

Nasal Hygiene and Tooth Decay: The Science of Xylitol

written by Dr. Ronald Hoffman | November 18, 2025



Discover the hidden connections between oral health, respiratory health, and overall wellness. Nate Jones from Xlear details innovative products that challenge the status quo. Hear the truth behind xylitol, FDA petitions, and more!

Intelligent Medicine Radio for November 15: Benefits of Cocoa Flavanols

written by Dr. Ronald Hoffman | November 18, 2025



Part 1: Benefits of Cocoa Flavanols

“Study” that’s not even a study spreads panic about dubious melatonin-heart failure link; Should you ignore Dr’s advice to take powerful acid-blocking drugs? Novel implantable electrical pacemakers may bring relief to sufferers

of severe constipation; Benefits of cocoa flavanols for heart, brain, athletic performance.

Part 2: Coffee and Atrial Fibrillation

The FDA belatedly liberates women's hormone replacement; Beta-blockers now deemed passé for routine heart attack aftercare; After most breast cancer surgery, adjuvant radiation brings no survival benefits; Can you drink caffeinated coffee if you have atrial fibrillation? Ignore frequent falls without attention to balance and stability training at your peril; Is it reasonable to contemplate a knee replacement surgery at 88?

References & Resources

Melatonin as a novel drug to improve cardiac function and quality of life in heart failure patients: a systematic review and meta-analysis.

Clinical Cardiology. 2025 Mar;48(3):e70107. doi: 10.1002/clc.70107.

A study questions melatonin use and heart health, but loses sleep over it

By Lauren Neergaard, Associated Press November 7, 2025

Burst-patterned stimulation restores colonic motility in preclinical models

Sci Transl Med. 2025 Nov 5;17(823):eadu4615. doi:

10.1126/scitranslmed.adu4615. Epub 2025 Nov 5. PMID: 41191773.

Speaking multiple languages may slow down biological aging

Nat Aging 5, 2340–2354 (2025). <https://doi.org/10.1038/s43587-025-01000-2>

Cup of coffee a day may not be harmful for some adults with AFib and could lower episodes

American Heart Association Scientific Sessions 2025 Late-Breaking Science Abstract 4377429

RADIATION may be unnecessary for many breast cancer patients

N Engl J Med 2025;393:1771-1783

Beta blockers have no effect on heart attack patients

N Engl J Med 2025 Aug 30 Ibanez B et al. N Engl J Med 2025 Aug 30

Marty Makary: The FDA liberates women's hormone replacement therapy

By Marty Makary. WSJ November 10, 2025

Q&A with Leyla: Are children's IQs going down?

written by Dr. Ronald Hoffman | November 18, 2025



Q&A with Leyla, Part 1: Are children's IQs going down?

- Are children's IQs going down?
- An overview of medical reversals
- Can you comment on the melatonin and heart failure study?
- Result of a prostate artery embolization

Q&A with Leyla, Part 2: The State of our Healthcare System

- I have hypothyroidism. Do I need to be concerned about low ferritin levels?
- What are the benefits of lower-dose fish oil?
- Is there a connection between melatonin supplementation and depression?
- Can I take melatonin while on warfarin?
- What to do about the state of our healthcare system?

Holistic and High-Tech Approaches to Fertility with Gabriela Rosa

written by Dr. Ronald Hoffman | November 18, 2025



Holistic and scientific approaches to overcoming fertility challenges. Fertility specialist Gabriela Rosa discusses how lifestyle changes can make all the difference. From diet tips to overcoming stress, uncover the secrets to achieving a 78.8% live birth rate using holistic methods.

Women's Health Essentials

written by Dr. Ronald Hoffman | November 18, 2025



Neil Levin from Protocol for Life Balance on the vital role of personalized nutrition for women. He breaks down supplements, hormonal balance, and more.

Intelligent Medicine Radio for November 8: 4 Simple Lifestyle Measures Deliver 9 Additional Years of Disease-Free Healthspan

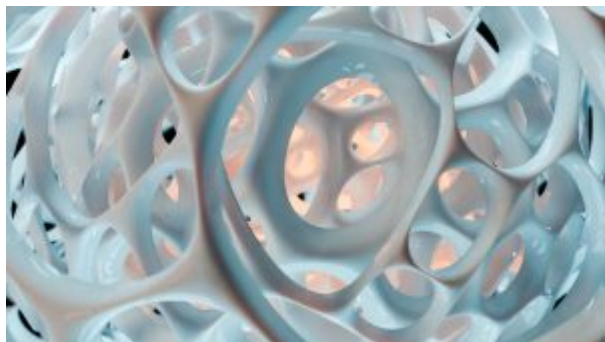
written by Dr. Ronald Hoffman | November 18, 2025



Just 4 simple lifestyle measures deliver 9 additional years of disease-free healthspan; Study underscores protein's role in staving off cancer, heart disease and death; Urolithin A (Mitopure®) found to support athletic performance, immune function; Why you should ignore some influencers' advice to avoid fish oil; As little as 3000 steps per day can slow progression to Alzheimer's Disease; Prostate artery embolization (PAE) offers new non-invasive option for men's age-related urinary problems; Discovery that a safe, cheap medication may increase survival after breast cancer surgery; And more!

Q&A with Leyla: Melatonin for Bone Mineral Density?

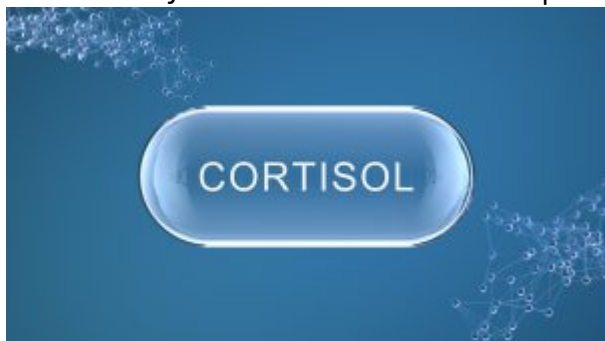
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Advice for a small pericardial effusion; Is melatonin beneficial for bone mineral density? Mitopure's impact on immune parameters; What are the most important blood tests? Coffee enemas for liver detox? Could a recent dental implant be causing clogged ears and a hissing noise? And more!

Tracking Cortisol: How Instant Monitoring Can Transform Your Health

written by Dr. Ronald Hoffman | November 18, 2025



What's cortisol, and why does it matter? Discover groundbreaking at-home hormone monitoring tech with Marina Pavlovic Rivas from Eli Health. Learn how understanding your cortisol levels can lead to better health and lifestyle.

Stress, Exercise, and the Heart: The Six Domains of Holistic Health

written by Dr. Ronald Hoffman | November 18, 2025



Cardiology isn't just about imaging and meds. Explore the intersection of high-tech imaging and holistic healing with integrative cardiologist Dr. Alan Rozanski. He details lifestyle medicine, stress management, and the six domains of health.

Intelligent Medicine Radio for November 1: Daylight Savings Time Changeover Health Myths

written by Dr. Ronald Hoffman | November 18, 2025



TSW—Topical Steroid Withdrawal—when you're hooked on steroid creams for a skin condition and can't get off; Vitamin D and Omega-3 supplements reduce risk of autoimmune conditions; How long to curtail fish oil before a medical procedure or surgery? Supplements for neuropathy; Daylight Savings Time changeover health myths busted; The vaunted DASH Diet for hypertension faces off against low-carb alternative; The critical first 1000 days after conception—early life sugar avoidance yields major later life health dividends; And more!