

Beyond Kegels: Comprehensive Pelvic Health with Dr. Sara Reardon

written by Dr. Ronald Hoffman | May 14, 2025



From childbirth to everyday activities, our pelvic health often goes unnoticed until it's too late. This is a fascinating discussion with Dr. Sara Reardon, author of "Floored," on understanding and maintaining pelvic health at all stages of life, whether you're an athlete or a couch surfer.

ENCORE: The Dire Consequences of our Depleted Microbiomes

written by Dr. Ronald Hoffman | May 14, 2025



Did you know the overuse of antibiotics might be fueling modern diseases? Dr. Martin Blaser, author of "Missing Microbes," details how modern life affects our internal ecosystem and what it means for our health. Check it out!

ENCORE: Intelligent Medicine Radio for May 10

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Part 1: A Natural Antidote to Hair Graying

Neuroprotection is just about pricey moonshot Alzheimer drugs; Green tea, melatonin, quercetin, aerobic exercise tackle brain inflammation; Glyphosate may contribute to Alzheimer's surge; Supplements to extend sleep; A popular social media influencer makes shady claims about blood pressure supplements; Diet can influence the prognosis of early ovarian cancer; Omega-3s slow biological aging; A natural antidote to hair graying.

Part 2: Novel Non-Addictive Pain Drug

Moderate—but not excessive—exercise can curb appetite; When you're older does your ability to absorb supplements decline? FDA warns against eye drop to change eye color; Are soy supplements safe for breast cancer patients? Most ditch GLP-1 drugs after one year; Some B-complex supplements don't deliver full suite of B vitamins; Novel non-addictive pain drug approved; Why mosquitoes can bite in mid-winter; Oops—surgeon removes patient's liver, mistaking it for spleen.

References and Resources

Luteolin, an antioxidant in vegetables, may contribute to the prevention of hair graying

Antioxidants, 2024; 13 (12): 1549 DOI: 10.3390/antiox13121549

Prognosis following a diagnosis of invasive epithelial ovarian cancer is poor. Some studies have suggested modifiable behaviors, like diet, are associated with survival but the evidence is inconsistent

The American Journal of Clinical Nutrition Available online 5 February 2025

Omega-3 supplements slow biological ageing

By Felicity Nelson, Nature February 3, 2025

Study reveals lasting effect of common herbicide on brain health

Journal of Neuroinflammation, 2024; 21 (1) DOI: 10.1186/s12974-024-03290-6

Lab findings support the concept that reducing neuroinflammation could help fight Alzheimer's

Immunity, 2025; DOI: 10.1016/j.immuni.2025.01.007

Green tea may protect the aging brain

By Asia Sherman, Nutra Ingredients USA January 15, 2025

Aerobic exercise: A powerful ally in fight against Alzheimer's

Brain Research, 2025; 1850: 149419 DOI: 10.1016/j.brainres.2024.149419

Is soy safe for patients with breast cancer

By Gina Van Thomme & Molly Adams, MD Anderson Cancer Center October 14, 2024

Family alleges cover-up in case of patient who died after having his liver removed

By Kristrina Fiore, MedPageToday January 31, 2025

Most ditch GLP-1 drugs for weight loss within a year

By Kristen Monaco, MedPage Today January 31, 2025

Drops that change eye color? Experts sound the alarm

By Jennifer Henderson, MedPage Today August 30, 2024

Vertex announces FDA approval of JOURNAVX (suzetrigine), a first-in-class treatment for adults with moderate to severe acute pain

Vertex January 30, 2025

'London Underground' mosquito has surprisingly ancient origins

By Chris Simms, Nature February 5, 2025

Study suggests soy isoflavones do not have estrogenic effects

Advances in Nutrition Volume 16, Issue 1, January 2025, 100327

Moderate exercise keeps appetite at bay

Physiological Reports, 2024; 12 (24) DOI: 10.14814/phy2.70167

ENCORE: Q&A with Leyla: Wearable Devices

written by Dr. Ronald Hoffman | May 14, 2025



A case study on Ozempic; Can stem cells reverse diabetes? A possible solution for menopause/post-menopause vaginal atrophy; Medicare vs. Medicare advantage; Wearable device heart rate zones; And more!

Redefining Movement for Injury-Free Athletics

written by Dr. Ronald Hoffman | May 14, 2025



Can your movement protect you from injuries? Sports journalist Henry Abbott, author of "Ballistic," shares insights from elite training and how we can apply them in our everyday lives to extend our motion horizon.

Understanding and Combating Environmental Toxins

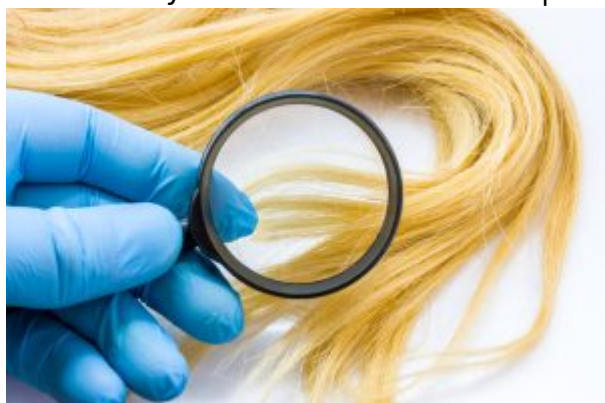
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Protecting your immune system from everyday toxins is more crucial than ever. Dr. Aly Cohen, author of “Detoxify,” does a deep-dive into the hidden dangers of environmental toxins and how they’re affecting our health. Learn practical steps to defend your immune system and improve your well-being.

Intelligent Medicine Radio for May 3: Hair Analysis

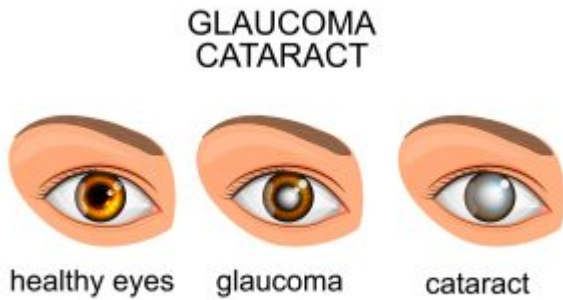
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Natural antiviral chewing gum blocks influenza A, herpes virus, may hold bird flu potential; Overlooked ingredient in ultra-processed foods may be why they’re so harmful; Weightlifting helps sleep more than any other exercise modality, slashes diabetes risk, too; Is hair analysis reliable for nutritional assessment? Health benefits of grass-fed butter; And more!

ENCORE: Q&A with Leyla: Glaucoma v. Cataracts

written by Dr. Ronald Hoffman | May 14, 2025



A handful of almonds before meals promotes weight loss, reduces belly fat, improves blood sugar, lipids, may reverse diabetes; A better alternative to bicarb for GERD; Is the Atkins Diet a healthy way to eat low carb? The differences between glaucoma vs. cataracts.

Healing from Within: The Science of Enzymes and Digestion

written by Dr. Ronald Hoffman | May 14, 2025



Enhancing Gut Health with Innovative Digestive Enzymes: In this episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman discusses the importance of digestive enzymes, particularly innovative formulations, with guest Steven Wright, a health engineer and co-founder of Healthy Gut. They delve into Wright's journey with digestive health, his development of the enzyme product HoloZyme, and its efficacy backed by clinical trials. Dr. Hoffman and Wright also explore the benefits of tributyrin butyrate supplements for gut health. They emphasize the role of enzymes in combating IBS, dietary intolerances, and enhancing overall digestion. The episode also features a special offer for HoloZyme on healthygut.com.

ENCORE: Food for Thought: Enhancing Mental Health through Nutrition

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Discover the power of food for mental health. Dr. Drew Ramsey, author of “Eat to Beat Depression & Anxiety,” details nutritional psychiatry, revealing how the right diet can combat depression and anxiety.