

Achieving Metabolic Health

written by Dr. Ronald Hoffman | January 14, 2025



Guest Dr. Stephen Hussey, a chiropractor and functional medicine practitioner, discusses the importance and impact of a metabolic revolution. Dr. Hussey shares his personal journey of overcoming inflammatory conditions and managing type 1 diabetes through lifestyle changes, focusing on diet and functional medicine principles. The discussion highlights the flaws in conventional medical approaches to chronic diseases and the need for a holistic view of health. Emphasizing the benefits of a low-carb diet and the potential detrimental effects of excessive insulin, the episode explores the benefits of metabolic flexibility. The conversation also introduces the initiative [MetabolicRevolution.org](https://www.MetabolicRevolution.org), which aims to demand better health guidelines from government agencies, urging a focus on research-based recommendations and reducing industry influence. Dr. Hussey's insights underscore the potential for personal health transformations and advocate for systemic changes to improve public health.

Intelligent Medicine Radio for January 11

written by Dr. Ronald Hoffman | January 14, 2025



Intelligent Medicine Radio for January 11, Part 1: Does toasting bread make it carcinogenic?

Announcing the return of Intelligent Medicine to WOR 710 AM in New York City—its original home where the show debuted in 1988! Which is better—being thin or being fit? Why you shouldn't succumb to pitches for “free” medical devices from Medicare; Does toasting bread make it carcinogenic? Belgium takes lead in protecting the “Anxious Generation” by banning cell phones in schools; The remarkable health benefits of urolithin A (Mitopure®).

Intelligent Medicine Radio for January 11, Part 2: Why 70 is the New 60

“Active holistic therapy” for prostate cancer with diet and fish oil helps defer need for surgery, hormone blockade, radiation; Why 70 is the new 60; Long-term harmful effects of acid-blockers; Do memory supplements pass the blood-brain barrier? Fish oil, krill oil, olive oil for cardiovascular prevention; Paxlovid aggressively promoted but overprescribed for otherwise healthy patients.

References and Resources

The NCA guide to coffee & prop 65

ncausa.org

Does burnt toast cause cancer?

Cancer Research UK

Being in shape is better for longevity than being thin, new study shows

By Gretchen Reynolds The Washington Post January 8, 2025

Consumer alert: urinary catheter scams

[oig .hhs.gov](https://oig.hhs.gov)

Children start their day at the Bogaerts International School near Brussels by putting their smartphones in a locker

By Peter Haeck, Politico September 2, 2024

Why 70 is the new 60 for many baby boomers

By Sarah Knapton, The Telegraph December 19, 2024

Pfizer bumps up revenue outlook by \$1.5B in Paxlovid rebound amid criticism from activist investor Starboard

By Zoey Becker, Fierce Pharma October 10, 2024

Active Holistic Surveillance: The Nutritional Aspect of Delayed Intervention in Prostate Cancer

J Nutr Metab. 2016 May 5;2016:2917065. doi: 10.1155/2016/2917065

No, moderate drinking won't give you cancer

By Allysia Finley, WSJ January 5, 2025

Adverse effects associated with long-term use of proton pump inhibitors

Cureus. 2021 Jan 18;13(1):e12759. doi: 10.7759/cureus.12759

Paxlovid COVID treatment is most beneficial for unvaccinated people with risk factors. Others may not need it

By Riis Williams edited by Lauren J Young, Scientific American April 12, 2024

Q&A with Leyla

written by Dr. Ronald Hoffman | January 14, 2025



Q&A with Leyla, Part 1: The Anxious Generation

- Update on another supplement: Maca
- A book recommendation: “The Anxious Generation”
- A comment from a listener about Trump’s nomination for Surgeon General
- Hasn’t the vaccine/autism link been thoroughly debunked?
- How much Mitopure should I take to help increase muscle mass?

Q&A with Leyla, Part 2: Vitamins D3 and K2

- My husband’s doctor is recommending a statin even though his lipid panel is great. What say you?
- Anti-vaccine doctor wins bid to resume medical practice in Australia.
- Do I need to take vitamin D3 and K2 together? Can I take them at different times of day?
- My liver function tests are normal but my SMA test remains high. What do I make of this?

The Art and Science of Going: A Conversation on Constipation

written by Dr. Ronald Hoffman | January 14, 2025

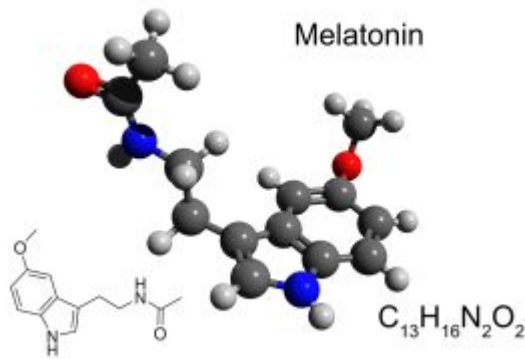


Understanding Constipation: Carmen Fong, MD, FACS, author of “CONSTIPATION NATION: What to Know When You Can’t Go,” discusses the pressing issue of constipation. The conversation delves into the definition and causes of constipation, the importance of diet, hydration, and regular bowel habits, and misconceptions around the condition. Dr. Fong shares insights on natural remedies, modern treatments, and factors contributing to early-onset colorectal cancer. The episode also covers hemorrhoid treatments and new medical advances in constipation management.

ENCORE: Melatonin—Not Just for

Insomnia and Jet Lag

written by Dr. Ronald Hoffman | January 14, 2025



Headlines are sounding alarms over the widespread use of melatonin—especially as a sleep aid for young kids. Dr. Deanna Minich has authored a comprehensive review of melatonin, in which she likens it to vitamin D in its potential utility for a variety of ailments—not just for insomnia and jet lag, but also for metabolic syndrome and diabetes, cancer, cardiovascular disease, brain disorders, autoimmune conditions, eye problems, tinnitus, PCOS, endometriosis, infertility, viral infections, and even ADHD and autism. Additionally, melatonin may confer anti-aging benefits. She affirms its overall safety, but cautions that some formulations are sketchy and may contain contaminants or vastly exceed or undershoot their claimed melatonin content. She discusses how modern life, with its ever-present artificial light, shift work, and travel across time zones may disrupt our circadian rhythms and put us in a state of darkness deprivation, with consequent melatonin depletion. For many conditions less is more, and use in children should be limited to special cases. Dr. Minich also emphasizes that lifestyle factors like properly timed light and darkness exposure, blue blocker glasses and screen apps, exercise and diet are cornerstones to optimal melatonin production, with melatonin supplements constituting only part of a holistic approach.

Intelligent Medicine Radio for January 4

written by Dr. Ronald Hoffman | January 14, 2025



Intelligent Medicine Radio for January 4, Part 1: Commemorating 38th Year of Intelligent Medicine

Commemorating 38th year of Intelligent Medicine; A pricey prostate drug advertised on football games may extend life for mere months without promise of cure; You dutifully threw out your “toxic” black plastic spatulas—was it faulty math? Air pollution robs marathoners of record times—and may be responsible for deaths of millions; Indian man, declared dead, taken to hospital after awakening on funeral pyre.

Intelligent Medicine Radio for January 4, Part 2: Doctors Fleeing Medicare

Doctors fleeing Medicare—leaving patients stranded; CEO murder heightens scrutiny of United Healthcare’s Medicare Advantage coding shenanigans; Can blood pressure spikes cause strokes? Does a calcium score of 20 call for a statin Rx? Treatments for postural orthostatic tachycardia syndrome (POTS); New “improved” tea bags release millions of plastic microparticles; The surprising trigger of a bout of hives.

References & Resources

For optimal marathon performance, check training plan, gear, nutrition, weather—and air quality

Sports Med (2024). <https://doi.org/10.1007/s40279-024-02160-8>

Air pollution in India linked to millions of deaths

Institute of Environmental Medicine at Karolinska Institute 12/12/24

Indian man awakes on funeral pyre

AFP November 23, 2024

Strive for Plu Victory

PLUVICTO® (lutetium Lu 177 vipivotide tetraxetan) | HCP

Viral study about black plastic spatulas had a big math problem

By Danielle Echeverria, San Francisco Chronicle December 17, 2024

Doctors cut back on seeing Medicare patients as another pay cut loom

By Joyce Frieden, Medpagetoday.com October 4, 2024

UnitedHealth's army of doctors helped it collect billions more from Medicare

By Christopher Weaver, Anna Wilde Mathews, Tom McGinty, Wall Street Journal
Dec 29, 2024

Commercial yea bags release millions of microplastics, entering human intestinal cells

by Autonomous University of Barcelona, Medicalxpress.com December 20, 2024

Kombucha SCOBY: What it is and how to make one

www.healthline.com

Q&A Special Edition: Inside Our Cabinets—The Supplements we Rely On

written by Dr. Ronald Hoffman | January 14, 2025



In this special New Year's edition Q&A Dr. Ronald Hoffman and Nutritionist Leyla Muedin share their personal supplement regimens for 2025. They discuss the variety of supplements they take, including multivitamins, specific minerals, omega-3s, anti-inflammatories, probiotics, and immune-supportive nutrients. They also emphasize the importance of personalized nutrition and caution listeners against directly mirroring their supplement routines. The episode includes advice on seasonal adjustments to supplementation, the benefits of different nutrient combinations, and general tips for maintaining a balanced approach to supplement intake. Dr. Hoffman and Leyla also touch on their personal health goals and the rationale behind their choices, offering listeners insights into optimizing their own supplement strategies.

Q&A with Leyla Holiday Encore

written by Dr. Ronald Hoffman | January 14, 2025



ENCORE: Q&A with Leyla, Part 1: Is the US diet deadly?

- Is the US diet deadly?
- Why do I always have a fast pulse? It ranges between 85-110
- I took Candibactin BR and AR with great success. Where do I go from here—a maintenance dose?

ENCORE: Q&A with Leyla, Part 2: Dry Mouth

- Should my stepson take a genetic test to evaluate his risk for pancreatic cancer?
- I had abdominal surgery last month. What can I do or take to minimize scarring?
- I have dry mouth. What treatments can I use to restore saliva?
- Could metoprolol be contributing to my restless legs syndrome?
- I've been diagnosed with a chemical imbalance and prescribed Zyprexa. What are your thoughts?

Q&A with Leyla Holiday Encore

written by Dr. Ronald Hoffman | January 14, 2025



ENCORE: Q&A with Leyla, Part 1: Cooking With Coconut Oil

- Highlights from Dr. Hoffman's trip to Lithuania
- Is there a brand of Boswellia you recommend?

- I would like to start cooking with coconut oil. What do you recommend?
- What is the guide to taking strontium for bone health safely?
- Should I get the Shingrix vaccines after 4 covid shots and the annual flu shot?
- I've always had my T3 and T4 checked for my thyroid but never T2. How does it work?

ENCORE: Q&A with Leyla, Part 2: Seasonal Affective Disorder

- Do I have to replace minerals when using a reverse osmosis water purifier?
- Is anyone tracking whether vaccinated or unvaccinated people are getting long covid?
- What supplements should not be taken with low-dose aspirin?;
- Can you talk about chelation therapy and cardiovascular disease?
- I want to get the right lamp for Seasonal Affective Disorder. What do you recommend?

ENCORE: Intelligent Medicine Radio for December 28

written by Dr. Ronald Hoffman | January 14, 2025



ENCORE: Intelligent Medicine Radio for December 28, Part 1: “Dead Butt Syndrome”

“Dead butt syndrome”—you probably already have it; Over half of Americans with uncontrolled hypertension are unaware of their condition; Is a smartwatch app for continuous blood pressure monitoring ready for primetime? What are frequent causes of errors in blood pressure measurement? How long can you continue to take Prolia? What’s the likelihood of a colon adenoma turning cancerous? Metformin scores cognitive and anti-aging benefits in monkeys—human trials underway.

ENCORE: Intelligent Medicine Radio for December 28, Part 2: Diagnosing Stomach Pain

Is “Morgellon’s Disease” a figment of the imagination? Are reports of frequent liver problems with popular herbs unfairly alarmist? Diagnosing stomach pain; Harmful micro-organisms can travel hundreds of miles high in the atmosphere; Toxic condoms; Sales of herbal supplements soar—we breakdown the most popular; The three tests for cardiovascular risk that you absolutely need.

References and Resources

Debunking gardening myths: Hold the Coffee

News ScienceVolume 258, Issue 3443, 17 June 2023, Page 44

Sitting all day can cause Dead Butt Syndrome

By Jen Murphy, New York Times September 4, 2024

Denosumab in the treatment of Osteoporosis: 10 years later: a narrative review

Adv Ther. 2022 Jan;39(1):58-74. doi: 10.1007/s12325-021-01936-y. Epub 2021 Nov 11

Over half of adults with uncontrolled hypertension unaware of their condition

JAMA Netw Open. 2024;7(9):e2431997. doi:10.1001/jamanetworkopen.2024.31997

The brain aged more slowly in monkeys given a cheap diabetes drug

Cell, Online now September 12, 2024

What is the TAME Trial

GeroScience. 2018 Dec; 40(5-6): 419–436. Published online 2018 Aug 27. doi: 10.1007/s11357-018-0042-y

Screening for colon cancer

PLoS Computational Biology, Published: February 5, 2020

A new method of continuous blood pressure monitoring using multichannel sensing signals on the wrist

Microsyst Nanoeng 9, 117 (2023). <https://doi.org/10.1038/s41378-023-00590-4>

Harbalgram

American Botanical Council, August 9, 2024

Microorganisms can travel long distances in the troposphere

Proceedings of the National Academy of Sciences, 2024; 121 (38)

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US herbal supplements sales rebounded by 4.4% in 2023

By Stephen Daniells, Nutraingredients-usa.com September 16, 2024

Quercetin alleviates the progression of chronic rhinosinusitis without nasal polyps by inhibiting nasal mucosal inflammation and epithelial apoptosis

Molecular Biotechnology. 2024 Sep 6. doi: 10.1007/s12033-024-01269-5. Online ahead of print.

6 popular herbal supplements linked to potential liver risks

JAMA Netw Open. 2024;7(8):e2425822. doi:10.1001/jamanetworkopen.2024.25822

Trojan condoms contain 'forever chemicals' lawsuit claims

By Jonathan Stempel, Reuters September 10, 2024

Delusional parasitosis

By Mayo Clinic Staff, Mayo Clinic April 9, 2024