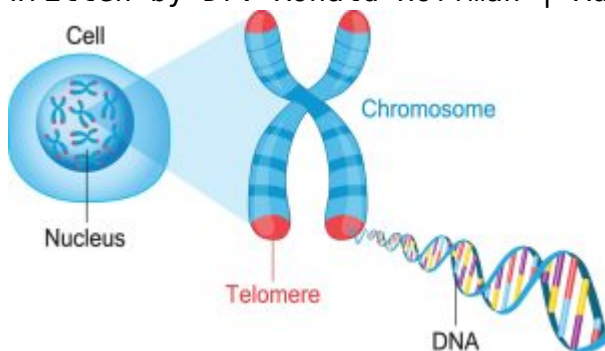
written by Dr. Ronald Hoffman | August 20, 2025



Lifestyle and environment affect health more than genes; How to get rid of knee pain; Sunlight–Time for a rethink? Benefits of sun exposure may be more than just about vitamin D; Ginger scores vs. colitis; Kitchen remedy for water-borne lead; Blue light exposure at night impairs sleep–but morning exposure improves it; Alternatives to PPIs for Barrett’s Esophagus; Topical–not oral–melatonin for skin rejuvenation;

ENCORE: Q&A with Leyla: Reducing Food Waste

written by Dr. Ronald Hoffman | August 20, 2025



Reducing food waste; Controversies about the significance of telomere length; Causes of high B6; Can nocturia be associated with dehydration? Allulose, is it too good to be true? And more!

HTB Rejuvenate and the Future of Immune Health with Dr. Jeffrey Bland

written by Dr. Ronald Hoffman | August 20, 2025



Excited to announce a special episode of the Intelligent Medicine Podcast featuring the renowned Dr. Jeffrey Bland. Join us as we delve into the world of functional medicine, immune health, and groundbreaking nutritional insights, including immune system rejuvenation with HTB Rejuvenate.

Empowered Moms, Healthier Kids: Zen Honeycutt on Grassroots Activism for Healthier Communities

written by Dr. Ronald Hoffman | August 20, 2025



Join me as I sit down with advocacy powerhouse, Zen Honeycutt. Explore the vital work Moms Across America is doing to protect our children from harmful chemicals and create a healthier, chemical-free future for our kids. C