

Intelligent Medicine Radio for October 25: Why Not All Fish Oils Are Alike

written by Dr. Ronald Hoffman | October 27, 2025



Natural support for Parkinson's Disease; Reviving the lost art of handwriting may be key to kid's learning; Dr. Jeffrey Bland does a deep dive on why not all fish oils are alike; Worldwide cancer incidence is soaring, especially among young people; Rates of peanut allergy are declining as more parents follow revised advice to introduce nuts earlier to kids; When Zoloft doesn't work for anxiety; And more!

Q&A with Leyla: Hip Pain

written by Dr. Ronald Hoffman | October 27, 2025



INFINITY Study on the timing of thyroid medication ingestion; Suggestions for long-term hip pain; Could toxic exposures like mold cause conditions like low thyroid or autoimmunity? Supplement recommendations for IBS; What is the safest and most appropriate dose of vitamin D3 for most seniors? And more!

ENCORE: Rethinking SNAP: Enhancing Nutrition and Access

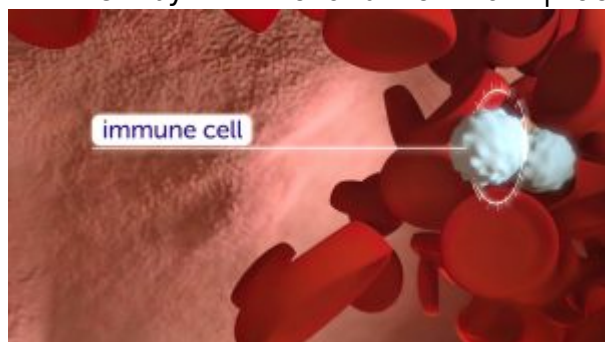
written by Dr. Ronald Hoffman | October 27, 2025



Registered dietitian Carolina Schneider on all things SNAP, the Farm Bill, and plant-based diets. Discover how Congress can reshape food assistance programs and support healthier choices. Check it out!

ENCORE: Innovative Approaches to Complex Chronic Diseases with Dr. Tanya Dempsey

written by Dr. Ronald Hoffman | October 27, 2025



Could Mast Cell Activation Syndrome be the key to understanding your health issues? Dr. Tanya Dempsey shares groundbreaking insights into Mast Cell Activation Syndrome and its role in chronic disease. Discover how MCAS might be the missing link in understanding your health issues.

Intelligent Medicine Radio for October 18: The Craving for Alcohol

written by Dr. Ronald Hoffman | October 27, 2025



Thymic peptide for cancer; What is “orthomolecular psychiatry”? The craving for alcohol may be programmed from our primate origins; New options for knee pain; Popeye was right to power-up with spinach; Conquering inflammation; Methane-predominant SIBO; Unnecessary back surgery on seniors is rampant; Medicare Advantage patients often relegated to inferior cancer surgery; And more!

Q&A with Leyla: Reasons for Nausea

written by Dr. Ronald Hoffman | October 27, 2025



Reasons for nausea; What to do about an increasing PSA; Lupus patient on Methotrexate asking how to protect liver and immune system; The important relationship between vitamin D3 and K2; Can fish oil raise LDL cholesterol? A questionable case study on pycnogenol; And more!

ENCORE: Natural Solutions for Prostate and Male Sexual Health

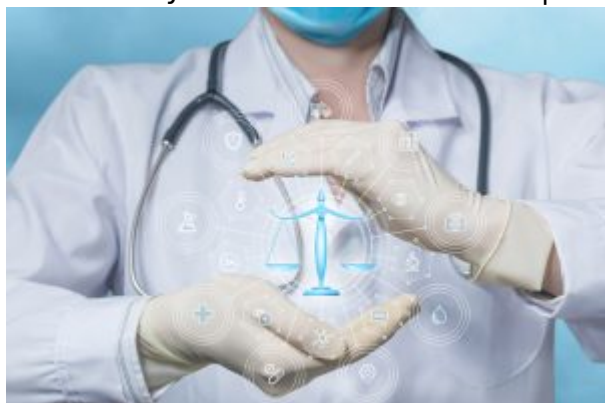
written by Dr. Ronald Hoffman | October 27, 2025



From prostate health to natural testosterone boosters, we're covering it all. Discover transformative insights on holistic men's health from Dr. Geo Espinosa, one of America's foremost integrative urologists.

Health Autonomy and the Fight for Natural Products

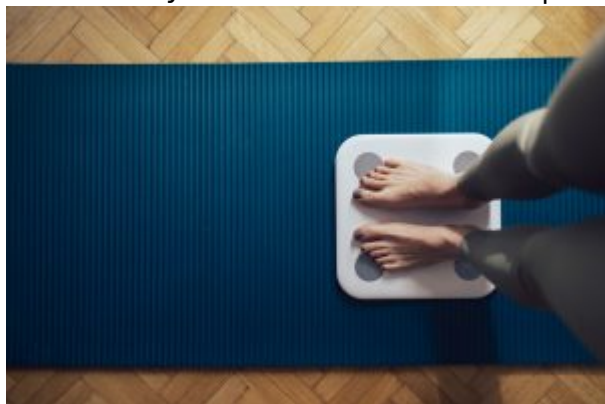
written by Dr. Ronald Hoffman | October 27, 2025



Dr. Rob Verkerk, executive director of the Alliance for Natural Health, discusses the fight for access to natural therapies and the revolutionary steps being taken to ensure health freedom and your access to natural health options.

Q&A with Leyla: Determining Your Healthy Weight

written by Dr. Ronald Hoffman | October 27, 2025



Dealing with post-exercise pain and fatigue; A closer look at plasmalogens; Determining your healthy weight; Painful cramps in thighs while sleeping, is this from dehydration? Exercise—for those who hate exercise; Dealing with post exercise pain and fatigue; And more!

Depression and Anxiety: Holistic Solutions with Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | October 27, 2025



What do metabolic psychiatry and ancient breathing techniques have in common? On the Podcast, holistic approaches to tackling anxiety and depression. Dr. Jacob Teitelbaum details natural therapies and lifestyle tips that really work.