

Biohacking Your Genes: Navigating the Genetic Path to Wellness

written by Dr. Ronald Hoffman | March 11, 2025



In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman interviews Dr. Sharad Paul, a New Zealand physician, on his book, “Biohacking Your Genes: 25 Laws for a Smarter, Healthier, and Longer Life.” They discuss how genes serve as a blueprint but not a destiny, stressing the role of lifestyle and habits in managing genetic risks. Dr. Paul expands on the impact of diet, supplements, and exercise tailored to genetic makeup, citing his holistic approach versus extreme gene-editing biohacking. The conversation touches on vitamin D’s role in health, the misconception about sun exposure, and the relationship between genetics and skin health. Nutrigenomics is explored, illustrating how genetic testing can influence dietary and lifestyle choices, while also covering genetic predispositions related to mood, sodium, and sugar sensitivity. The podcast concludes with actionable tips for optimizing skin health through diet and protective measures.

Intelligent Medicine for March 8: Radiation Hazards

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Intelligent Medicine for March 8, Part 1: Radiation Hazards

Radiation hazards from X-rays, CT scans; Can an antioxidant supplement offer protection from radiation hazards; MRIs deemed safe, but studies suggest too many may cause chromosomal damage; The right way to take strontium for bone health; Do “brain supplements” cross the blood-brain barrier? Can someone in their 70s regenerate their thymus? New research underscores energy, anti-aging benefits of NT Factor® Lipids; Novel device allows users to taste remotely.

Intelligent Medicine Radio for March 8, Part 2: Hope for Parkinson's

More good news about Omega-3s for heart health; Addressing early-stage dementia; When Lyme Disease doesn't respond to antibiotics; Ultra-processed food hijacks brain within days; Exosomes and adaptive deep-brain stimulation offer hope for Parkinson's; Psychologists conclude relentless “pursuit of happiness” may exhaust our brains' control centers; A common over-the-counter drug taken in pregnancy may hike offsprings' risk of ADHD.

Q&A with Leyla: Clearing Candida

written by Dr. Ronald Hoffman | March 11, 2025



Q&A with Leyla, Part 1: Clearing Candida

- Check out the new website!
- I struggle with clearing candida and mold. What can I do?
- Should I have a cholesterol test? My cardiologist's PA is pushing me for it
- Is it true that intermittent fasting may be harmful?

Q&A with Leyla, Part 2: CT Scan Radiation

- Please help me to get off Nexium!
- Are DMSO and methylene blue safe and effective?
- I'm concerned about radiation from an upcoming CT scan
- Does Dr. Ohhira's Probiotics produce or benefit Akkermansia?

Beyond Boundaries: Pioneering Medical Innovations

written by Dr. Ronald Hoffman | March 11, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman interviews Professor Kieran Murphy, an interventional neuro radiologist and prolific inventor from Toronto Western Hospital. Dr. Murphy has developed numerous innovative medical devices and filed 60 patents. He shares insights from his book, "The Essence of Invention: Medicine and the Joy of Creativity," discussing his work on medical innovation, his unique background, and personal experiences that have driven his creative solutions. The conversation covers various topics, including the importance of creativity, the impact of bureaucracy on modern medicine, and groundbreaking innovations like ozone therapy for herniated discs and a radio-protective supplement for medical personnel. Dr. Murphy emphasizes mindfulness and paying attention to phenomena as key components for fostering creativity and innovation in medicine.

Challenging Government Regulations: A Discussion with Nate Jones on Health Freedom and Effective Natural Remedies

written by Dr. Ronald Hoffman | March 11, 2025



Nate Jones, CEO and founder of Xlear, Inc., shares insights into natural ways to prevent respiratory and dental infections using Xlear Nasal Spray and Spry Dental products. He discusses his advocacy for health freedom and efforts to change health product regulations in Washington, DC. The conversation dives into Nate's legal battle with the FTC over claims about his products, the efficacy of natural remedies like xylitol, and the broader implications of government overreach in health. They also discuss RFK Jr.'s nomination as HHS Secretary and potential changes that may come under his leadership. The episode concludes with a discussion on the benefits of nasal hygiene and the potential positive outlook for future policies supporting natural health products.

Part 1

Part 2

Q&A with Leyla: Chronic Fatigue

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Part 1: Chronic Fatigue

- Dr. Hoffman's scuba diving adventure!
- Chronic fatigue in America
- Do I have osteoporosis?

Part 2: Pneumonia Vaccine

- How do you evaluate which osteoporosis medicine is best for whom?
- The Clean Label Project finds 79% of pea protein powders contain some amount of lead
- Should I take the once-in-a-lifetime pneumonia vaccine?
- Is there a difference between MitoQ and ubiquinol?
- What to do about a complicated case of histamine intolerance

New Fitness Factors: The Microbiome Connection

written by Dr. Ronald Hoffman | March 11, 2025



Transformation expert Kat James provides a deep-dive into the intricacies of the microbiome and its extensive impact on various aspects of health. Kat James, bestselling author of 'The Truth About Beauty,' shares her personal journey of overcoming eating disorders and metabolic imbalances through gut health. The discussion covers the roles of probiotics, prebiotics, and postbiotics in fostering a healthy microbiome, along with the unexpected connections between gut health and muscle mass, bone strength, mental health, and even skin health. They also touch upon practical tips for maintaining a balanced microbiome, especially during travel, and emphasize the innovative use of Dr. Ohhira's Probiotics. With emerging studies and expert insights, this episode sheds light on how optimizing gut health can lead to transformative well-being.

ENCORE: Regenerative Agriculture and Advanced Supplement Development

written by Dr. Ronald Hoffman | March 11, 2025



Regenerative agriculture—what is it? How does it differ from organic? Anand Swaroop Ph.D. is founder and president of Cepharm, a science-based nutritional ingredient supplier, and an expert on regenerative agriculture. He describes how his family's background in traditional farming in India prompted his interest in promoting regenerative agriculture in the face of increasing reliance on industrial farm technology, which relies on monoculture, and extensive use of chemical fertilizers, herbicides, pesticides, and GMO crops. Can regenerative agriculture meet the challenge of feeding the world's surging population? Can it help alleviate climate change? Is the food healthier and tastier? Dr. Swaroop also details how science is facilitating development of ever more promising nutraceuticals, and why the current supplement marketplace is experiencing supply chain problems. He details rigorous controls Cepharm has instituted to ensure ingredient quality and safety.

ENCORE: Intelligent Medicine Radio for February 22

written by Dr. Ronald Hoffman | March 11, 2025



Part 1: Hiccups

High LDL cholesterol doesn't always translate to arterial plaque; Intractable hiccups—what to do? Do changes of season affect moral judgment? Aging spurts—they're a thing! The surprising reason dozens were sickened by pizza in Wisconsin; Calming effects of lavender are real.

Part 2: Laughter Therapy

New warning over side effects of weight loss drugs; "Keto" LMNT electrolyte drink found to contain undisclosed amounts of unwanted additive maltodextrin; Vitamin D linked to improved Hodgkin's lymphoma survival; Do we really need collagen supplements when the body already makes it? How laughter therapy alleviates dry eye syndrome; Difference in blood pressure readings between arms—could it signal danger? Majority of seniors treated in federal health centers show cognitive impairment; Statins vs. natural therapy for cardiovascular prevention.

References and Resources

Effect of lavender essence inhalation on the level of anxiety and blood cortisol in candidates for open-heart surgery

Iran J Nurs Midwifery Res. 2016 Jul-Aug;21(4):397-401. doi: 10.4103/1735-9066.185582.

Aging may happen dramatically in our 40's and 60's

By Saimas Iqbal, Scientific American August 27, 2024

Values may shift with the time of year

By Anvita Patwardhan, Scientific American September 20, 2024

Pizza inadvertently infused with THC sickens dozens in Wisconsin

Associated Press October 25, 2024

What are intractable hiccups?

By Minesh Khatri, MD, WebMD May 28, 2023

Association of coronary plaque with low-density lipoprotein cholesterol levels and rates of cardiovascular disease events among symptomatic adults

JAMA Netw Open. 2022;5(2):e2148139. doi:10.1001/jamanetworkopen.2021.48139

Prevalence of unrecognized cognitive impairment in federally qualified health centers

JAMA Netw Open. 2024;7(10):e2440411. doi:10.1001/jamanetworkopen.2024.40411

Difference in blood pressure between arms linked to greater death risk

Hypertension Volume 77, Number 2 <https://doi.org/10.1161/HYPERTENSIONAHA.120.15997>

Risk of nonarteritic anterior ischemic optic neuropathy in patients prescribed semaglutide

JAMA Ophthalmol. 2024;142(8):732-739. doi:10.1001/jamaophthalmol.2024.2296

Skeletal muscle health amid growing use of weight loss medications

The Lancet Diabetes & Endocrinology, 2024; 12 (11): 785

DOI: 10.1016/S2213-8587(24)00272-9

Pretreatment vitamin D deficiency in patients receiving first-line treatment for Hodgkin Lymphoma

Journal of Clinical

Oncology Volume 37, Number 36 <https://doi.org/10.1200/JCO.19.0098>

Effect of laughter exercise versus 0.1% sodium hyaluronic acid on ocular surface discomfort in dry eye disease: non-inferiority randomized controlled trial

BMJ 2024;386:e080474

LMNT caught up in salty maltodextrin controversy

By Brian Spin, The Barbell Spin **October 22, 2024**

Short-term consumption of sucralose with, but not without, carbohydrate

impairs neural and metabolic sensitivity to sugar in humans

Cell Metab. 2020 Mar 3;31(3):493-502.e7. doi: 10.1016/j.cmet.2020.01.014.

ENCORE: Q&A With Leyla: Chat GPT

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ENCORE: Q&A with Leyla, Part 1: Chat GPT

- Chat GPT's response to "what are the benefits of an omnivorous lifestyle?"
- Bone health protocols on Dr. Hoffman's website
- I left my cardiologist's office without a prescription for high blood pressure. Should I be concerned?
- How should I take my testosterone injection? I'm concerned about hitting a nerve or vein.

ENCORE: Q&A with Leyla, Part 2: Psychopathic Disorder

- My doctor told me I have the beginning of AMD. How much zinc should I take?
- What do you think is the root cause of psychopathic disorder?
- Any supplement suggestions for a complex tear of the meniscus of my knee? Surgery is not recommended.
- What specific supplements should I take as a shift worker to support my health?
- Can I take a probiotic and berberine at the same time?

