

Decoding Seed Oils: Impacts on Health and Diet

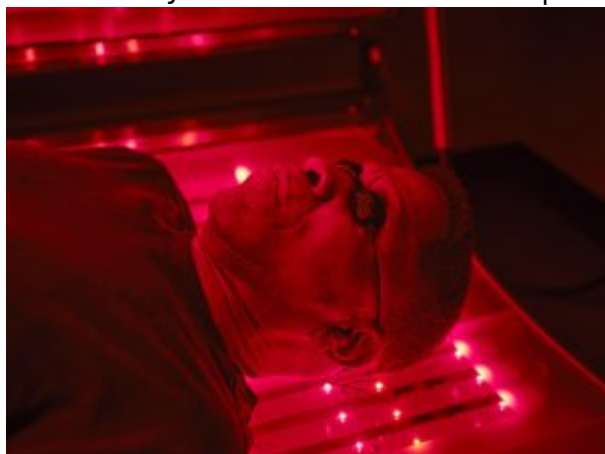
written by Dr. Ronald Hoffman | July 9, 2025



Looking to navigate the controversy around seed oils? Jonathan Rubin from the Seed Oil Free Alliance details why cutting seed oils might be your next step towards better health.

Beyond Sunlight: Dr. Carl Rothschild on the Benefits of Red Light Therapy

written by Dr. Ronald Hoffman | July 9, 2025



Hear from Dr. Carl Rothschild from Trifecta Light Technologies as he explains the transformative power of red and infrared light therapy. He details how this groundbreaking technology is revolutionizing health and wellness.

Intelligent Medicine Radio for July 5: Hair Growth and Restoration

written by Dr. Ronald Hoffman | July 9, 2025



A slew of ultra-powerful weight loss drugs are in the pipeline; New study upends belief that inflammation is inevitable with aging; Rating products for hair growth and restoration; Why electric vehicles may make us carsick; Can liver fibrosis be reversed? Tailored probiotic sponges up toxic PFAS chemicals in GI tract; And more!

Q&A with Leyla: Fitness Trackers

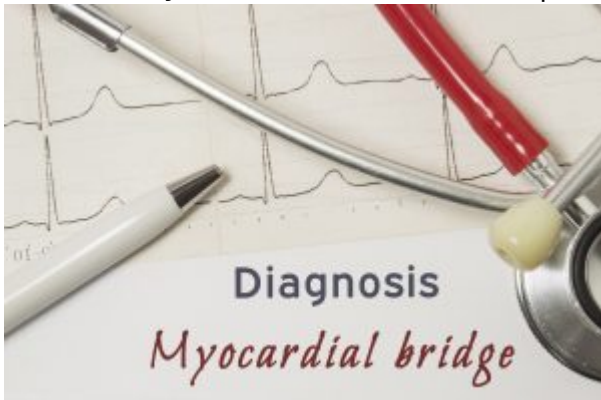
written by Dr. Ronald Hoffman | July 9, 2025



Fitness trackers; friend or foe? Is a reverse osmosis water filtration system the best way to go? Possible causes for low ejection fraction; Does levothyroxine affect heart function? Mitochondria and heart health; How long can one fast safely? And more!

Rethinking Heart Health: Uncovering Myocardial Bridges

written by Dr. Ronald Hoffman | July 9, 2025



From near tragedy to triumphant comeback! Hear Jeff Holden's compelling story about overcoming his myocardial bridge, a little-known but deadly heart condition. Learn how myocardial bridge remains underdiagnosed and why awareness is crucial.

Breaking Dietary Myths and Revolutionizing Nutrition Policy

written by Dr. Ronald Hoffman | July 9, 2025



What truly defines a healthy diet? Dr. Nina Teicholz tackles this hot topic! Explore her revolutionary insights into low-carb diets and nutrition policy.

Q&A with Leyla: Scam Alert

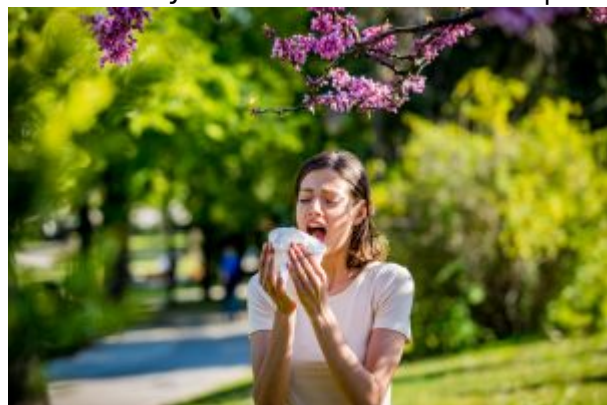
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A natural approach to tinnitus; Scam alert using the likeness of a colleague. It could happen to you! Does dairy prevent absorption of antioxidants? Can melatonin cause glucose levels to be high the next morning? Treatments for neuropathy; And more!

A Battle for Clarity: Nate Jones on Legal Challenges and Health Solutions

written by Dr. Ronald Hoffman | July 9, 2025



Struggling with allergies or dental health Nate Jones from Xlear, Inc. details the benefits of using xylitol-based products and how Xlear's innovative line can improve your nasal and dental health.

From GMOs to Homeopathy: Rethinking Children's Health

written by Dr. Ronald Hoffman | July 9, 2025



Dr. Michelle Perro, author of “Making Our Children Well,” has a deep-dive into the health challenges our children face today. Learn about GMOs, vaccines, and empowering parents with nutrition and homeopathy.

Intelligent Medicine Radio for June 21: ChatGPT is Making Us Dumber

written by Dr. Ronald Hoffman | July 9, 2025



First of its kind brain study shows ChatGPT is making us dumber; Eradicating “ulcer bug” H. Pylori with triple-therapy may increase risk of Alzheimer’s, Parkinson’s; Alternatives for prescription blood thinners? Long work hours may foster deleterious brain changes; Blood in urine—why is it such a big deal? Suggestions for a dog with panic attacks ahead of weather fronts.