

ENCORE: Intelligent Medicine Radio for February 22

written by Dr. Ronald Hoffman | February 24, 2025



Part 1: Hiccups

High LDL cholesterol doesn't always translate to arterial plaque; Intractable hiccups—what to do? Do changes of season affect moral judgment? Aging spurts—they're a thing! The surprising reason dozens were sickened by pizza in Wisconsin; Calming effects of lavender are real.

Part 2: Laughter Therapy

New warning over side effects of weight loss drugs; "Keto" LMNT electrolyte drink found to contain undisclosed amounts of unwanted additive maltodextrin; Vitamin D linked to improved Hodgkin's lymphoma survival; Do we really need collagen supplements when the body already makes it? How laughter therapy alleviates dry eye syndrome; Difference in blood pressure readings between arms—could it signal danger? Majority of seniors treated in federal health centers show cognitive impairment; Statins vs. natural therapy for cardiovascular prevention.

References and Resources

Effect of lavender essence inhalation on the level of anxiety and blood cortisol in candidates for open-heart surgery

Iran J Nurs Midwifery Res. 2016 Jul-Aug;21(4):397-401. doi: 10.4103/1735-9066.185582.

Aging may happen dramatically in our 40's and 60's

By Saimas Iqbal, Scientific American August 27, 2024

Values may shift with the time of year

By Anvita Patwardhan, Scientific American September 20, 2024

Pizza inadvertently infused with THC sickens dozens in Wisconsin

Associated Press October 25, 2024

What are intractable hiccups?

By Minesh Khatri, MD, WebMD May 28, 2023

Association of coronary plaque with low-density lipoprotein cholesterol levels and rates of cardiovascular disease events among symptomatic adults

JAMA Netw Open. 2022;5(2):e2148139. doi:10.1001/jamanetworkopen.2021.48139

Prevalence of unrecognized cognitive impairment in federally qualified health centers

JAMA Netw Open. 2024;7(10):e2440411. doi:10.1001/jamanetworkopen.2024.40411

Difference in blood pressure between arms linked to greater death risk

Hypertension Volume 77, Number 2 <https://doi.org/10.1161/HYPERTENSIONAHA.120.15997>

Risk of nonarteritic anterior ischemic optic neuropathy in patients prescribed semaglutide

JAMA Ophthalmol. 2024;142(8):732-739. doi:10.1001/jamaophthalmol.2024.2296

Skeletal muscle health amid growing use of weight loss medications

The Lancet Diabetes & Endocrinology, 2024; 12 (11): 785

DOI: 10.1016/S2213-8587(24)00272-9

Pretreatment vitamin D deficiency in patients receiving first-line treatment for Hodgkin Lymphoma

Journal of Clinical

Oncology Volume 37, Number 36 <https://doi.org/10.1200/JCO.19.0098>

Effect of laughter exercise versus 0.1% sodium hyaluronic acid on ocular surface discomfort in dry eye disease: non-inferiority randomized controlled trial

BMJ 2024;386:e080474

LMNT caught up in salty maltodextrin controversy

By Brian Spin, The Barbell Spin October 22, 2024

Short-term consumption of sucralose with, but not without, carbohydrate

ENCORE: Q&A With Leyla: Chat GPT

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ENCORE: Q&A with Leyla, Part 1: Chat GPT

- Chat GPT's response to "what are the benefits of an omnivorous lifestyle?"
- Bone health protocols on Dr. Hoffman's website
- I left my cardiologist's office without a prescription for high blood pressure. Should I be concerned?
- How should I take my testosterone injection? I'm concerned about hitting a nerve or vein.

ENCORE: Q&A with Leyla, Part 2: Psychopathic Disorder

- My doctor told me I have the beginning of AMD. How much zinc should I take?
- What do you think is the root cause of psychopathic disorder?
- Any supplement suggestions for a complex tear of the meniscus of my knee? Surgery is not recommended.
- What specific supplements should I take as a shift worker to support my health?
- Can I take a probiotic and berberine at the same time?

ENCORE: Empowering Communities: The Pursuit of Nutrition Equality

written by Dr. Ronald Hoffman | February 24, 2025



More and more, the country is devolving into health inequity—between the haves and have-nots. There's also a widening gap in nutrition, with obesity and attendant medical conditions disproportionately afflicting marginalized communities. Today's guest, Tambre Rae Stevenson, is addressing these disparities. She's a healthy food advocate and policy influencer, and a self-professed nutrition warrior. Among her initiatives is WANDA—Women and Girls Advancing Nutrition Dietetics and Agriculture, an organization building a movement of women and girls of African descent to become food "sheroes" in their communities through education, advocacy, and innovation. We discuss barriers to optimal nutrition, food "deserts", and special needs of underserved populations. There's a paucity of trained nutrition educators of color, and Stevenson is spear-heading initiatives to incentivize development of a cadre of community-based advocates for healthy diets. We discuss the importance of involving kids early, through programs like school and community gardens. Stevenson shares her personal journey exploring her African roots, discovering the benefits of centuries-old traditions of ancestral foods; she's leveraging these insights to promote culturally-appropriate healthier food choices. Initiatives like WANDA can make a huge difference in reversing the tide of preventable disease.

Exploring Integrative Mental Health Solutions

written by Dr. Ronald Hoffman | February 24, 2025



Navigating Modern Mental Health: Integrative Psychiatry with Dr. Drew Ramsey, a leading board-certified integrative psychiatrist. The conversation addresses the pressing mental health crisis affecting all age groups, from rising Alzheimer's cases among seniors to increasing anxiety and depression in youth. Dr. Ramsey introduces his book, "Healing the Modern Brain: Nine Tenets to Build Mental Fitness and Revitalize Your Mind," which emphasizes lifestyle changes over medication. They explore the significance of nutritional psychiatry, the effects of modern lifestyle challenges, and the essential tenets for mental fitness. Dr. Ramsey shares his clinical experiences, insights on the benefits of diverse diets, and stresses the importance of movement, purpose, and connection for mental health. The discussion also touches on the challenges and potential of the current health environment, advocating for a balanced and evidence-based approach to mental well-being.

Intelligent Medicine Radio for February 15

written by Dr. Ronald Hoffman | February 24, 2025



Part 1: Mercury Content in Tuna

A Super Bowl commercial for weight loss drugs causes an uproar; Adding a familiar amino acid to tuna reduces mercury content; Rethinking epidural shots for back pain; CV Sciences debuts innovative new CBD gummies, drinks.

Part 2: Vitamin D and Thyroid

Taxpayers dollars went to doxxing opponents of pesticides, GM0s; Strontium for fracture healing? Vitamin D helps thyroid; Study highlights harmful effects of ultra-processed foods on cognition; Brain function needn't decline with age, may improve

References and Resources

Mercury content in tuna can be reduced with new packaging solution
Global Challenges, 2024; 8 (11) DOI: 10.1002/gch2.202400161

Millions will see this Super Bowl ad. Health experts (and two senators) aren't pleased.

By Dani Blum, NY Times Feb 7, 2025

'We cannot stay silent': Novo Nordisk flags dangers of compounded GLP-1's following Hims&Hers Super Bowl ad

By Andrea Park, fiercepharma.com February 12, 2025

Epidural steroid shots for back pain have limited efficacy, review shows

By Judy George, Medpagetoday.com February 12, 2025

US taxpayers funded a covert campaign to downplay the risks of pesticides and discredit environmentalists in Africa, Europe, and North America

Lighthouse Reports September 27, 2024

Differential association of Ultra-processed food categories with risk of developing cognitive impairment in middle-aged and older adults in a longitudinal panel study

Am J Clin Nutr. 2025 Feb 12:S0002-9165(25)00076-0. doi: 10.1016/j.ajcnut.2025.02.008. Epub ahead of print. PMID: 39952327

Thyroid function improved with vitamin D supplementation program

Grassroots Health Nutrient Research Institute July 21, 2021

Improving with age

By Lydia Denworth, Scientific American September 1, 2024

Climate change is changing astronomy

By Seven Rasmussen, Scientific American September 1, 2024

Q&A with Leyla: Supplements for Broken Wrist

written by Dr. Ronald Hoffman | February 24, 2025



Q&A with Leyla, Part 1: Organ Meat Supplements?

- Study finds the thyroid gland needs higher vitamin D levels to function optimally
- What are your thoughts on encapsulated organ meat supplements? Are they bioavailable?
- How much water should you drink per day? Do other beverages count towards the total?
- I recently had a cardiac cath procedure resulting in no stent! Phew!

Q&A with Leyla, Part 2: Early Stage Glaucoma

- What can I take for my recent early-stage glaucoma diagnosis?
- What supplements would be beneficial for immune deficiency?
- I'm 78 years old taking supplements and herbs for many years. Am I wasting my money?
- I recently fell and broke my wrist. Should I be supplementing with calcium?

Pain-Free Living: Insights from Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | February 24, 2025



Natural Approaches to Pain Management with Dr. Jacob Teitelbaum, a renowned expert in treating chronic pain, fibromyalgia, and post-viral chronic fatigue syndrome (CFS). Dr. Teitelbaum discusses his latest book, 'You Can Heal from Long COVID,' and highlights insights from his well-known 'Fatigue to Fantastic' series. The conversation delves into the limitations and dangers of traditional opioid treatments for pain and proposes natural alternatives. They explore various types of pain, including muscle pain, inflammatory pain, neuropathy, migraine, and CRPS, emphasizing natural remedies like PEA, curcumin, Boswellia, and nutritional support through the SHINE protocol. The episode also touches upon current healthcare challenges and the potential for systemic change. Learn more at www.Vitality101.com and www.EndFatigue.com.

What You Need to Know for a Healthy Heart

written by Dr. Ronald Hoffman | February 24, 2025



Comprehensive Cardiovascular Health and Prevention with Jim LaValle: In this episode of the Intelligent Medicine Podcast, Jim LaValle, a clinical pharmacist and heart health expert discusses various aspects of cardiovascular health in honor of Heart Health Month. The discussion covers risk factors for heart disease, including metabolic health markers and lifestyle influences. They examine the pros and cons of statins, their impact on brain health, and the role of natural supplements like Kyolic Aged Garlic Extract in cardiovascular prevention. Specific criteria for an ideal cardiovascular risk assessment are provided, and practical advice on exercise and maintaining a balanced diet is shared.

Q&A with Leyla

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Q&A with Leyla, Part 1: Stem Cells

- Recent Intelligent Medicine Podcasts to check out: “Doctored” – a look at questionable Alzheimer’s research and the side effects of new pricey drugs; The benefits of vinegar; Bio-identical hormone replacement for menopause
- Can you recommend any supplements for a 99-year-old with dementia?
- Am I a candidate for stem cells? I have a history of breast cancer

Q&A with Leyla, Part 2: Hair Loss

- After a long run, my knees hurt upon standing up from my chair. Is this arthritis?
- My new gynecologist says I don’t need progesterone while taking estriol. What say you?
- I lost 100 pounds after gastric bypass but now I have incapacitating blood sugar spikes after meals.
- I have a positive ANA but all other tests are negative. Should I be concerned?
- Should I be concerned about the side effects of minoxidil compounded with dutasteride for hair loss?

Hormone Solutions and Misconceptions with Dr. Erika Schwartz

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Comprehensive Insights into Bioidentical Hormone Replacement Therapy with Dr. Erica Schwartz, author of "The New Hormone Solution." In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman speaks with Dr. Erica Schwartz, an expert in bioidentical hormone replacement therapy. They discuss the evolution and controversies surrounding hormone therapies, including the impact of the Women's Health Initiative study. Dr. Schwartz shares her insights on the importance of a tailored approach to hormone replacement, the benefits of different forms of estrogen and progesterone, and the role of testosterone, DHEA, and lifestyle choices in comprehensive care for menopause and andropause. Additionally, they explore the topics of women's sexuality, the pros and cons of osteoporosis drugs, and the necessity of incorporating a holistic lifestyle approach for overall health and longevity.