

ENCORE: Bridging Conventional and Functional Medicine

written by Dr. Ronald Hoffman | August 13, 2025



How can integrative and functional medicine transform healthcare for underserved communities? Discover how Dr. Ramona Wallace, a pioneering osteopathic physician, is making a big impact in Middle America.

ENCORE: How to Reap the Cognitive Benefits of Exercise

written by Dr. Ronald Hoffman | August 13, 2025



Dr. Sabrina Jo reveals the science behind how exercise enhances cognitive function and boosts mental wellness. Learn how physical activity can support brain health at any age.

ENCORE: Intelligent Medicine Radio for August 9: Benefits of Sun Exposure

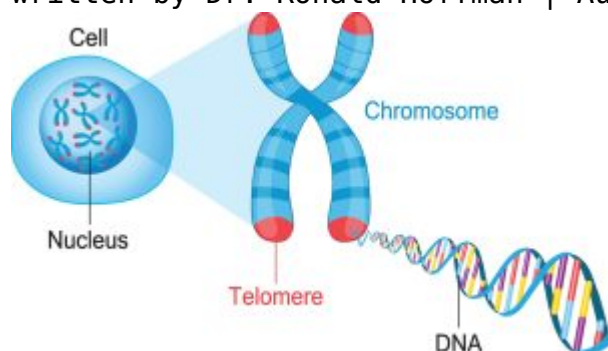
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Lifestyle and environment affect health more than genes; How to get rid of knee pain; Sunlight–Time for a rethink? Benefits of sun exposure may be more than just about vitamin D; Ginger scores vs. colitis; Kitchen remedy for water-borne lead; Blue light exposure at night impairs sleep–but morning exposure improves it; Alternatives to PPIs for Barrett’s Esophagus; Topical–not oral–melatonin for skin rejuvenation;

ENCORE: Q&A with Leyla: Reducing Food Waste

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Reducing food waste; Controversies about the significance of telomere length; Causes of high B6; Can nocturia be associated with dehydration? Allulose, is it too good to be true? And more!

HTB Rejuvenate and the Future of Immune Health with Dr. Jeffrey Bland

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Excited to announce a special episode of the Intelligent Medicine Podcast featuring the renowned Dr. Jeffrey Bland. Join us as we delve into the world of functional medicine, immune health, and groundbreaking nutritional insights, including immune system rejuvenation with HTB Rejuvenate.

Empowered Moms, Healthier Kids: Zen Honeycutt on Grassroots Activism for Healthier Communities

written by Dr. Ronald Hoffman | August 13, 2025



Join me as I sit down with advocacy powerhouse, Zen Honeycutt. Explore the vital work Moms Across America is doing to protect our children from harmful chemicals and create a healthier, chemical-free future for our kids. C

Practical Approaches to Preventing Dementia with Dr. Jacob Teitelbaum

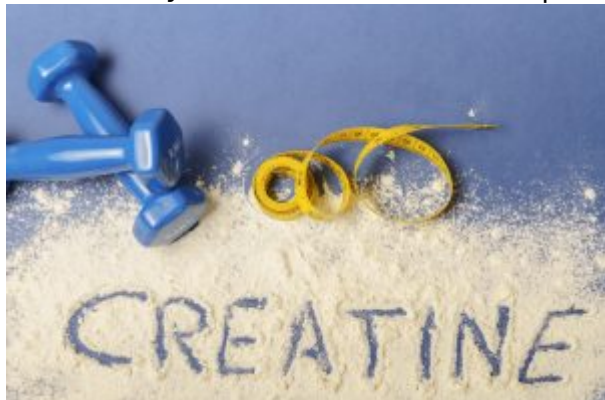
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Is cognitive decline inevitable? Dr. Jacob Teitelbaum is back with practical, low-cost strategies for brain health. Learn how to maintain mental clarity and prevent dementia. Don't miss it!

The Power of Creatine: From Athletic Edge to Cognitive Health

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Creatine isn't just for bodybuilders! Learn how this versatile supplement can enhance brain function, support immune health, and more with expert Mark Faulkner from CON-CRËT Creatine HCl.