

# ENCORE: Empowering Communities: The Pursuit of Nutrition Equality

written by Dr. Ronald Hoffman | February 19, 2025



More and more, the country is devolving into health inequity—between the haves and have-nots. There’s also a widening gap in nutrition, with obesity and attendant medical conditions disproportionately afflicting marginalized communities. Today’s guest, Tambra Rae Stevenson, is addressing these disparities. She’s a healthy food advocate and policy influencer, and a self-professed nutrition warrior. Among her initiatives is WANDA—Women and Girls Advancing Nutrition Dietetics and Agriculture, an organization building a movement of women and girls of African descent to become food “sheroes” in their communities through education, advocacy, and innovation. We discuss barriers to optimal nutrition, food “deserts”, and special needs of underserved populations. There’s a paucity of trained nutrition educators of color, and Stevenson is spear-heading initiatives to incentivize development of a cadre of community-based advocates for healthy diets. We discuss the importance of involving kids early, through programs like school and community gardens. Stevenson shares her personal journey exploring her African roots, discovering the benefits of centuries-old traditions of ancestral foods; she’s leveraging these insights to promote culturally-appropriate healthier food choices. Initiatives like WANDA can make a huge difference in reversing the tide of preventable disease.

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# Exploring Integrative Mental Health Solutions

written by Dr. Ronald Hoffman | February 19, 2025



Navigating Modern Mental Health: Integrative Psychiatry with Dr. Drew Ramsey, a leading board-certified integrative psychiatrist. The conversation addresses the pressing mental health crisis affecting all age groups, from rising Alzheimer's cases among seniors to increasing anxiety and depression in youth. Dr. Ramsey introduces his book, "Healing the Modern Brain: Nine Tenets to Build Mental Fitness and Revitalize Your Mind," which emphasizes lifestyle changes over medication. They explore the significance of nutritional psychiatry, the effects of modern lifestyle challenges, and the essential tenets for mental fitness. Dr. Ramsey shares his clinical experiences, insights on the benefits of diverse diets, and stresses the importance of movement, purpose, and connection for mental health. The discussion also touches on the challenges and potential of the current health environment, advocating for a balanced and evidence-based approach to mental well-being.

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# Intelligent Medicine Radio for February 15

written by Dr. Ronald Hoffman | February 19, 2025



## Part 1: Mercury Content in Tuna

A Super Bowl commercial for weight loss drugs causes an uproar; Adding a familiar amino acid to tuna reduces mercury content; Rethinking epidural shots for back pain; CV Sciences debuts innovative new CBD gummies, drinks.

## Part 2: Vitamin D and Thyroid

Taxpayers dollars went to doxxing opponents of pesticides, GMOs; Strontium for fracture healing? Vitamin D helps thyroid; Study highlights harmful effects of ultra-processed foods on cognition; Brain function needn't decline with age, may improve

## References and Resources

**Mercury content in tuna can be reduced with new packaging solution**

*Global Challenges*, 2024; 8 (11) DOI: 10.1002/gch2.202400161

**Millions will see this Super Bowl ad. Health experts (and two senators) aren't pleased.**

By Dani Blum, NY Times Feb 7, 2025

**'We cannot stay silent': Novo Nordisk flags dangers of compounded GLP-1's following Hims&Hers Super Bowl ad**

By Andrea Park, fiercepharma.com February 12, 2025

**Epidural steroid shots for back pain have limited efficacy, review shows**

By Judy George, Medpagetoday.com February 12, 2025

**US taxpayers funded a covert campaign to downplay the risks of pesticides and discredit environmentalists in Africa, Europe, and North America**

Lighthouse Reports September 27, 2024

**Differential association of Ultra-processed food categories with risk of developing cognitive impairment in middle-aged and older adults in a longitudinal panel study**

Am J Clin Nutr. 2025 Feb 12:S0002-9165(25)00076-0. doi:

10.1016/j.ajcnut.2025.02.008. Epub ahead of print. PMID: 39952327

**Thyroid function improved with vitamin D supplementation program**

Grassroots Health Nutrient Research Institute July 21, 2021

**Improving with age**

By Lydia Denworth, Scientific American September 1, 2024

**Climate change is changing astronomy**

By Seven Rasmussen, Scientific American September 1, 2024

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## Q&A with Leyla: Supplements for Broken Wrist

written by Dr. Ronald Hoffman | February 19, 2025



## **Q&A with Leyla, Part 1: Organ Meat Supplements?**

- Study finds the thyroid gland needs higher vitamin D levels to function optimally
- What are your thoughts on encapsulated organ meat supplements? Are they bioavailable?
- How much water should you drink per day? Do other beverages count towards the total?
- I recently had a cardiac cath procedure resulting in no stent! Phew!

## **Q&A with Leyla, Part 2: Early Stage Glaucoma**

- What can I take for my recent early-stage glaucoma diagnosis?
- What supplements would be beneficial for immune deficiency?
- I'm 78 years old taking supplements and herbs for many years. Am I wasting my money?
- I recently fell and broke my wrist. Should I be supplementing with calcium?

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# Pain-Free Living: Insights from Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | February 19, 2025



Natural Approaches to Pain Management with Dr. Jacob Teitelbaum, a renowned expert in treating chronic pain, fibromyalgia, and post-viral chronic fatigue syndrome (CFS). Dr. Teitelbaum discusses his latest book, 'You Can Heal from Long COVID,' and highlights insights from his well-known 'Fatigue to Fantastic' series. The conversation delves into the limitations and dangers of traditional opioid treatments for pain and proposes natural alternatives. They explore various types of pain, including muscle pain, inflammatory pain, neuropathy, migraine, and CRPS, emphasizing natural remedies like PEA, curcumin, Boswellia, and nutritional support through the SHINE protocol. The episode also touches upon current healthcare challenges and the potential for systemic change. Learn more at [www.Vitality101.com](http://www.Vitality101.com) and [www.EndFatigue.com](http://www.EndFatigue.com).

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# What You Need to Know for a Healthy Heart

written by Dr. Ronald Hoffman | February 19, 2025



Comprehensive Cardiovascular Health and Prevention with Jim LaValle: In this episode of the Intelligent Medicine Podcast, Jim LaValle, a clinical pharmacist and heart health expert discusses various aspects of cardiovascular health in honor of Heart Health Month. The discussion covers risk factors for heart disease, including metabolic health markers and lifestyle influences. They examine the pros and cons of statins, their impact on brain health, and the role of natural supplements like Kyolic Aged Garlic Extract in cardiovascular prevention. Specific criteria for an ideal cardiovascular risk assessment are provided, and practical advice on exercise and maintaining a balanced diet is shared.

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## Q&A with Leyla

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## Q&A with Leyla, Part 1: Stem Cells

- Recent Intelligent Medicine Podcasts to check out: “Doctored” – a look at questionable Alzheimer’s research and the side effects of new pricey drugs; The benefits of vinegar; Bio-identical hormone replacement for menopause
- Can you recommend any supplements for a 99-year-old with dementia?
- Am I a candidate for stem cells? I have a history of breast cancer

## Q&A with Leyla, Part 2: Hair Loss

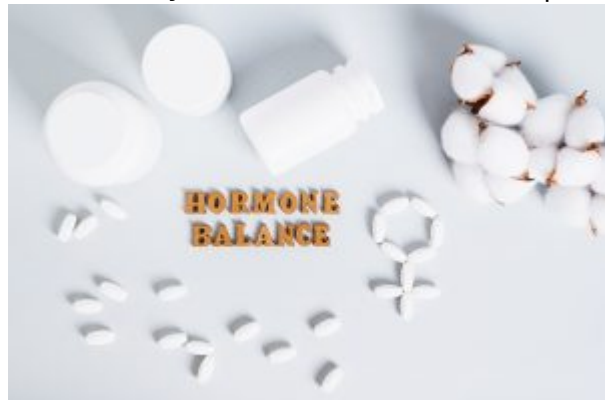
- After a long run, my knees hurt upon standing up from my chair. Is this arthritis?
- My new gynecologist says I don’t need progesterone while taking estriol. What say you?
- I lost 100 pounds after gastric bypass but now I have incapacitating blood sugar spikes after meals.
- I have a positive ANA but all other tests are negative. Should I be concerned?
- Should I be concerned about the side effects of minoxidil compounded with dutasteride for hair loss?



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# Hormone Solutions and Misconceptions with Dr. Erika Schwartz

written by Dr. Ronald Hoffman | February 19, 2025



Comprehensive Insights into Bioidentical Hormone Replacement Therapy with Dr. Erica Schwartz, author of “The New Hormone Solution.” In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman speaks with Dr. Erica Schwartz, an expert in bioidentical hormone replacement therapy. They discuss the evolution and controversies surrounding hormone therapies, including the impact of the Women’s Health Initiative study. Dr. Schwartz shares her insights on the importance of a tailored approach to hormone replacement, the benefits of different forms of estrogen and progesterone, and the role of testosterone, DHEA, and lifestyle choices in comprehensive care for menopause and andropause. Additionally, they explore the topics of women’s sexuality, the pros and cons of osteoporosis drugs, and the necessity of incorporating a holistic lifestyle approach for overall health and longevity.

# Unveiling Corruption in Alzheimer's Research

written by Dr. Ronald Hoffman | February 19, 2025

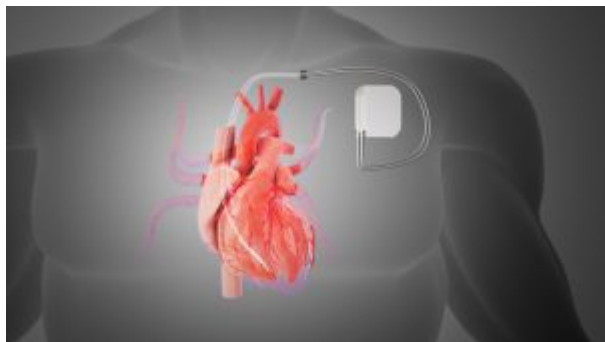


Investigative journalist Charles Piller reveals deep-seated corruption in Alzheimer's research as chronicled in his book, "Doctored: Fraud, Arrogance, and Tragedy in the Quest to Cure Alzheimer's Disease." The discussion delves into the issues surrounding Big Pharma's influence, fraudulent scientific studies, and the implications of a controversial 2006 experiment at the University of Minnesota. They also address the costly and marginally effective Alzheimer's drugs like Aducanumab, the challenges faced by alternative research hypotheses, and the significance of improving scientific integrity and checks and balances in medical research.

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## Intelligent Medicine Radio for February 1

written by Dr. Ronald Hoffman | February 19, 2025



## **Part 1: Potent Immune System Support**

The exorbitant cost of new drugs touted for psoriasis in direct-to-consumer ads highlights everything wrong with our medical system; When gastric bypass surgery sends blood sugar out of control; A campaign to ban ultra-processed foods from school meals may help alleviate nutritional threats to kids—but healthy eating begins at home; With winter viruses making the rounds, a remarkable supplement offers potent immune system support.

## **Part 2: Bright Light Therapy**

What are the downsides of pacemakers? Rethinking low-protein diets for chronic kidney disease; Bright light therapy and creatine alleviate depression; Withdrawal from World Health Organization assailed—but the U.S. can't afford to abdicate to its flawed dietary recommendations; Does a positive ANA blood test necessarily mean you're destined to develop an autoimmune disease? Unprecedented levels of sedative drug abuse among young people calls attention to "Anxious Generation."

## **References and Resources**

**Ban Ultra-processed food from school meals**  
Metabolic Revolution-there is a petition

**What drug was worth more than a half a billion dollars to advertise directly to consumers?**

By Edward H Livingston MD FACS, *Sensible Medicine: Substack* January 25, 2025

**Living with your pacemaker**

heart.org

**Researchers track sharp increase in diagnoses for sedative, hypnotic and anxiety use disorder in young adults**

*Addiction*, 2025; DOI: 10.1111/add.16749

**Efficacy and safety profile of oral creatine monohydrate in add-on to cognitive behavioral therapy in depression: An 8-week pilot, double-blind, randomized, placebo-controlled feasibility and exploratory trial in an under-resourced area**

*Eur Neuropsychopharmacol.* 2025 Jan;90:28-35. doi:

10.1016/j.euroneuro.2024.10.004. Epub 2024 Nov 1. PMID: 39488067

**Bright light therapy for non-seasonal depressive disorders**

*JAMA Psychiatry.* 2025;82(1):38–46. doi:10.1001/jamapsychiatry.2024.2871

**Devices that may interfere with ICDs and pacemakers**

heart.org

**A healthy lifestyle-WHO recommendations**

World Health Organization (WHO) May 6, 2010

**Rethinking protein intake & kidney health**

**Video: Chronic Kidney Disease and Therapeutic Carbohydrate Restriction**

*Kidney360.* 2022 Jun 22;3(9):1611–1615. doi: 10.34067/KID.0001002022