

# ENCORE: Natural Ways of Managing Menopause

written by Dr. Ronald Hoffman | January 15, 2025



Menopause can pose severe challenges to women: hot flashes, cognitive impairment, sleep problems, and sexual difficulties, often compounded by weight gain. ObGyn Dr. Anna Cabeca is schooled in mainstream medicine but has added a natural medicine repertoire to her practice. She recounts how she learned to overcome her own devastating symptoms of early menopause. She believes that diets need to be individualized for menopausal women. Find her quiz to determine your menopause type at [www.DrAnna.com/mpquiz](http://www.DrAnna.com/mpquiz). We discuss the role of supplements and bio-identical hormone replacement to augment tailored diets. Her book, "MenuPause: Five Unique Eating Plans to Break Through Your Weight Loss Plateau and Improve Mood, Sleep, and Hot Flashes," highlights the role variations on the keto diet and intermittent fasting can play in alleviating menopause symptoms and reversing mid-life weight gain.

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# Achieving Metabolic Health

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Guest Dr. Stephen Hussey, a chiropractor and functional medicine practitioner, discusses the importance and impact of a metabolic revolution. Dr. Hussey shares his personal journey of overcoming inflammatory conditions and managing type 1 diabetes through lifestyle changes, focusing on diet and functional medicine principles. The discussion highlights the flaws in conventional medical approaches to chronic diseases and the need for a holistic view of health. Emphasizing the benefits of a low-carb diet and the potential detrimental effects of excessive insulin, the episode explores the benefits of metabolic flexibility. The conversation also introduces the initiative [MetabolicRevolution.org](https://www.MetabolicRevolution.org), which aims to demand better health guidelines from government agencies, urging a focus on research-based recommendations and reducing industry influence. Dr. Hussey's insights underscore the potential for personal health transformations and advocate for systemic changes to improve public health.

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# Intelligent Medicine Radio for January 11

written by Dr. Ronald Hoffman | January 15, 2025



## Intelligent Medicine Radio for January 11, Part 1: Does toasting bread make it carcinogenic?

Announcing the return of Intelligent Medicine to WOR 710 AM in New York City—its original home where the show debuted in 1988! Which is better—being thin or being fit? Why you shouldn't succumb to pitches for "free" medical devices from Medicare; Does toasting bread make it carcinogenic? Belgium takes lead in protecting the "Anxious Generation" by banning cell phones in schools; The remarkable health benefits of urolithin A (Mitopure®).

## Intelligent Medicine Radio for January 11, Part 2: Why 70 is the New 60

"Active holistic therapy" for prostate cancer with diet and fish oil helps defer need for surgery, hormone blockade, radiation; Why 70 is the new 60; Long-term harmful effects of acid-blockers; Do memory supplements pass the blood-brain barrier? Fish oil, krill oil, olive oil for cardiovascular prevention; Paxlovid aggressively promoted but overprescribed for otherwise healthy patients.

## References and Resources

**The NCA guide to coffee & prop 65**

ncausa.org

**Does burnt toast cause cancer?**

Cancer Research UK

**Being in shape is better for longevity than being thin, new study shows**

By Gretchen Reynolds The Washington Post January 8, 2025

**Consumer alert: urinary catheter scams**

oig .hhs.gov

**Children start their day at the Bogaerts International School near Brussels by putting their smartphones in a locker**

By Peter Haeck, Politico September 2, 2024

**Why 70 is the new 60 for many baby boomers**

By Sarah Knapton, The Telegraph December 19, 2024

**Pfizer bumps up revenue outlook by \$1.5B in Paxlovid rebound amid criticism from activist investor Starboard**

By Zoey Becker, Fierce Pharma October 10, 2024

**Active Holistic Surveillance: The Nutritional Aspect of Delayed Intervention in Prostate Cancer**

J Nutr Metab. 2016 May 5;2016:2917065. doi: 10.1155/2016/2917065

**No, moderate drinking won't give you cancer**

By Allysia Finley, WSJ January 5, 2025

**Adverse effects associated with long-term use of proton pump inhibitors**

Cureus. 2021 Jan 18;13(1):e12759. doi: 10.7759/cureus.12759

**Paxlovid COVID treatment is most beneficial for unvaccinated people with risk factors. Others may not need it**

By Riis Williams edited by Lauren J Young, Scientific American April 12, 2024

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## Q&A with Leyla

written by Dr. Ronald Hoffman | January 15, 2025



## **Q&A with Leyla, Part 1: The Anxious Generation**

- Update on another supplement: Maca
- A book recommendation: “The Anxious Generation”
- A comment from a listener about Trump’s nomination for Surgeon General
- Hasn’t the vaccine/autism link been thoroughly debunked?
- How much Mitopure should I take to help increase muscle mass?

## **Q&A with Leyla, Part 2: Vitamins D3 and K2**

- My husband’s doctor is recommending a statin even though his lipid panel is great. What say you?
- Anti-vaccine doctor wins bid to resume medical practice in Australia.
- Do I need to take vitamin D3 and K2 together? Can I take them at different times of day?
- My liver function tests are normal but my SMA test remains high. What do I make of this?

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# The Art and Science of Going: A Conversation on Constipation

written by Dr. Ronald Hoffman | January 15, 2025



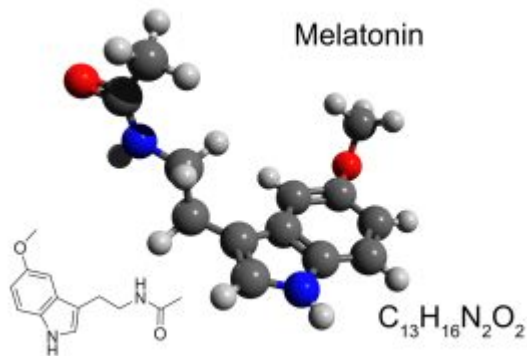
Understanding Constipation: Carmen Fong, MD, FACS, author of “CONSTIPATION NATION: What to Know When You Can’t Go,” discusses the pressing issue of constipation. The conversation delves into the definition and causes of constipation, the importance of diet, hydration, and regular bowel habits, and misconceptions around the condition. Dr. Fong shares insights on natural remedies, modern treatments, and factors contributing to early-onset colorectal cancer. The episode also covers hemorrhoid treatments and new medical advances in constipation management.

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## ENCORE: Melatonin—Not Just for

# Insomnia and Jet Lag

written by Dr. Ronald Hoffman | January 15, 2025



Headlines are sounding alarms over the widespread use of melatonin—especially as a sleep aid for young kids. Dr. Deanna Minich has authored a comprehensive review of melatonin, in which she likens it to vitamin D in its potential utility for a variety of ailments—not just for insomnia and jet lag, but also for metabolic syndrome and diabetes, cancer, cardiovascular disease, brain disorders, autoimmune conditions, eye problems, tinnitus, PCOS, endometriosis, infertility, viral infections, and even ADHD and autism. Additionally, melatonin may confer anti-aging benefits. She affirms its overall safety, but cautions that some formulations are sketchy and may contain contaminants or vastly exceed or undershoot their claimed melatonin content. She discusses how modern life, with its ever-present artificial light, shift work, and travel across time zones may disrupt our circadian rhythms and put us in a state of darkness deprivation, with consequent melatonin depletion. For many conditions less is more, and use in children should be limited to special cases. Dr. Minich also emphasizes that lifestyle factors like properly timed light and darkness exposure, blue blocker glasses and screen apps, exercise and diet are cornerstones to optimal melatonin production, with melatonin supplements constituting only part of a holistic approach.

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# Intelligent Medicine Radio for January 4

written by Dr. Ronald Hoffman | January 15, 2025



## Intelligent Medicine Radio for January 4, Part 1: Commemorating 38th Year of Intelligent Medicine

Commemorating 38th year of Intelligent Medicine; A pricey prostate drug advertised on football games may extend life for mere months without promise of cure; You dutifully threw out your “toxic” black plastic spatulas—was it faulty math? Air pollution robs marathoners of record times—and may be responsible for deaths of millions; Indian man, declared dead, taken to hospital after awakening on funeral pyre.

## Intelligent Medicine Radio for January 4, Part 2: Doctors Fleeing Medicare

Doctors fleeing Medicare—leaving patients stranded; CEO murder heightens scrutiny of United Healthcare’s Medicare Advantage coding shenanigans; Can blood pressure spikes cause strokes? Does a calcium score of 20 call for a statin Rx? Treatments for postural orthostatic tachycardia syndrome (POTS); New “improved” tea bags release millions of plastic microparticles; The surprising trigger of a bout of hives.

## References & Resources

**For optimal marathon performance, check training plan, gear, nutrition, weather—and air quality**

*Sports Med* (2024). <https://doi.org/10.1007/s40279-024-02160-8>

**Air pollution in India linked to millions of deaths**

Institute of Environmental Medicine at Karolinska Institute 12/12/24

**Indian man awakes on funeral pyre**

AFP November 23, 2024

**Strive for Plu Victory**

PLUVICTO® (lutetium Lu 177 vipivotide tetraxetan) | HCP

**Viral study about black plastic spatulas had a big math problem**

By Danielle Echeverria, San Francisco Chronicle December 17, 2024

**Doctors cut back on seeing Medicare patients as another pay cut loom**

By Joyce Frieden, Medpagetoday.com October 4, 2024

**UnitedHealth's army of doctors helped it collect billions more from Medicare**

By Christopher Weaver, Anna Wilde Mathews, Tom McGinty, Wall Street Journal Dec 29, 2024

**Commercial yea bags release millions of microplastics, entering human intestinal cells**

by Autonomous University of Barcelona, Medicalxpress.com December 20, 2024

**Kombucha SCOBY: What it is and how to make one**

[www.healthline.com](http://www.healthline.com)

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## Q&A Special Edition: Inside Our Cabinets—The Supplements we Rely On

written by Dr. Ronald Hoffman | January 15, 2025



In this special New Year's edition Q&A Dr. Ronald Hoffman and Nutritionist Leyla Muedin share their personal supplement regimens for 2025. They discuss the variety of supplements they take, including multivitamins, specific minerals, omega-3s, anti-inflammatories, probiotics, and immune-supportive nutrients. They also emphasize the importance of personalized nutrition and caution listeners against directly mirroring their supplement routines. The episode includes advice on seasonal adjustments to supplementation, the benefits of different nutrient combinations, and general tips for maintaining a balanced approach to supplement intake. Dr. Hoffman and Leyla also touch on their personal health goals and the rationale behind their choices, offering listeners insights into optimizing their own supplement strategies.

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## Q&A with Leyla Holiday Encore

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### **ENCORE: Q&A with Leyla, Part 1: Is the US diet deadly?**

- Is the US diet deadly?
- Why do I always have a fast pulse? It ranges between 85-110
- I took Candibactin BR and AR with great success. Where do I go from here—a maintenance dose?

## ENCORE: Q&A with Leyla, Part 2: Dry Mouth

- Should my stepson take a genetic test to evaluate his risk for pancreatic cancer?
- I had abdominal surgery last month. What can I do or take to minimize scarring?
- I have dry mouth. What treatments can I use to restore saliva?
- Could metoprolol be contributing to my restless legs syndrome?
- I've been diagnosed with a chemical imbalance and prescribed Zyprexa. What are your thoughts?

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## Q&A with Leyla Holiday Encore

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## ENCORE: Q&A with Leyla, Part 1: Cooking With Coconut Oil

- Highlights from Dr. Hoffman's trip to Lithuania
- Is there a brand of Boswellia you recommend?

- I would like to start cooking with coconut oil. What do you recommend?
- What is the guide to taking strontium for bone health safely?
- Should I get the Shingrix vaccines after 4 covid shots and the annual flu shot?
- I've always had my T3 and T4 checked for my thyroid but never T2. How does it work?

## **ENCORE: Q&A with Leyla, Part 2: Seasonal Affective Disorder**

- Do I have to replace minerals when using a reverse osmosis water purifier?
- Is anyone tracking whether vaccinated or unvaccinated people are getting long covid?
- What supplements should not be taken with low-dose aspirin?;
- Can you talk about chelation therapy and cardiovascular disease?
- I want to get the right lamp for Seasonal Affective Disorder. What do you recommend?