

From Baby Powder to Big Pharma: The Dark Legacy of Johnson & Johnson

written by Dr. Ronald Hoffman | April 9, 2025



Former pharma reporter for the New York Times and the Wall Street Journal, investigative reporter Gardiner Harris, discusses his new book “No More Tears: The Dark Secrets of Johnson and Johnson.” It details the unethical practices and numerous scandals that have plagued Johnson & Johnson over the decades, including the asbestos contamination in baby powder, the misuse of the antipsychotic drug Risperdal, the dangerous outcomes of vaginal mesh implants, and the controversial development and deployment of their COVID-19 vaccine. Harris provides a comprehensive overview of the corporate malfeasance within the pharmaceutical giant, shedding light on the regulatory failures and systemic corruption that have allowed these issues to persist.

Recharging Your Cells to Increase Energy and Reverse Aging

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Unlocking the Power of Mitochondria: Dr. Garth Nicolson, a leading expert in molecular pathology, explores the critical role of mitochondria in energy production and overall health. His groundbreaking research reveals how repairing and restoring cell membranes improves health by increasing energy, decreasing fatigue, and slowing the aging process. The discussion delves into Dr. Nicolson's findings, including his influential fluid mosaic model of cell membrane structure. The focus then shifts to the importance of maintaining mitochondrial membrane integrity to combat aging and various age-related clinical conditions. Dr. Nicolson explains the benefits of membrane lipid replacement therapy using NT Factor Lipids to restore mitochondrial function, address fatigue, support recovery from chemotherapy, aid in chronic illnesses like fibromyalgia and long COVID, and assist in conditions such as schizophrenia, autism, and EMF sensitivity. The episode highlights the broad therapeutic potential of NT Factor Lipids, emphasizing their role in enhancing energy levels, promoting healing, and improving overall cellular health.

Intelligent Medicine Radio for April 5: Full Fat Milk

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Intelligent Medicine Radio for April 5, Part 1: Full Fat Milk

Does a new low-cost home screening evaluation for cognitive impairment pass the smell test? It's never too late to build social networks that prevent dementia; Study yields surprise findings on marriage's impact on cognitive decline; Senate hearing calls for reinstatement of full-fat milk in school lunches—as science overturns assumption dairy's saturated fat promotes cardiovascular disease; Top cardiologist explains how novel supplement (Vitality) incorporates 7 key cardioprotective nutraceuticals.

Intelligent Medicine Radio for April 5, Part 2: Weekend Warriors

Hospital-acquired c. diff infections—how to treat? Comparing ordinary dieting to intermittent fasting—which yields more weight loss? Metals from joint replacements may leak into brain; Why do seniors experience declines in their red blood cell counts? Weekend warriors rejoice—the equivalent amount of exercise crammed into two days equals mortality benefits of daily workouts; How to replenish low iron levels; Young anabolic steroid abusers risk premature heart problems.

References & Resources

Metals from joint implants appear to be leaking into CSF

By John Gever, Medpagetoday.com March 28, 2025

Saturated fat in dairy and cardiovascular disease

The American Journal of Clinical Nutrition, Available online 13 March 2025

Social activities and cognitive functioning across mid-and late life: Evidence from China

The Gerontologist, Volume 65, Issue 4, April 2025, gnaf014

Surprising findings from new research about dementia and marriage

By Judy George, MedPage Today, March 25, 2025

The AROMHA brain health test is a remote olfactory assessment to screen for cognitive impairment

Sci Rep 15, 9290 (2025).

Association of accelerometer-derived physical activity pattern with the risks of all-cause, cardiovascular disease, and cancer death

Journal of the American Heart Association New online <https://doi.org/10.1161/JAHA.124.03922>

Hr effect of 4:3 intermittent fasting on weight loss at 12 months: A randomized clinical trial

Ann Intern Med. [Epub 1 April 2025]. doi:10.7326/ANNALS-24-01631

Circulation Steroid Users

Circulation Volume 151, Number 12

Q&A with Leyla: Sleep Apnea

written by Dr. Ronald Hoffman | April 9, 2025



Q&A with Leyla, Part 1: Sleep Apnea

- Will direct-to-consumer drug ads on TV continue?
- What do you think of Fatty-15?
- Are at-home sleep apnea tests reliable?

Q&A with Leyla, Part 2: Natural Solutions for Allergies

- What are your thoughts on the measles vaccine debate?
 - I find it troubling that so many vaccines, including COVID-19 and rotavirus, are administered in infancy
 - I suffer greatly with runny nose and phlegm from allergies. Any natural solutions?
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Turning Stress into Strength

written by Dr. Ronald Hoffman | April 9, 2025



Dr. Sharon Bergquist is an award-winning physician, innovative healthcare leader, and visionary researcher, renowned for spearheading a science-based approach to applying lifestyle as medicine. She is the author of “The Stress Paradox: Why You Need Stress to Live Longer, Healthier, and Happier.” She discusses the misunderstood role of stress, emphasizing its potential benefits when managed and utilized correctly. Dr. Bergquist explains how stress can enhance cellular function, boost resilience, and improve overall health. She delves into topics such as the physiology of stress, the science of hormesis, and the benefits of controlled stressors including plant toxins, thermal exposure, fasting, exercise, and psychological challenges. The discussion underscores the importance of balancing stress and recovery to promote cellular repair and long-term well-being.

Fostering Longevity in Pets: Holistic

Health Solutions

written by Dr. Ronald Hoffman | April 9, 2025



Holistic Veterinary Medicine: Integrative Approaches to Enhancing Pet Health with Dr. Gary Richter, an integrative veterinarian, best-selling author, and founder of Ultimate Pet Nutrition. He discusses the benefits and applications of holistic veterinary medicine, exploring how holistic treatments like acupuncture, chiropractic care, and herbal therapies can positively impact animal health without the placebo effect present in human treatments. Dr. Richter shares insights from his books, "Longevity for Dogs" and "Longevity for Cats," and from his transition from conventional to integrative veterinary practices. He highlights the challenges pets face in modern environments, including degenerative diseases and poor nutrition. The conversation covers optimal diets for pets, the impact of environmental toxins, the role of supplements, and cutting-edge advancements in veterinary care such as stem cell therapy and targeted longevity drugs. Learn valuable lessons applicable to both animal and human health.

Intelligent Medicine Radio for March 29: “Remnant Cholesterol”

written by Dr. Ronald Hoffman | April 9, 2025



Intelligent Medicine Radio for March 29, Part 1: “Remnant Cholesterol”

Do you know your “remnant cholesterol”? It could be better than LDL for predicting your risk of having a heart attack or stroke; Vagal nerve stimulation for seizures—could adding a keto diet help? Exoskeletons that help runners, hikers, and cyclists have hit the consumer marketplace for recreational athletes; RFK Jr’s HHS launches program to improve infant formulas; Insurers bilk taxpayers for billions by double-charging Medicaid.

Intelligent Medicine Radio for March 29, Part 2: Reviving a Lagging Thyroid

Big Pharma pays billions for direct-to-consumer TV drug ads—is it time to ban them? Focused ultrasound obliterates liver tumors with minimal side effects; Nurse tricks woman into believing she’s dying of cancer to cash in on her \$1.5 million life insurance policy; Arizona bans insurance denial by AI automated systems; Study overturns view that very low-carb diets are bad for kidney disease patients; Strategies for reviving a lagging thyroid.

References & Resources

Taxpayers spent billions covering the same Medicaid patients twice

By Christopher Weaver, Anna Wilde Mathews, and Tom McGinty, WSJ, March 26, 2025

HHS, FDA announce Operation Stork Speed to expand options for safe, reliable, and nutritious infant formula for American families

FDA News Release March 18, 2025

Study suggests 'remnant cholesterol' as standalone risk for heart attack and stroke

By Carlson Hatch, Johns Hopkins Medicine September 8, 2021

Hypershell X series next-gen exoskeleton

hypershell.tech

Higher skeletal muscle mitochondrial oxidative capacity is associated with preserved brain structure up to over a decade

Nat Commun 15, 10786 (2024).

Arizona advances bill to keep AI from rejecting medical claims

By Julia Shapero, Yahoo! News, February 21, 2025

Is the very low carbohydrate diet safe for individuals with chronic kidney disease

Journal of Metabolic Health Vol 8, No 1 a115

Nurse tricks woman into thinking she's terminal-then kills her over possible \$1.5M insurance policy: cops

By Chris Nesi, New York Post, March 23, 2025

Q&A with Leyla: Deep, Restful Sleep

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Q&A with Leyla, Part 1: Genetic Testing

- The 23 & Me bankruptcy
- The promise of genetic testing in the future
- What are your thoughts on methylene blue? Any benefits?

Q&A with Leyla, Part 2: Deep, Restful Sleep

- How can I treat polycythemia caused by erythropoietin receptor mutation?
- I have chronic anemia—not iron deficiency. What can I do for my foggy head?
- What do you recommend for vestibular migraine?
- Any natural treatments for deep, restful sleep?
- SLIT – Sublingual Immunotherapy treatment

Medical Errors and Patient Advocacy: Dr. Julie's Guide to Hospital Stays

written by Dr. Ronald Hoffman | April 9, 2025



Dr. Julie Siemers, a nurse educator and author of “Surviving Your Hospital Stay: A Nurse Educator’s Guide to Staying Safe and Living to Tell About It,” details the importance of patient safety in hospitals, the dangers of medical errors, and how patients and their families can advocate for better care. Dr. Siemers talks about the critical role of nurses, the hierarchy within the nursing profession, and the importance of effective communication between healthcare providers and patients. She also offers practical advice on dealing with high-risk medications, leveraging AI in healthcare, and ensuring better health outcomes by being informed and proactive.

Vitamin D: How Rickets Shaped Nutritional Science

written by Dr. Ronald Hoffman | April 9, 2025



The Long Shadow of Rickets: Vitamin D, Historical Insights, and Modern Implications. Dr. Chris Warren, a history professor at Brooklyn College delves into the origins and prevalence of rickets, a condition now largely unknown but once widespread. Dr. Warren explains the factors contributing to rickets, particularly Vitamin D deficiency, and shares insights from his book, "Starved for Light: The Long Shadow of Rickets and Vitamin D Deficiency." The discussion covers socioeconomic, industrial, and environmental aspects, along with the relevance of cod liver oil, sunlight exposure, and the evolution of Vitamin D synthesis. There are also reflections on modern implications of Vitamin D deficiency and racial differences in processing Vitamin D. The episode concludes with a look at how historical medical practices around rickets influenced today's medical norms and practices.