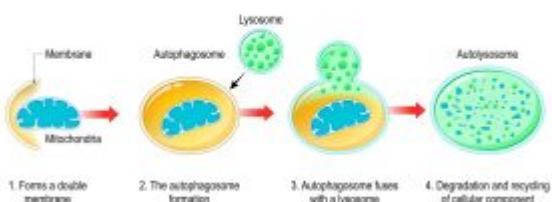


# Longevity Unlocked: Understanding the Impact of Mitophagy

written by Dr. Ronald Hoffman | January 13, 2026

## Autophagy



Groundbreaking longevity research with Dr. Brad Currier from Timeline. Find out how Urolithin A, a naturally-derived compound, could enhance your health span through a process called Mitophagy. Check it out!

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## Intelligent Medicine Radio for January 10: Long-Overdue Change to the Broken Food Pyramid

written by Dr. Ronald Hoffman | January 13, 2026

### Introducing The New Pyramid



Applauding a long-overdue change to the broken Food Pyramid; FDA green lights testosterone replacement; Does CoQ10 protect against statin muscle damage? MAHA derailed by federal policies that allow harmful chemicals to proliferate; FDA approves electrical stimulation headset as safe and effective for home-use to treat depression; Is just a little red wine every day bad for you? And more!

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# Q&A with Leyla: Top Stories of 2025

written by Dr. Ronald Hoffman | January 13, 2026

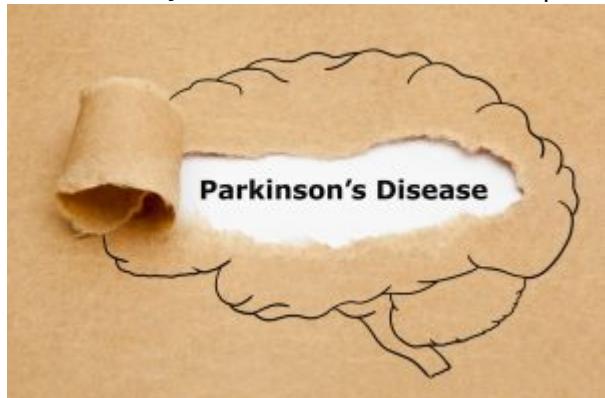


The Top stories of 2025; Does use of statins lead to muscle loss? GABA for insomnia and sleep support? What impact does a cocktail of pharmaceutical drugs have on the microbiome? In light of the recent EPA proposal to double permissible formaldehyde emissions, how does this jibe with MAHA? And more!

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## Exploring Nutritional and Natural Approaches to Parkinson's

written by Dr. Ronald Hoffman | January 13, 2026



How can natural approaches aid Parkinson's? Dr. Heather Zwicky reveals innovative natural treatments for Parkinson's disease. Discover how diet, exercise, and more can make a difference.

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# Decoding Chronic Illness: Environmental Triggers and Solutions

written by Dr. Ronald Hoffman | January 13, 2026



Are you or someone you know struggling with unexplained health issues? Dr. Neil Nathan unravels the mysteries of chronic illness, detoxification, and immune restoration.

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## ENCORE: Intelligent Medicine Radio for January 3: Artificial Light and Menstrual Cycle Rhythms

written by Dr. Ronald Hoffman | January 13, 2026



The advent of artificial light is obliterating women's moon-driven menstrual cycle rhythms; When the triple whammy of cataracts, glaucoma and macular degeneration strikes; Are wrist and finger wearables for blood pressure ready for prime time? Drinking bottled water causes surge in plastic micro-particle intake; The common supplement that can supercharge cancer immunotherapy; Children garner psychological benefits from grandparent time; And more!

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# **ENCORE: Q&A with Leyla: A Treatment for Warts**

written by Dr. Ronald Hoffman | January 13, 2026



Consequences of weight loss with weight loss drugs; Enter myostatin inhibitor drugs; "My latest A1c is 5.9 but I'm doing everything right. What gives?" Alpha-ketoglutarate for healthy aging? A treatment for warts? "Am I destined to develop diabetes given my strong family history of the disease?"

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# **ENCORE: Q&A with Leyla: Holiday Stress**

written by Dr. Ronald Hoffman | January 13, 2026



On this special holiday edition of Q&A with Leyla: Holiday Stress tops tax season stress; Is berberine truly efficacious? Does alcohol really reduce stress and improve circulation? Is thiamine a treatment for Parkinson's? Is there a natural thyroid medicine that is not pork-derived? Help for guttate psoriasis; And more!

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# **ENCORE: Q&A with Leyla: The Holiday Season in NYC**

written by Dr. Ronald Hoffman | January 13, 2026



On this special holiday edition of Q&A with Leyla: The Holiday Season in NYC; Peanut allergies cause and effect; Can saw palmetto replace prostate medications? Does traction help bulging discs? Thoughts on green powder supplements; Serrapeptase for reducing coronary plaque? Supplements to reduce negative effects of x-rays? And more!

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# **ENCORE: Intelligent Medicine Radio for December 27: French Fries' Diabetes Risk**

written by Dr. Ronald Hoffman | January 13, 2026



Potatoes don't increase risk of diabetes—unless you eat French fries; Deep-frying in seed oils can yield harmful byproducts—but so, too, when you substitute with lard; New study shows beetroot juice can lower BP by 7 points; Comprehensive lifestyle modification program scores against cognitive decline; Women's brains especially vulnerable to Omega-3 deficiencies; Breakthroughs in rheumatoid arthritis treatment; And more!