

Q&A with Leyla: Insomnia

written by Dr. Ronald Hoffman | May 22, 2025



Is it a good idea to take Metformin for its anti-aging benefits? Homeopathic therapies for insomnia; “I’m 78 and have been sober for 43 years, are CBD products appropriate for me to take?” “Should I be concerned about unnecessary additives in coated, extended-release aspirin preparations? And more!

Breaking Down the Biden Prostate Cancer Reveal

written by Dr. Ronald Hoffman | May 22, 2025



Join Dr. Ronald Hoffman and integrative urologist Dr. Geo Espinosa as they unravel the complexities of President Biden’s prostate cancer diagnosis. From treatment options to integrative health, this episode offers crucial insights.

The Power of Probiotics: Celebrating 25 Years of Innovation with Essential Formulas

written by Dr. Ronald Hoffman | May 22, 2025

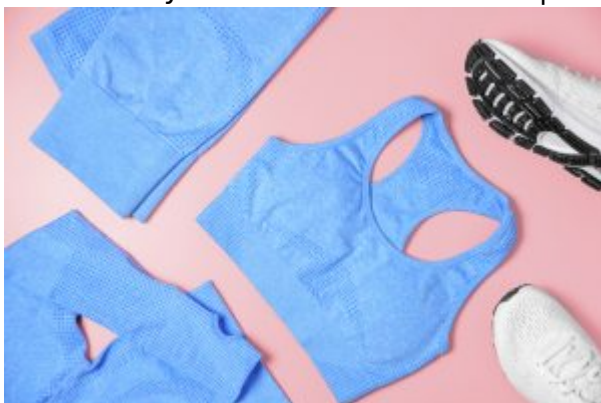
WHY GUT HEALTH MATTERS



From gut health to men's health: Dr. Ross Pelton from Essential Formulas details groundbreaking insights on how to nurture your microbiome for longevity and vitality.

Intelligent Medicine Radio for May 17: Sports Bras

written by Dr. Ronald Hoffman | May 22, 2025



Analyzing Trump's plan to roll back soaring drug prices; Sports bras eliminate bounce but may take a toll on women's backs; Causes and treatments for pulmonary hypertension; Is the "poop pill" a possible treatment for SIBO? Is Laetrile effective for cancer? If you're eating a diet rich in fruits and vegetables, do you still need probiotics? And more!

Q&A with Leyla: Sinus Surgery

written by Dr. Ronald Hoffman | May 22, 2025



“My Alc went up since taking Crestor. Should I stop taking it?” “I’m taking Red Yeast Rice, CoQ10, and Metamucil, but my LDL periodically tends to rise. Do I need a statin?” Recommendations for constipation in a nine-year-old and seasonal allergies in a ten-year-old; Supplements for before and after sinus surgery; Supplement recommendations for gastroparesis; And more!

Beyond Kegels: Comprehensive Pelvic Health with Dr. Sara Reardon

written by Dr. Ronald Hoffman | May 22, 2025



From childbirth to everyday activities, our pelvic health often goes unnoticed until it’s too late. This is a fascinating discussion with Dr. Sara Reardon, author of “Floored,” on understanding and maintaining pelvic health at all stages of life, whether you’re an athlete or a couch surfer.

ENCORE: The Dire Consequences of our Depleted Microbiomes

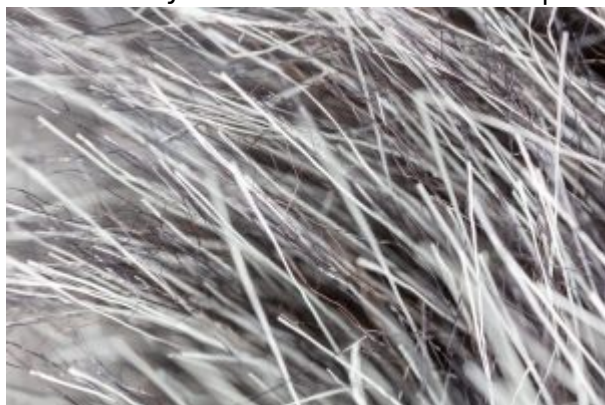
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Did you know the overuse of antibiotics might be fueling modern diseases? Dr. Martin Blaser, author of “Missing Microbes,” details how modern life affects our internal ecosystem and what it means for our health. Check it out!

ENCORE: Intelligent Medicine Radio for May 10

written by Dr. Ronald Hoffman | May 22, 2025



Part 1: A Natural Antidote to Hair Graying

Neuroprotection is just about pricey moonshot Alzheimer drugs; Green tea, melatonin, quercetin, aerobic exercise tackle brain inflammation; Glyphosate may contribute to Alzheimer's surge; Supplements to extend sleep; A popular social media influencer makes shady claims about blood pressure supplements; Diet can influence the prognosis of early ovarian cancer; Omega-3s slow biological aging; A natural antidote to hair graying.

Part 2: Novel Non-Addictive Pain Drug

Moderate—but not excessive—exercise can curb appetite; When you're older does your ability to absorb supplements decline? FDA warns against eye drop to change eye color; Are soy supplements safe for breast cancer patients? Most ditch GLP-1 drugs after one year; Some B-complex supplements don't deliver full suite of B vitamins; Novel non-addictive pain drug approved; Why mosquitoes can bite in mid-winter; Oops—surgeon removes patient's liver, mistaking it for spleen.

References and Resources

Luteolin, an antioxidant in vegetables, may contribute to the prevention of hair graying

Antioxidants, 2024; 13 (12): 1549 DOI: 10.3390/antiox13121549

Prognosis following a diagnosis of invasive epithelial ovarian cancer is poor. Some studies have suggested modifiable behaviors, like diet, are associated with survival but the evidence is inconsistent

The American Journal of Clinical Nutrition Available online 5 February 2025

Omega-3 supplements slow biological ageing

By Felicity Nelson, *Nature* February 3, 2025

Study reveals lasting effect of common herbicide on brain health

Journal of Neuroinflammation, 2024; 21 (1) DOI: 10.1186/s12974-024-03290-6

Lab findings support the concept that reducing neuroinflammation could help fight Alzheimer's

Immunity, 2025; DOI: 10.1016/j.immuni.2025.01.007

Green tea may protect the aging brain

By Asia Sherman, *Nutra Ingredients USA* January 15, 2025

Aerobic exercise: A powerful ally in fight against Alzheimer's

Brain Research, 2025; 1850: 149419 DOI: 10.1016/j.brainres.2024.149419

Is soy safe for patients with breast cancer

By Gina Van Thomme & Molly Adams, MD Anderson Cancer Center October 14, 2024

Family alleges cover-up in case of patient who died after having his liver removed

By Kristrina Fiore, MedPageToday January 31, 2025

Most ditch GLP-1 drugs for weight loss within a year

By Kristen Monaco, MedPage Today January 31, 2025

Drops that change eye color? Experts sound the alarm

By Jennifer Henderson, MedPage Today August 30, 2024

Vertex announces FDA approval of JOURNAVX (suzetrigine), a first-in-class treatment for adults with moderate to severe acute pain

Vertex January 30, 2025

'London Underground' mosquito has surprisingly ancient origins

By Chris Simms, Nature February 5, 2025

Study suggests soy isoflavones do not have estrogenic effects

Advances in Nutrition Volume 16, Issue 1, January 2025, 100327

Moderate exercise keeps appetite at bay

Physiological Reports, 2024; 12 (24) DOI: 10.14814/phy2.70167

ENCORE: Q&A with Leyla: Wearable Devices

written by Dr. Ronald Hoffman | May 22, 2025



A case study on Ozempic; Can stem cells reverse diabetes? A possible solution for menopause/post-menopause vaginal atrophy; Medicare vs. Medicare advantage; Wearable device heart rate zones; And more!

Redefining Movement for Injury-Free Athletics

written by Dr. Ronald Hoffman | May 22, 2025



Can your movement protect you from injuries? Sports journalist Henry Abbott, author of “Ballistic,” shares insights from elite training and how we can apply them in our everyday lives to extend our motion horizon.