

Male Health Deep Dive: From Testosterone to Prostate Care

written by Dr. Ronald Hoffman | September 2, 2025



From testosterone to heart health, men face unique challenges. Neil Levin from Protocol for Life Balance has a deep dive into nutrition and lifestyle strategies for men of all ages. Don't miss this enlightening episode!

Q&A with Leyla: Gingivitis

written by Dr. Ronald Hoffman | September 2, 2025



How reliable is nutrition science? Listerine for gingivitis? "I take a diuretic for high blood pressure, is it okay to stop drinking water by 8pm, or will I dehydrate?" Leucine to regain muscle? Creatine for cognitive benefits? Preventing ganglion cyst recurrence; Should you brush your teeth with fluoride toothpaste if there's no fluoride in your drinking water; And more!

Grapes of Health: The Mighty Muscadine's Powerful Advantage

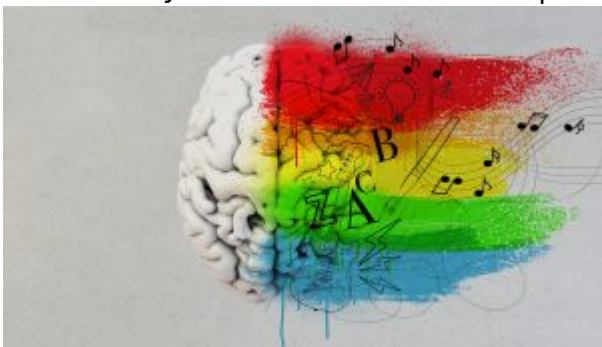
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Unlock the secret of the Muscadine Grape, nature's antioxidant powerhouse. Dr. Stephen Talcott, a professor of food chemistry at Texas A&M, reveals the powerful health benefits of this incredible superfood and what sets it apart from ordinary grapes.

Brain Boost: Music, Neurofeedback, and Other Natural Strategies to Enhance Brain Health

written by Dr. Ronald Hoffman | September 2, 2025



Discover how music, nutrition, and neurofeedback can revolutionize your brain's performance. Dr. Leigh Richardson, author of "Turn Your Brain On, Get Your Game On," reveals natural ways to enhance brain function at any age.

Intelligent Medicine Radio for August 23: Her new doctor said, “Vitamins are hogwash”—so she fired him.

written by Dr. Ronald Hoffman | September 2, 2025



Options for treating stubborn neuropathy; Her new doctor said “Vitamins are hogwash”—so she fired him; Big new study shows vegetarians age less well than omnivores; Can a popular men’s health supplement ward off prostate cancer? Precision-engineering your gait can alleviate knee pain better than NSAIDs; After a lifetime of profound depression, novel brain implant enables man to experience joy for the first time; And more!

Q&A with Leyla: Lyme Disease

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An update on natural thyroid availability; “I’ve read and heard that supplements are worthless—can even shorten lifespans. Is this true?” “Should I be concerned about the xylitol in my toothpaste since I read it can increase blood clots and stroke risk?” How much omega-3 do you recommend for multiple sclerosis? Is there any new protocol for Lyme disease? And more!

Exploring the Link Between Diet and Sleep with Dr. Marie-Pierre St-Onge

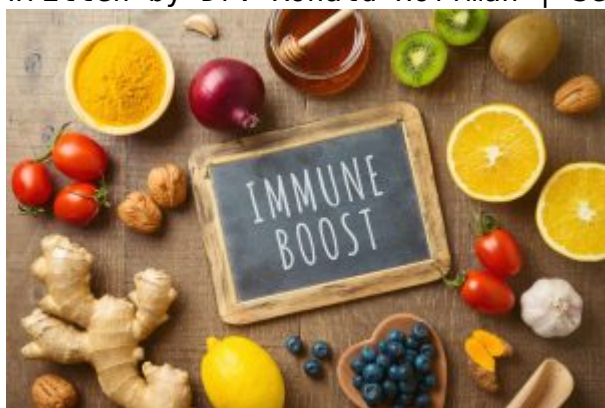
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From diet to dreamland! Discover practical tips on improving your sleep through diet. Dr. Marie-Pierre St-Onge, author of “Eat Better, Sleep Better,” explores the deep connection between diet and sleep. Check it out!

ENCORE: Strategies for Optimizing Your Immune Health

written by Dr. Ronald Hoffman | September 2, 2025



Discover the secrets to a robust immune system with Dr. Robert Silverman, author of “Immune Reboot.” He shares insights on nutrition, exercise, and lifestyle for optimal health.

Intelligent Medicine Radio for August 16: Could overuse of CT scans cause 100,000 extra cancers?

written by Dr. Ronald Hoffman | September 2, 2025



As natural thyroid ban looms, thyroid sufferers gird for battle with regulators; Rapid weight loss, muscle wasting—what to do? Could overuse of CT scans cause 100,000 extra cancers in the U.S.? Searching for the causes of low iron; Report shows rapid declines in health of children and adolescents since 2007; N-acetylcysteine (NAC) for Parkinson's; Statins increase likelihood of hearing loss, tinnitus; Lithium orotate for Alzheimer's; And more!

Q&A with Leyla: Are dental mouth guards toxic?

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Is the FDA phasing out natural thyroid? Study: Lithium for Alzheimer's disease; Hallucinations from a UTI? Are dental mouth guards toxic? Thoughts on AI-enhanced EKGs; Advice for IBS; And more!