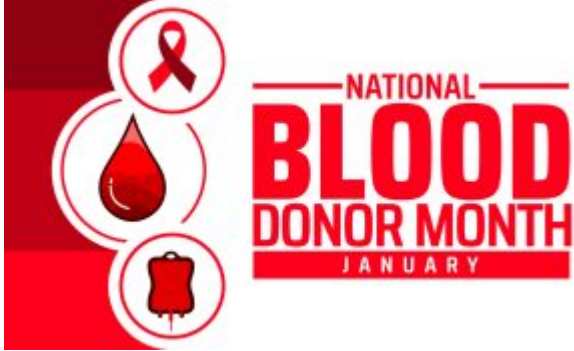


Q&A with Leyla

written by Dr. Ronald Hoffman | January 30, 2025



Q&A with Leyla, Part 1: Agave v. Stevia

- Upcoming congressional hearings for RFK, Jr to head HHS
- I sleep four hours a night and feel fine, but is there a sleep supplement you recommend?
- Is agave a better sugar substitute than stevia? Any cautions about using agave?

Q&A with Leyla, Part 2: Giving Blood

- Do you take all of your supplements when you go on vacation?
- I give blood at least once a year and now my ferritin level is 28. What should it be?
- Long-term use of statins can cause insulin resistance and associated elevations in fasting insulin
- Can anybody recover from primary progressive aphasia?

Unlocking the Health Secrets of Vinegar with Dr. Carol Johnston

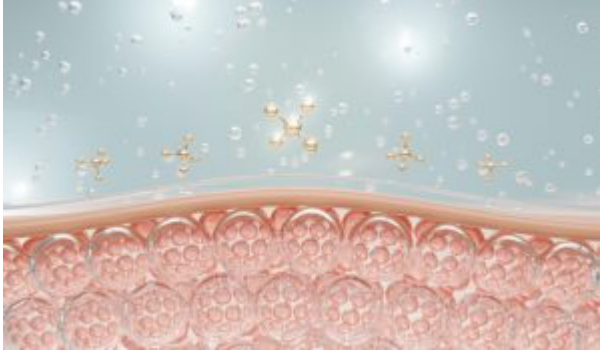
written by Dr. Ronald Hoffman | January 30, 2025



In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman interviews Dr. Carol Johnston, a professor of nutrition and associate dean at Arizona State University, dubbed 'The Vinegar Lady' for her extensive research on vinegar's health benefits. Dr. Johnston discusses the scientific basis for using apple cider vinegar to manage blood sugar levels, particularly in pre-diabetics, and its potential impacts on other conditions like depression. She explains how vinegar (acetic acid) affects metabolism and digestion. Additionally, Dr. Johnston highlights her research on high protein, low-fat diets, ketogenic diets, and the importance of maintaining a balanced intake of vitamins, especially B6 and C, due to common deficiencies in the American diet. The conversation includes practical dietary tips and addresses concerns like how to incorporate vinegar safely into daily consumption.

ENCORE: Integrative Dermatology

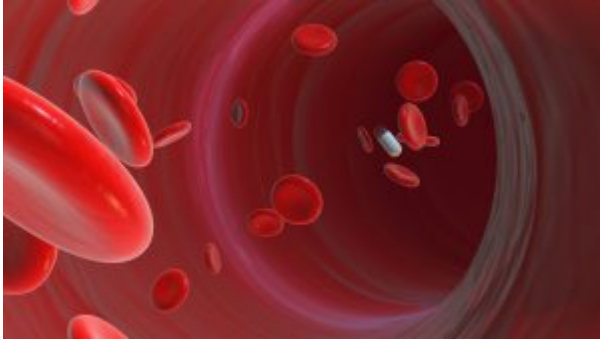
written by Dr. Ronald Hoffman | January 30, 2025



Integrative dermatology with Dr. Diana Hurwitz, co-author of “Strategies to Treat Psoriasis and Psoriatic Arthritis.” We hear about how her personal journey toward embracing diet and supplements for her patients with skin problems was motivated by the discovery—after many missed diagnoses—that she was suffering from celiac disease. She finds that many skin conditions are ameliorated by elimination of culprit foods, and the overall adoption of an anti-inflammatory diet. Dr. Hurwitz discusses treatment for acne, in light of the fact that while dermatologists are 1% of medical specialists, they dispense 20% of the antibiotics prescribed overall. She updates us on the latest “biologic” medicines for eczema and psoriasis, but claims they work better when complemented with lifestyle changes. Dr. Hurwitz discusses the role of vitamin D, Omega 3s, and probiotics for many skin conditions, as well as niacinamide which reduces recurrence of skin cancer; she also addresses sunscreens and scar treatments.

Intelligent Medicine Radio for January 25

written by Dr. Ronald Hoffman | January 30, 2025



Intelligent Medicine Radio for January 25, Part 1: The Best Hedge Against Alzheimer's

US dementia cases set to double by 2060; Study claims red meat a culprit in cognitive decline—but a close read reveals it's a lot of baloney; Aerobic exercise is best hedge against Alzheimer's; Prevagen ordered to drop memory claims; When a blood pressure cuff is too tight, can it throw off readings? An 80-year-old who takes DHEA wants to add pregnenolone; Oregon hospital patient awarded \$900,000 after face catches fire during surgery; LA residents may suffer health consequences of pollutants long after wildfires quenched.

Intelligent Medicine Radio for January 25, Part 2: High Fructose Corn Syrup Fuels Tumor Growth

Intermittent fasting with early (9:00-5:00) eating window works best for weight loss, blood sugar control; Beleaguered California Governor Newsom at least gets it right with initiative to curb ultra-processed food, dyes, sugar; Can supplements still be used after their expiration dates? Long-term use of acid-blockers hikes heart risks in women; Quality of patient care threatened by private equity takeovers of hospitals; A tiny camera that you swallow reveals problems lurking deep within the small intestine; High fructose corn syrup fuels tumor growth; RFK Jr. faces congressional grilling next week.

References and Resources

OSHU patient's face catches fire after surgical staff swabbed his skin with alcohol, \$900,000 lawsuit says.

By Aimee Green, The Oregonian

The neurosteroid pregnenolone promotes degradation of key proteins in the innate immune signaling to suppress inflammation

J Biol Chem. 2019 Mar 22;294(12):4596-4607. doi:

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Wildfire smoke inside homes can create health risks that linger for months

By Colleen E Reid PhD, Clinical Advisor January 10, 2025

United States dementia cases estimated to double by 2060

Nature Medicine, 2025; DOI: 10.1038/s41591-024-03340-9

Aerobic exercise: A powerful ally in fight against Alzheimer's

Brain Research, 2025; 1850: 149419 DOI: 10.1016/j.brainres.2024.149419

Long-term intake of red meat in relation to dementia risk and cognitive function in US adults

Neurology. 2025 Feb 11;104(3):e210286. doi:

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Meat consumption, cognitive function and disorders: A systematic review with narrative synthesis and meta-analysis

Nutrients. 2020 May 24;12(5):1528

What's getting in the way of RFK Jr's confirmation hearing

By Aneeta Mathur-Ashton, U.S. News January 21, 2025

High-fructose corn syrup fuels tumor growth in animals with cancer, a new study shows

By Pamela Ferdinand, usrtk.org December 11, 2024

Research reveals how fructose in diet enhances tumor growth-The Source-Washington University in St. Louis

Nature 636, 737–744 (2024)

Dietary fructose enhances tumor growth indirectly via inter organ lipid transfer

Nature 636, 737–744 (2024)

Quality of patient care suffers after private equity acquisition of hospitals

By Sarah A Steimel PhD, Clinical Advisor

INTERMITTENT FASTING is effective for weight loss and improves cardiovascular health in people with obesity problems

Nature Medicine, 2025; DOI: 10.1038/s41591-024-03375-y

Inflammation may explain stomach problems in psoriasis sufferers

Biochimica et Biophysica Acta (BBA) – Molecular Basis of Disease, 2025; 1871 (3): 167634 DOI: 10.1016/j.bbadis.2024.167634

Proton pump inhibitor use and incident cardiovascular disease in older post menopausal women

J Am Geriatr Soc. 2024 Dec 31. doi: 10.1111/jgs.19326

Gov Gavin Newsom orders probe of food dyes, targets junk food for stricter rules in California

By Lia Russell, The Sacramento Bee January 3, 2025

Q&A with Leyla

written by Dr. Ronald Hoffman | January 30, 2025



Q&A with Leyla, Part 1: Shingles Vaccine

- Highlights from Dr. Hoffman's west coast bike trip
- Study: Light flickering promotes sleep and may protect the brain from dementia
- Could a person be low in omega-6 fats?
- Do you recommend my husband and I get the latest shingles vaccine?

Q&A with Leyla, Part 2: Demodex Mite Infestation

- What is your take on DMSO?
- I'm taking Zetia and Crestor and have familial hypercholesterolemia. Can I eat saturated fat?
- I think I have demodex mite infestation. My doctor says almost everyone has it and they don't cause issues. What say you?
- Why do I have to stop taking my supplements before hip replacement surgery?

Vaccine Injuries: Exploring Vaccine Side Effects and Survivors

written by Dr. Ronald Hoffman | January 30, 2025



Exploring Vaccine Injuries and Their Implications: Caroline Pover is an award-winning author and public speaker based in the UK. She discusses the highly relevant and timely topic of vaccine injuries, focusing on Caroline's personal experiences and the story of Breanne Dressen, a clinical trial participant who has suffered significant adverse reactions after receiving the AstraZeneca COVID-19 vaccine. Caroline shares insights from her new book, "Worth a Shot?," which chronicles Dressen's journey and the hidden challenges faced by those experiencing vaccine side effects. They delve into the complexities of vaccine injury reporting, the implications of vaccine mandates, and how social media censorship affects the vaccine-injured community. The discussion also touches on potential lifestyle and medical

approaches for managing vaccine injuries, emphasizing a compassionate and comprehensive perspective on the issue.

ENCORE: Removing the Stigma Around Psychedelics

written by Dr. Ronald Hoffman | January 30, 2025



Self-professed “psychonaut” Matt Zemon discusses his book “Psychedelics for Everyone: A Beginner’s Guide to these Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness.” Removing the stigma around psychedelics—emerging science is demonstrating their utility for a variety of psychiatric conditions. Psilocybin, ayahuasca, ketamine, ibogaine, peyote and others are regaining currency among innovative health professionals. Zemon describes how these might work—by opening new avenues of consciousness and rejiggering neurotransmitters. We discuss safety and optimal guidelines for use. Unfortunately, prescribing is limited by draconian and antiquated drug laws. Zemon maintains what’s needed are legal avenues for obtaining properly regulated medications delivered in ideal settings.

ENCORE: Intelligent Medicine Radio for January 18

written by Dr. Ronald Hoffman | January 30, 2025



Part 1: Rethinking Fluoridation

Rethinking fluoridation; Riboflavin improves cognitive performance in older adults; Podiatrists highlight foot problems associated with Crocs; Mom's pregnancy diet impacts brain size, intelligence of offspring; This year's flu shot underperforms (why I'm a flu shot agnostic); Are there alternatives to Eloquis?

Part 2: Curbing Back Pain

The tricky business of boosting vitamin D; New doubts over prospect of extending lifespan to 150; Reduced sitting time found to curb back pain; GSK settles Zantac lawsuits for \$2.2 billion; Incorrect arm position may lead to false elevation in blood pressure readings.

References and Resources

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Association between vitamin B2 intake and cognitive performance among older adults: a cross-sectional study from NHANES

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Riboflavin Deficiency

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Lots of kids wear crocs, but are they bad for young feet?

By Maria Godoy, NPR.org October 8, 2024

Diet quality during pregnancy, adolescent brain morphology, and cognitive performance in a population-based cohort

The American Journal of Clinical Nutrition, Available online 8 October 2024

High-dose recombinant influenza vaccine: NNT=3000 to prevent one more infection, no impact on hospitalization

Am Fam Physician. 2024;109(4):372

Vaccines to prevent influenza in healthy adults

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Who should take the flu vaccine

By Jennifer Robinson, MD, Webmd February 25, 2024

Most of today's children are unlikely to live to 100

By Sandee LaMotte, CNN October 7, 2024

GSK agrees to settle about 80,000 Zantac lawsuits for up to \$2.2 billion

By Brendan Pierson, Reuters October 9, 2024

Reducing daily sitting may prevent back pain

BMJ Open, 2024; 14 (9): e084305 DOI: 10.1136/bmjopen-2024-084305

Implausibility of radical life extension in humans in the twenty-first century

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ENCORE: Q&A with Leyla

written by Dr. Ronald Hoffman | January 30, 2025



ENCORE: Q&A with Leyla, Part 1: Life Expectancy

- Report: US will trail other nations in life expectancy by 2030
- Obesity rates a contributing factor to decreased life expectancy in the US
- What are your views about the use of AMPK?

ENCORE: Q&A with Leyla, Part 2: The Choline in Eggs

- What dosage of Nicotinamide Riboside is optimal in increasing mitochondrial biogenesis?
- I've been treated for SIBO in the past but haven't yet tried rifaximin. Do you recommend it?
- Is the choline in eggs causing thousands of people to suddenly form blood clots?
- Is the EBCT still the most accurate, least-radiation-exposure test for coronary calcification?
- How many milligrams of SAME do you recommend for depression?

ENCORE: Natural Ways of Managing Menopause

written by Dr. Ronald Hoffman | January 30, 2025



Menopause can pose severe challenges to women: hot flashes, cognitive impairment, sleep problems, and sexual difficulties, often compounded by weight gain. ObGyn Dr. Anna Cabeca is schooled in mainstream medicine but has added a natural medicine repertoire to her practice. She recounts how she learned to overcome her own devastating symptoms of early menopause. She believes that diets need to be individualized for menopausal women. Find her quiz to determine your menopause type at www.DrAnna.com/mpquiz. We discuss the role of supplements and bio-identical hormone replacement to augment tailored diets. Her book, "MenuPause: Five Unique Eating Plans to Break Through Your Weight Loss Plateau and Improve Mood, Sleep, and Hot Flashes," highlights the role variations on the keto diet and intermittent fasting can play in alleviating menopause symptoms and reversing mid-life weight gain.