

# Q&A with Leyla: Deep, Restful Sleep

written by Dr. Ronald Hoffman | March 27, 2025



## Q&A with Leyla, Part 1: Genetic Testing

- The 23 & Me bankruptcy
- The promise of genetic testing in the future
- What are your thoughts on methylene blue? Any benefits?

## Q&A with Leyla, Part 2: Deep, Restful Sleep

- How can I treat polycythemia caused by erythropoietin receptor mutation?
- I have chronic anemia—not iron deficiency. What can I do for my foggy head?
- What do you recommend for vestibular migraine?
- Any natural treatments for deep, restful sleep?
- SLIT – Sublingual Immunotherapy treatment

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# Medical Errors and Patient Advocacy: Dr. Julie's Guide to Hospital Stays

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Dr. Julie Siemers, a nurse educator and author of “Surviving Your Hospital Stay: A Nurse Educator’s Guide to Staying Safe and Living to Tell About It,” details the importance of patient safety in hospitals, the dangers of medical errors, and how patients and their families can advocate for better care. Dr. Siemers talks about the critical role of nurses, the hierarchy within the nursing profession, and the importance of effective communication between healthcare providers and patients. She also offers practical advice on dealing with high-risk medications, leveraging AI in healthcare, and ensuring better health outcomes by being informed and proactive.

# Vitamin D: How Rickets Shaped Nutritional Science

written by Dr. Ronald Hoffman | March 27, 2025



The Long Shadow of Rickets: Vitamin D, Historical Insights, and Modern Implications. Dr. Chris Warren, a history professor at Brooklyn College delves into the origins and prevalence of rickets, a condition now largely unknown but once widespread. Dr. Warren explains the factors contributing to rickets, particularly Vitamin D deficiency, and shares insights from his book, "Starved for Light: The Long Shadow of Rickets and Vitamin D Deficiency." The discussion covers socioeconomic, industrial, and environmental aspects, along with the relevance of cod liver oil, sunlight exposure, and the evolution of Vitamin D synthesis. There are also reflections on modern implications of Vitamin D deficiency and racial differences in processing Vitamin D. The episode concludes with a look at how historical medical practices around rickets influenced today's medical norms and practices.

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# **Intelligent Medicine Radio for March 22: Tattoos Linked to Skin Cancer**

written by Dr. Ronald Hoffman | March 27, 2025



## **Intelligent Medicine Radio for March 22, Part 1: Bladder Cancer**

The party may be over for telehealth purveyors of cheap copycat weight loss drugs; GLP-1 medications said to offer anti-aging benefits, but a concerning trend points to hair loss in women; Returning astronauts suffer effects of zero gravity, sterile environment; Why supplements can be a logical choice for bladder cancer; Amid new measles concerns, do adults need a booster?

## **Intelligent Medicine Radio for March 22, Part 2: Tattoos Linked to Skin Cancer**

U.S. drops to lowest-ever standings in "World Happiness Report"; Bergamot notches double-digit cholesterol improvements in new study; Benefits of collagen peptides; Addressing post-chemotherapy fatigue; Solutions for knee pain; Tattoos linked to skin cancer, lymphoma risk; High-dose vitamin D slows progression of MS; Advances in AI lead to smart prosthetics, brain control of robot arms for paralytics.

## References & Resources

**The International Space Station is overly sterile; making it 'dirtier' could improve astronaut health**

*Cell*, 2025; DOI: 10.1016/j.cell.2025.01.039

**Do adults need a measles booster?**

By Jocelyn Solis-Moreira, MedPage Today March 17, 2025

**Hair loss: Another Wegovy side effect?**

By Kristren Monaco, MedPage Today, March 17, 2025

**Ozempic's new frontier: the war on aging**

By Alex Janin, WSJ, March 10, 2025

**Sale of Ozempic knockoffs is supposed to end soon. Telehealth companies aren't happy**

By Liz Essley Whyte, WSJ, March 10, 2025

**Bergamot extract may offer a natural approach to managing cholesterol**

By Louisa Richards, Nutra Ingredients, March 4, 2025

**Paralyzed man moves robotic arm with his thoughts**

By David Nield, Cell March 21, 2025

**Robotics and spinal stimulation restore movement in paralysis**

By Nicolas Hankov, NeuroRestore, March 12, 2025

**2025 World Happiness Report shows US in lowest-ever spot on list**

CBS News

**Tattoo ink exposure is associated with lymphoma and skin cancers—a Danish study of twins**

*BMC Public Health*. 2025 Jan 15;25(1):170. doi: 10.1186/s12889-025-21413-3

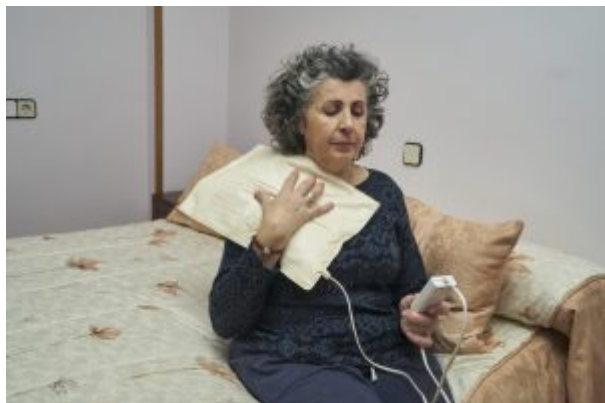
**High-dose vitamin D in clinically isolated syndrome typical of multiple sclerosis**

*JAMA*. Published online March 10, 2025. doi:10.1001/jama.2025.1604

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## Q&A with Leyla: Heating Pad for Pain

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## **Q&A with Leyla, Part 1: At Home Prostate Tests**

- An example of another bad 'scientific' study
- What do you think of the new at-home prostate test?
- My calcium score has increased over the years. Am I taking enough Vitamin K? Too much?

## **Q&A with Leyla, Part 2: Heating Pad for Pain**

- A case study in high cholesterol
  - How can I lower my Apolipoprotein B? My husband's A1c went up after taking a statin for 5 months. Help!
  - Can you recommend a good foot cream?
  - Using a heating pad for pain – a listener's success story
  - How long of a break should I take from my supplement regimen?
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# Cognitive Wellness: Strategies to Preserve and Enhance Brain Function

written by Dr. Ronald Hoffman | March 27, 2025



Understanding and Preserving Cognitive Health with Dr. Barbara Haskin: In this episode of the Intelligent Medicine podcast, host Dr. Ronald Hoffman discusses cognitive health with neuropsychologist Dr. Barbara Haskin, author of “How My Brain Works: A Guide to Understanding It Better and To Keeping It Healthy.” They explore the impact of aging and other factors on cognitive function, citing personal anecdotes and recent research. The conversation centers on the importance of mental well-being, diet, exercise, and sleep in maintaining brain health. Dr. Haskin highlights her professional experiences, including the evaluation and treatment of various cognitive issues through detailed testing and personalized care strategies. The episode concludes with a discussion on practical lifestyle measures to prevent and address cognitive decline.

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# The Essential Guide to Detoxification

written by Dr. Ronald Hoffman | March 27, 2025



Decoding Detox: The Science and Application of Detoxification with Neil Levin, Senior Nutrition Education Manager at NOW Foods and Protocol for Life Balance. They delve into the importance of detox in addressing environmental toxins through reducing exposure and enhancing resilience. Key detoxification pathways, including liver phases, antioxidants, glutathione, and methylation, are thoroughly examined. Neil Levin also touches upon issues in the supplement industry, stressing the importance of using reliable sources. Additionally, he shares insights into his advocacy work and emerging trends in supplement research. This episode provides crucial information on how certain supplements can support the body's natural detox processes.

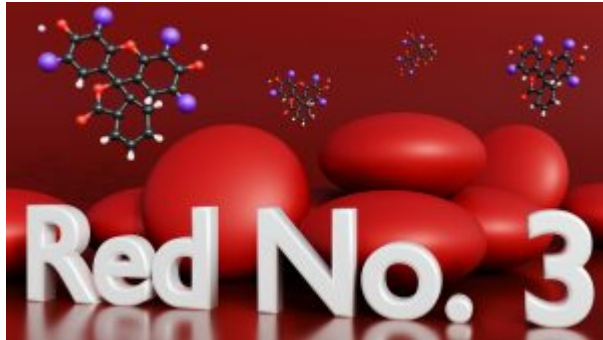
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## Intelligent Medicine Radio for March



# 15: Food Dyes

written by Dr. Ronald Hoffman | March 27, 2025



## Intelligent Medicine Radio for March 15, Part 1: The Stress-Cancer Link

Exploring the stress-cancer link—real, or unduly stigmatizing for people with cancer? Is coffee the most chemically-treated food? Is there a link between fluoride and pineal gland dysfunction? TV ads for oral supplement for dry eyes tout a dubious formula (and what could work better); Could meat make America healthy again?

## Intelligent Medicine Radio for March 15, Part 2: Food Dyes

States rush to ban food dyes ahead of federal action; NIH cuts funds for studies of vaccine hesitancy; RFK Jr. ridiculed for urging vitamin A for measles; Brain tumors in firefighters show signature of chemical exposure; Unpacking the causes of numbness, tingling and pain in lower extremities; Class-action lawsuit targets Depo-Provera as contributor to meningioma brain tumors; Uncovering the mystery of Trump's 20+ pound weight loss; Microplastics implicated in spiraling antibiotic resistance.

## References & Resources

**US News and the Guardian report: Depo-pro era associated with an increased risk of tumors**

By Anapol Weiss, ANAPOLWEISS Oct 28, 2024

**Meat will make America healthy again**

By Nina Teicholz, WSJ March 11, 2025

**Illness as metaphor and AIDS and its metaphors**

susansontag.com

**Chronic stress and obesity work together to accelerate pancreatic cancer development and growth, study finds**

*Molecular Cancer Research*, 2025; 23 (3): 236

DOI: 10.1158/1541-7786.MCR-24-0785

**Trump reveals the simple fast food trick he used to lose 30 pounds**

By Emily Goodin, Senior White Correspondent, dailymail.co.uk March 12, 2025

**The antidote to political panic**

By James Freeman, WSJ March 11, 2025

**NIH cuts funding for studies on vaccine hesitancy and acceptance**

Clinicaladvisor.com March 12, 2025

**RFK Jr. says Trump 'lost 30 pounds' even with all the 'crap that he eats'**

By Alex Gangitano, thehill.com March 12, 2025

**At least a dozen US states rush to ban common food dyes, citing health risks**

By Carey Gilliam, theguardian.com March 11, 2025

**Microplastics could be fueling antibiotic resistance**

Appl Environ Microbiol 0:e02282-24.

**Genetic mutations linked to toxin exposure found in firefighters' brain tumor**

*Cancer*, 2025 DOI: 10.1002/cncr.35732

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## Q&A with Leyla: Seed Oils

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## **Q&A with Leyla, Part 1: Protocol for Coming Off Weight Loss Medications**

- When to get follow-up labs after starting your diet Rx
- Xlear is exonerated!
- I've been taking tirzepatide and am within range of my desired weight. What is the protocol for coming off this medication?

## **Q&A with Leyla, Part 2: Seed Oils**

- How can I better avoid seed oils in my diet, especially when it comes to choosing non-dairy milks?
- Study: Plant-based oils better for health than butter
- Where can I find a holistic urologist?
- Is iodized salt still necessary in our daily diets?
- What do you think about the idea of formulating probiotics based on one's personal genome?

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# Overcoming the Odds: A Win in the Fight for Health Freedom

written by Dr. Ronald Hoffman | March 27, 2025



In this special episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman interviews Nathan Jones, CEO and founder of Xlear, Inc., about the extraordinary legal battle Xlear faced against the Federal Trade Commission (FTC) for making scientific claims about their xylitol-based products. Despite submitting numerous studies to substantiate their claims, the FTC pursued the case, which began in 2020 during the COVID-19 pandemic. Jones shares the journey and significant personal and financial costs involved, ultimately leading to the FTC dropping the case. The episode explores the broader implications for the natural products industry and highlights the importance of continued advocacy for scientific truth and free speech.