

Understanding and Combating Environmental Toxins

written by Dr. Ronald Hoffman | May 6, 2025



Protecting your immune system from everyday toxins is more crucial than ever. Dr. Aly Cohen, author of “Detoxify,” does a deep-dive into the hidden dangers of environmental toxins and how they’re affecting our health. Learn practical steps to defend your immune system and improve your well-being.

Intelligent Medicine Radio for May 3: Hair Analysis

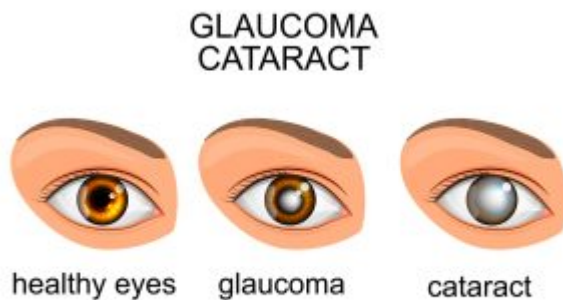
written by Dr. Ronald Hoffman | May 6, 2025



Natural antiviral chewing gum blocks influenza A, herpes virus, may hold bird flu potential; Overlooked ingredient in ultra-processed foods may be why they’re so harmful; Weightlifting helps sleep more than any other exercise modality, slashes diabetes risk, too; Is hair analysis reliable for nutritional assessment? Health benefits of grass-fed butter; And more!

ENCORE: Q&A with Leyla: Glaucoma v. Cataracts

written by Dr. Ronald Hoffman | May 6, 2025



A handful of almonds before meals promotes weight loss, reduces belly fat, improves blood sugar, lipids, may reverse diabetes; A better alternative to bicarb for GERD; Is the Atkins Diet a healthy way to eat low carb? The differences between glaucoma vs. cataracts.

Healing from Within: The Science of Enzymes and Digestion

written by Dr. Ronald Hoffman | May 6, 2025



Enhancing Gut Health with Innovative Digestive Enzymes: In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman discusses the importance of digestive enzymes, particularly innovative formulations, with guest Steven Wright, a health engineer and co-founder of Healthy Gut. They delve into Wright's journey with digestive health, his development of the enzyme product HoloZyme, and its efficacy backed by clinical trials. Dr. Hoffman and Wright also explore the benefits of tributyrin butyrate supplements for gut health. They emphasize the role of enzymes in combating IBS, dietary intolerances, and enhancing overall digestion. The episode also features a special offer for HoloZyme on healthygut.com.

ENCORE: Food for Thought: Enhancing Mental Health through Nutrition

written by Dr. Ronald Hoffman | May 6, 2025



Discover the power of food for mental health. Dr. Drew Ramsey, author of “Eat to Beat Depression & Anxiety,” details nutritional psychiatry, revealing how the right diet can combat depression and anxiety.

Intelligent Medicine Radio for April 26: EMF Radiation

written by Dr. Ronald Hoffman | May 6, 2025



Remnant cholesterol as a robust predictor of heart attack, stroke; Sudden cardiac death linked to long-term antidepressant use; Is your EV zapping you with EMF radiation? Low-fat diets—and cholesterol drugs—may sap men's testosterone; Will "Gentle Cure"—a nonsurgical treatment—supplant standard Mohs surgery as a treatment for common skin cancers? Nearsightedness is skyrocketing—but a simple method may prevent it; And more!

Q&A with Leyla: Urinary Tract Infection

written by Dr. Ronald Hoffman | May 6, 2025



The latest medical shows on TV; Comments on tariffs; Healing a urinary tract infection; Hypertension vs. pulmonary hypertension; Supporting your bone health during osteoporosis; Urolithin A and energy; And more!

Diabetes Demystified: Natural Solutions and Expert Advice

written by Dr. Ronald Hoffman | May 6, 2025



Can diabetes be optional? Integrative medicine pioneer Dr. Jacob Teitelbaum details proactive, integrative approaches to managing diabetes and offers hope for a healthier future.

Beyond Carrots: Nutrition, Technology, and the Future of Vision Health

written by Dr. Ronald Hoffman | May 6, 2025



Dr. Rudrani Banik details cutting-edge nutritional and technological advances in eye care.

Intelligent Medicine Radio for April 19: Acupuncture for Sciatica

written by Dr. Ronald Hoffman | May 6, 2025



A memorial to a low-carb diabetes pioneer who vastly extended his life expectancy; An engineer takes up the challenge of designing an enhanced digestive enzyme formula; The controversy over Hypermobile Ehlers-Danlos Syndrome; As Wikipedia brands acupuncture “pseudoscience”, new study confirms efficacy for sciatica; Will AI replace doctors for diagnosis, medical information? Creatine, good for muscles, also delivers brain benefits;