

# 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!

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## Breaking Down the Biden Prostate Cancer Reveal

written by Dr. Ronald Hoffman | May 22, 2025



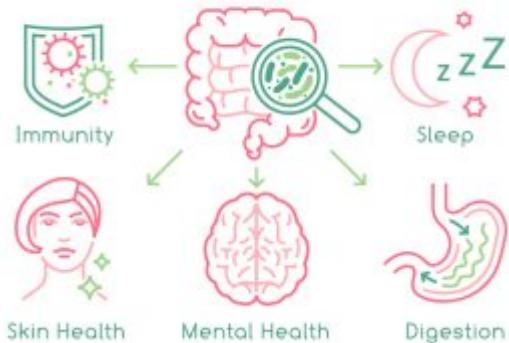
Join Dr. Ronald Hoffman and integrative urologist Dr. Geo Espinosa as they unravel the complexities of President Biden’s prostate cancer diagnosis. From treatment options to integrative health, this episode offers crucial insights.

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

written by Dr. Ronald Hoffman | May 22, 2025

## WHY GUT HEALTH MATTERS

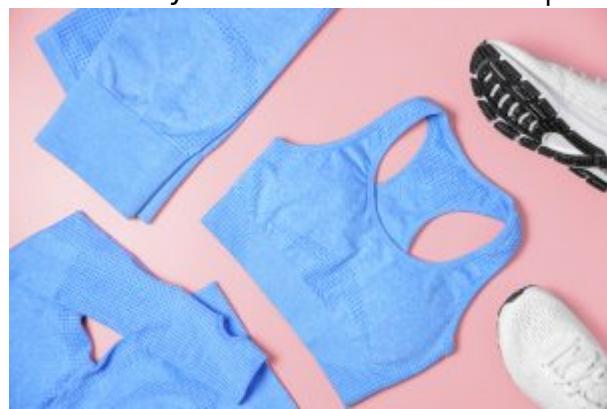


From gut health to men's health: Dr. Ross Pelton from Essential Formulas details groundbreaking insights on how to nurture your microbiome for longevity and vitality.

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## 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!

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## **Q&A with Leyla: Sinus Surgery**

written by Dr. Ronald Hoffman | May 22, 2025



“My A1c 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!

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## **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.

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# **ENCORE: The Dire Consequences of our Depleted Microbiomes**

written by Dr. Ronald Hoffman | May 22, 2025



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!

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## **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.jimmuni.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

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## 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!

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# 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.