

Q&A with Leyla: America's Food Fight

written by Dr. Ronald Hoffman | April 17, 2025



America's food fight and dietary guidelines; Suggestions for bloating and abdominal pain; When to embark on a gluten-free diet; Recommendations for hip arthritis; Comment on neuropathy after chemotherapy; Thoughts on CoQ10 v. PQQ

ENCORE: Revolutionizing Menopause Management—Virtual Reality and AI with Dr. Joseph Feuerstein

written by Dr. Ronald Hoffman | April 17, 2025



Dr. Joseph Feuerstein explains how Virtual Reality & AI are revolutionizing treatment for menopausal symptoms

CBD's Versatility: Health Trends and Product Advances

written by Dr. Ronald Hoffman | April 17, 2025



Maggie Frank from CV Sciences details the versatile uses of CBD and how it fits into a healthier lifestyle. Plus she introduces CV's latest innovation, Extra Support Wellness Blends.

Intelligent Medicine Radio for April 12: Spring Allergies

written by Dr. Ronald Hoffman | April 17, 2025



Medicare and Medicaid to deny coverage for weight loss drugs; The power of urolithin A to boost energy and slow aging; Tips for dealing with spring allergies; And more!

Q&A with Leyla: Tariff Impacts on Nutraceuticals

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Q&A with Leyla, Part 1: Tariff Impacts on Nutraceuticals

- The impact of tariffs on the prices of nutraceuticals
- Switching from seed oils to tallow in restaurants is great, but is the tallow from grass-fed beef?
- My LDL is high after stopping my statin and starting intermittent fasting

Q&A with Leyla, Part 2: Regional Pain Syndrome

- Is higher cholesterol better for the brain?
- Would taking strontium for spine osteoporosis be of benefit?
- I have chronic regional pain syndrome. Any suggestions for treatment?
- A grateful pet owner's comment on Dr. Hoffman's recent podcast with a holistic veterinarian

From Baby Powder to Big Pharma: The Dark Legacy of Johnson & Johnson

written by Dr. Ronald Hoffman | April 17, 2025



Former pharma reporter for the New York Times and the Wall Street Journal, investigative reporter Gardiner Harris, discusses his new book "No More Tears: The Dark Secrets of Johnson and Johnson." It details the unethical practices and numerous scandals that have plagued Johnson & Johnson over the decades, including the asbestos contamination in baby powder, the misuse of the antipsychotic drug Risperdal, the dangerous outcomes of vaginal mesh implants, and the controversial development and deployment of their COVID-19 vaccine. Harris provides a comprehensive overview of the corporate malfeasance within the pharmaceutical giant, shedding light on the regulatory failures and systemic corruption that have allowed these issues to persist.

Recharging Your Cells to Increase Energy and Reverse Aging

written by Dr. Ronald Hoffman | April 17, 2025



Unlocking the Power of Mitochondria: Dr. Garth Nicolson, a leading expert in molecular pathology, explores the critical role of mitochondria in energy production and overall health. His groundbreaking research reveals how repairing and restoring cell membranes improves health by increasing energy, decreasing fatigue, and slowing the aging process. The discussion delves into Dr. Nicolson's findings, including his influential fluid mosaic model of cell membrane structure. The focus then shifts to the importance of maintaining mitochondrial membrane integrity to combat aging and various age-related clinical conditions. Dr. Nicolson explains the benefits of membrane lipid replacement therapy using NT Factor Lipids to restore mitochondrial function, address fatigue, support recovery from chemotherapy, aid in chronic illnesses like fibromyalgia and long COVID, and assist in conditions such as schizophrenia, autism, and EMF sensitivity. The episode highlights the broad therapeutic potential of NT Factor Lipids, emphasizing their role in enhancing energy levels, promoting healing, and improving overall cellular health.

Intelligent Medicine Radio for April 5: Full Fat Milk

written by Dr. Ronald Hoffman | April 17, 2025



Intelligent Medicine Radio for April 5, Part 1: Full Fat Milk

Does a new low-cost home screening evaluation for cognitive impairment pass the smell test? It's never too late to build social networks that prevent dementia; Study yields surprise findings on marriage's impact on cognitive decline; Senate hearing calls for reinstatement of full-fat milk in school lunches—as science overturns assumption dairy's saturated fat promotes cardiovascular disease; Top cardiologist explains how novel supplement (Vitality) incorporates 7 key cardioprotective nutraceuticals.

Intelligent Medicine Radio for April 5, Part 2: Weekend Warriors

Hospital-acquired c. diff infections—how to treat? Comparing ordinary dieting to intermittent fasting—which yields more weight loss? Metals from joint replacements may leak into brain; Why do seniors experience declines in their red blood cell counts? Weekend warriors rejoice—the equivalent amount of exercise crammed into two days equals mortality benefits of daily workouts; How to replenish low iron levels; Young anabolic steroid abusers risk premature heart problems.

References & Resources

Metals from joint implants appear to be leaking into CSF
By John Gever, Medpagetoday.com March 28, 2025

Saturated fat in dairy and cardiovascular disease
The American Journal of Clinical Nutrition, Available online 13 March 2025

**Social activities and cognitive functioning across mid-and late life:
Evidence from China**
The Gerontologist, Volume 65, Issue 4, April 2025, gnaf014

Surprising findings from new research about dementia and marriage
By Judy George, MedPage Today, March 25, 2025

**The AROMHA brain health test is a remote olfactory assessment to screen for
cognitive impairment**
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**Association of accelerometer-derived physical activity pattern with the risks
of all-cause, cardiovascular disease, and cancer death**
Journal of the American Heart Association New
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randomized clinical trial**
Ann Intern Med. [Epub 1 April 2025]. doi:10.7326/ANNALS-24-01631

Circulation Steroid Users
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Q&A with Leyla: Sleep Apnea

written by Dr. Ronald Hoffman | April 17, 2025



Q&A with Leyla, Part 1: Sleep Apnea

- Will direct-to-consumer drug ads on TV continue?
- What do you think of Fatty-15?
- Are at-home sleep apnea tests reliable?

Q&A with Leyla, Part 2: Natural Solutions for Allergies

- What are your thoughts on the measles vaccine debate?
- I find it troubling that so many vaccines, including COVID-19 and rotavirus, are administered in infancy
- I suffer greatly with runny nose and phlegm from allergies. Any natural solutions?

Turning Stress into Strength

written by Dr. Ronald Hoffman | April 17, 2025



Dr. Sharon Bergquist is an award-winning physician, innovative healthcare leader, and visionary researcher, renowned for spearheading a science-based approach to applying lifestyle as medicine. She is the author of "The Stress Paradox: Why You Need Stress to Live Longer, Healthier, and Happier." She discusses the misunderstood role of stress, emphasizing its potential benefits when managed and utilized correctly. Dr. Bergquist explains how stress can enhance cellular function, boost resilience, and improve overall health. She delves into topics such as the physiology of stress, the science of hormesis, and the benefits of controlled stressors including plant toxins, thermal exposure, fasting, exercise, and psychological challenges. The discussion underscores the importance of balancing stress and recovery to promote cellular repair and long-term well-being.