

# Q&A with Leyla: Methylene Blue

written by Dr. Ronald Hoffman | June 19, 2025



Big Food pledging to drop artificial food dyes—hopefully in all states; Can we expect a ban on Big Pharma ads? Unknown dangers lurking in your 'wellness' packs? Thoughts on stem cell release vitamins; Contraceptive pills and inflammation; Chronotype to determine the best time to go to bed? Does methylene blue deserve all the hype?

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## Beyond Calories: Understanding Satiety and Weight Loss

written by Dr. Ronald Hoffman | June 19, 2025



Transform your relationship with food. Dr. Andreas Eenfeldt details the science of satiety and cutting-edge AI technology's impact on diet. Find out how to eat better.

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# Nutritional Strategies for Lifelong Joint and Muscle Health

written by Dr. Ronald Hoffman | June 19, 2025

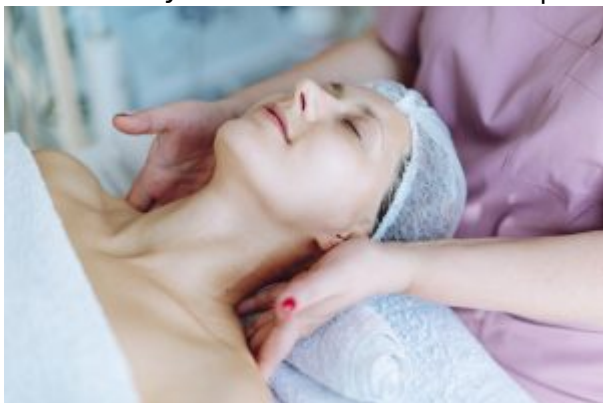


Unsure how to tackle those “ugh” moments of aging? On the Podcast, Neil Levin from Protocol for Life Balance discusses all things joint health and the vital role of nutrition. Stay active, stay informed.

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## Intelligent Medicine Radio for June 14: Brain Benefits of Facial and Neck Massage

written by Dr. Ronald Hoffman | June 19, 2025



On the Radio Show: Red yeast rice for cholesterol; Is fish oil a no-no if you have atrial fibrillation? Study finds GLP-1 drugs associated with heightened macular degeneration risk; A novel nutrient—OEA—shows promise for reversing metabolic disorders, enhancing satiety; Natural support for the pain of vertebral compression fractures; Facial and neck massage facilitate brain's natural waste disposal, offering hope for neurodegenerative disorders; And more!

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# Mastering Stress Management: Natural Solutions with Jim Lavalle

written by Dr. Ronald Hoffman | June 19, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman discusses stress and its various impacts on health with clinical pharmacist and nutritionist Jim Lavalle. They delve into the physiological mechanisms of stress, including cortisol's role and its effects on weight gain, thyroid function, and immune suppression. They highlight the widespread use and risks of long-term antidepressants, proposing natural alternatives like adaptogens (such as ashwagandha) and lifestyle modifications (such as mindfulness and exercise). Lavalle also talks about the innovative health optimization programs at Lifetime gyms and the potential of emerging therapies like microdosing psychedelics and ketamine. The episode emphasizes the importance of a comprehensive, balanced approach to managing stress without over-reliance on pharmaceuticals.

[/https://kyolic.com/product/calm-mood/](https://kyolic.com/product/calm-mood/)

Mastering Stress Management: Natural Solutions with Jim Lavalle PT 1

Mastering Stress Management: Natural Solutions with Jim Lavalle PT 2

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# Guardians of Health Freedom: A Deep Dive with Jonathan Emord

written by Dr. Ronald Hoffman | June 19, 2025



In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman interviews constitutional attorney Jonathan Emord. They discuss Emord's extensive career advocating for health freedom, focusing on natural health products and constitutional law. Emord explains the legal battles and regulatory challenges faced by the natural health industry, particularly against the FDA and FTC. He highlights victories like the overturning of Chevron and recent successes in court that have implications for the natural products industry. The conversation also covers the impact of COVID-19 on health regulations and the ongoing efforts to secure truthful health information for consumers.

## Guardians of Health Freedom: A Deep Dive with Jonathan Emord, Part 1

## Guardians of Health Freedom: A Deep Dive with Jonathan Emord, Part 2

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# Intelligent Medicine Radio Show for June 7

written by Dr. Ronald Hoffman | June 19, 2025



## **Intelligent Medicine Radio Show for June 7, Part 1: The promising use of the drug leucovorin, a potent form of vitamin B9, in treating autism**

In this episode of *Intelligent Medicine*, Dr. Ronald Hoffman discusses the latest health stories, focusing on the promising use of the drug leucovorin, a potent form of vitamin B9, in treating autism. He reviews the research of Dr. Richard Fry and others exploring the role of cerebral folate deficiency in autism and how leucovorin may help alleviate symptoms. Dr. Hoffman also addresses the increased risk of sudden cardiac death associated with long-term use of antidepressants, based on new studies. Additionally, he highlights a recent FDA warning about severe itching as a withdrawal symptom from stopping antihistamines like Zyrtec and Xyzal after long-term use. The episode concludes with discussions on natural approaches to mitigate these health concerns and the potential benefits of quercetin for musculoskeletal health.

## **Intelligent Medicine Radio Show for June 7, Part 2: The effects of chlorine in swimming pools, solutions for managing chlorine exposure**

Dr. Ronald Hoffman addresses various health-related topics including the effects of chlorine in swimming pools, solutions for managing chlorine exposure, the benefits of swimming, and the use of supplements to alleviate negative effects. He also discusses the benefits of CBD for overall

wellbeing, as well as the impacts of excessive CT scan usage, including potential cancer risks. Dr. Hoffman tackles a caller's question regarding low blood cell counts and highlights the importance of seeing a hematologist for a thorough investigation. The episode also explores the potential effects of long-term use of oral contraceptives on brain health and mood disorders, as well as preventative measures for macular degeneration.

## References & Resources

**Therapeutic potential of quercetin as an antioxidant for bone-muscle-tendon regeneration and aging**

*Aging and disease* >> 2025, Vol. 16 >> Issue (3) : 1414-1437. DOI: 10.14336/AD.2024.0282

**Use of antidepressant medication linked to substantial increase in risk of sudden cardiac death**

European Society of Cardiology March 30, 2025

**Vitamin K and cognitive health**

*Alzheimer's Dement.* 2022; 8:e12255. <https://doi.org/10.1002/trc2.12255>

**Parents say son with autism was nonverbal until trying an off-label drug that treats chemo side effects**

By Dr. Celine Gounder, CBSnews.com February 18, 2025

**Stopping Zyrtec (Cetirizine) led to itchy nightmare**

By Joe Graedon, The People's Pharmacy October 12, 2021

**Nationwide burden of sudden cardiac death among patients with a psychiatric disorder**

*Heart* 2024;110:1365-1371

**How does the pill affect your brain? We're finally getting answers**

By Teal Burrell, New Scientist May 30, 2025

**Night diversity of dietary flavonoid intake is associated with a lower risk of all-cause mortality and major chronic diseases**

*Nat Food* (2025). <https://doi.org/10.1038/s43016-025-01176-1>

**Tea, berries, dark chocolate and apples could lead to a longer life span, study shows**

*Nature Food*, 2025; DOI: 10.1038/s43016-025-01176-1

**Down your 7-pill cocktail, reduce DNA damage from ionizing radiation**