

Probiotics for All Ages

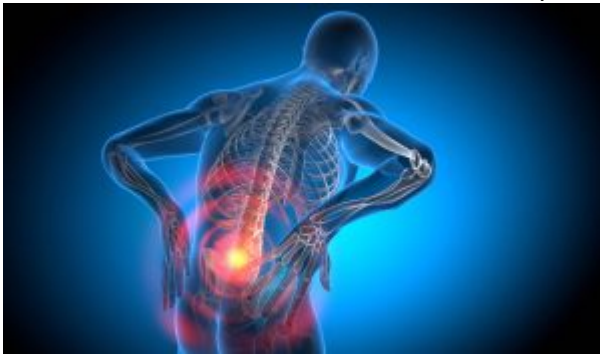
written by Dr. Ronald Hoffman | October 7, 2025



Your gut health impacts your overall wellness, from improving digestive health to possibly making you happier. Holistic practitioner Jane Jansen details the role of probiotics, prebiotics, and postbiotics in maintaining a balanced microbiome.

Intelligent Medicine Radio for October 4: Cannabis Extract vs. Low Back Pain

written by Dr. Ronald Hoffman | October 7, 2025



How the low-fat food craze of the 80s set Gen X women up for an astounding rate of ultra-processed food addiction; New testosterone support supplement harnesses safe, natural ingredients; Synthetic progestogens hike risk for brain tumors, natural progesterone safe; Healthy microbiome, good genes, clean lifestyle propel world's oldest woman to age 117; Cannabis extract scores vs. low back pain.

Q&A with Leyla: Excessive Sweating

written by Dr. Ronald Hoffman | October 7, 2025



The secrets of the world's oldest woman; Plasmalogens; Advice for a 24-year-old recently diagnosed with Crohn's disease; Recommendations for a calcium score of 1200; "My husband has been sweating like crazy during our walks, what may be causing this?" How serious is RSV for seniors?

Harnessing the Mitochondria to Revitalize Your Skin

written by Dr. Ronald Hoffman | October 7, 2025



Discover the groundbreaking benefits of topical Urolithin A for skin health. Hear mitochondrial biologist Dr. Julie Faitg detail how mitochondrial science is redefining health and beauty strategies for your skin from the outside in.

Lyme Disease Exposed: Breaking Down Misdiagnoses and Innovations

written by Dr. Ronald Hoffman | October 7, 2025



Discover the intricate links between tick-borne illnesses and misdiagnosed conditions. Nicole Bell, CEO of Galaxy Diagnostics, details diagnostics, treatments, and advocacy in the fight against Lyme Disease.

Intelligent Medicine Radio for September 27: Air Pollution Hikes Cardiometabolic Risk

written by Dr. Ronald Hoffman | October 7, 2025



Part 1: The cause of autism—is it Tylenol?

The cause of autism revealed—is it Tylenol? Is there an ideal probiotic for Crohn's Disease? Treating constipation by modifying the microbiome with botanicals; ACTION ALERT: If Congress has its way, 95% of natural hemp products with CBD/THC may be banned by year's end! The popular diet that reverses psoriasis; A daily habit that could save you from chronic back pain.

Part 2: Air Pollution Hikes Cardiometabolic Risk

Perfect Aminos® vs. protein powders—which are better to stave off frailty? Cocoa extract supplements reduce age-related inflammation, and may curb chronic diseases; Being too skinny associated with higher risk of dying; One in eight Americans have tried GLP-1 drugs—but only half stick to them after one year, citing price, side effects; The many health benefits of saunas; Air pollution hikes cardiometabolic risk—as does harmful mouth bacteria; Is the flu shot truly a “vaccine” if it’s only partially effective and has to be taken every year?

References & Resources

One daily habit could save you from chronic back pain

JAMA Network Open, 2025; 8 (6): e2515592

DOI: 10.1001/jamanetworkopen.2025.15592

Popular diet shows benefits for Psoriasis

JAMA Dermatol. Published online September 24, 2025.

doi:10.1001/jamadermatol.2025.3410

Probiotics for Crohn’s disease

Harvard Health Publishing

Cocoa extract supplements reduce age-related markers of inflammation

Age and Ageing, Volume 54, Issue 9, September 2025,

afaf269, <https://doi.org/10.1093/ageing/afaf269>

Air pollution exposure and cardiometabolic risk

The Lancet Diabetes & Endocrinology, Volume 12, Issue 3, March 2024, Pages 196-208

The multifaceted benefits of passive heat therapies for extending the healthspan: A comprehensive review with a focus on Finnish sauna

Temperature (Austin). 2024 Feb 25;11(1):27-51. doi:

10.1080/23328940.2023.2300623.

1 in 8 Americans have already tried Ozempic and similar weight loss

medications

RAND, 6 Aug 2025 DOI: 10.7249/RRA4153-1

Most quit breakthrough weight loss drug within a year

European Association for the Study of Diabetes

Being too thin can be deadlier than being overweight, Danish study reveals

European Association for the Study of Diabetes

Your own mouth bacteria could give you a heart attack, new study suggests

Journal of the American Heart Association Volume 14, Number

16 <https://doi.org/10.1161/JAHA.125.041521>

Q&A with Leyla: Hot Flashes

written by Dr. Ronald Hoffman | October 7, 2025



Q&A with Leyla, Part 1: Hot Flashes

- More on lithium orotate for Alzheimer's disease
- My sister had cow valve surgery and has to take Jardiance. Are there other alternatives?
- I'm taking BHRT for hot flashes. Are there any other drugs I should consider taking?

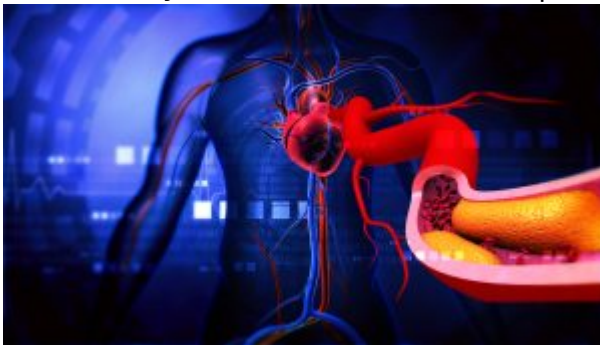
Q&A with Leyla, Part 2: Hospital Delirium

- What can help a woman in her mid-40s with breast calcifications? Would taking supplements and enzymes help?
- My husband suffered from hospital delirium and seven months later is still struggling
- Is milk thistle beneficial to take?
- I read an article that curcumin is highly toxic to the liver. What say

you?

From LDL to HDL: The Complete Guide to Cholesterol

written by Dr. Ronald Hoffman | October 7, 2025



September is Cholesterol Education Month. Jim LaValle is back with the latest research, debunking myths, and offering practical tips. Learn why cholesterol isn't the villain you think it is and how to manage it smarter.

Understanding the Biology of Trauma

written by Dr. Ronald Hoffman | October 7, 2025



Discover powerful insights into trauma and its profound effects on our health. Dr. Aimie Apigian, author of “The Biology of Trauma,” details how your body’s response to trauma might be affecting your health and ways to heal.

Intelligent Medicine Radio for September 20: A New Era in Skincare

written by Dr. Ronald Hoffman | October 7, 2025



On the Radio Show: FDA announces crackdown on misleading TV drug ads; What’s a “twisted colon”? A new era in skincare powered by urolithin A; Vitamin B3 vs. fatty liver; Your risk of dying from a chronic disease is reduced by modern medical advances—unless you live in the U.S.; FDA issues warning about sketchy pain supplement; Cannabis use may quadruple diabetes risk; Scientists reverse stroke damage with stem cells—in mice; And more!