

Q&A with Leyla: Carpal Tunnel Syndrome

written by Dr. Ronald Hoffman | September 18, 2025



On Q&A with Leyla: We're living longer thanks to medical advances; Does cannabis use increase the risk of diabetes? Avoiding carpal tunnel syndrome surgery; AREDS for macular degeneration? Proline for ligaments? Thoughts on smart watches and EMF exposure; And more!

Understanding Interoception: Transforming Mind-Body Health

written by Dr. Ronald Hoffman | September 18, 2025



Curious about how your internal senses affect your well-being? Expert Caroline Williams reveals the revolutionary science of interoception and how it can transform your health. It's the game-changing sense that connects your mind and body. Don't miss it!

Gut Health Innovations: Insights from Martha Carlin

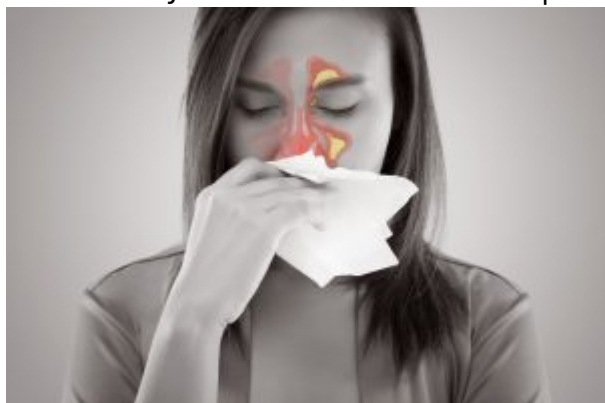
written by Dr. Ronald Hoffman | September 18, 2025



What if the key to unlocking health solutions lies in our gut? Learn about cutting-edge microbiome research with Martha Carlin, CEO of the Bio Collective. Discover the potential impacts on Parkinson's, Alzheimer's, and beyond!

Intelligent Medicine Radio for September 13: Treating Chronic Nasal Infections—With Snot Transplants!

written by Dr. Ronald Hoffman | September 18, 2025



Alliance for Natural Health sues FDA to allow truthful, science-based health claims; What to do for *H. pylori*—or should it even be treated? A remarkable new functional food supplement and beverage, harnessing the unique benefits of the muscadine grape; Vegetarian complains she is prone to falling; A novel way of treating chronic nasal infections—with snot transplants! And more!

Q&A with Leyla: Are drip coffee makers made from plastic bad for your health?

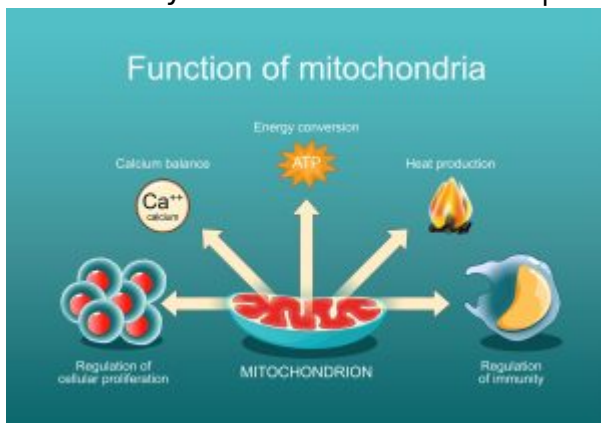
written by Dr. Ronald Hoffman | September 18, 2025



ANH fighting for free speech on the true benefits of supplements; Which form of magnesium for mitral valve prolapse? Can protein powders and creatine affect urination? Are drip coffee makers made from plastic bad for your health? "I have a 50% chance of thyroid cancer based on molecular testing, must I have it removed?" And more!

The Healing Science of Mitochondria

written by Dr. Ronald Hoffman | September 18, 2025



Your mitochondria are more than just cellular batteries. Dr. Martin Picard from Columbia University delves into the complex functions of mitochondria beyond their well-known role as cellular powerhouses. Join us as we explore the intersection between mitochondrial function, mental health, and overall well-being.

Igniting Male Performance

written by Dr. Ronald Hoffman | September 18, 2025



Maggie Frank from CV Sciences is back with an exciting new product launch, Ignite Men's Performance Formula. Ignite combines the calming power of CBD with a potent blend of traditional botanicals to support testosterone levels, while increasing energy and sexual vitality.

Intelligent Medicine Radio for September 6: Are migraines predictive of heart attacks?

written by Dr. Ronald Hoffman | September 18, 2025



Are migraines predictive of heart attacks? Where does all our recycling go? (The answer will shock you!); Ultra-processed foods damage male reproductive health; Why vaccines have become so polarizing; Florida to remove all vaccine mandates; Gastroparesis—what causes it and how to alleviate it; New tech enables continuous home testing of levels of stress hormone; And more!

Q&A with Leyla: Potatoes and Diabetes

written by Dr. Ronald Hoffman | September 18, 2025



Potato intake and diabetes risk; How much daily leucine is required to regain muscle? Is a statin necessary with a zero calcium score? How to dose vitamin D; Are omega-3s proinflammatory? Is magnesium beneficial in preventing pancreatic cancer? Products for hair regrowth; And more!

ENCORE: All About Scars and How to Prevent Them

written by Dr. Ronald Hoffman | September 18, 2025



Dr. Gary Linkov shares insights on minimizing scarring, understanding plastic surgery, and exploring hair restoration innovations. Perfect for anyone curious about cosmetic procedures and treatment options.