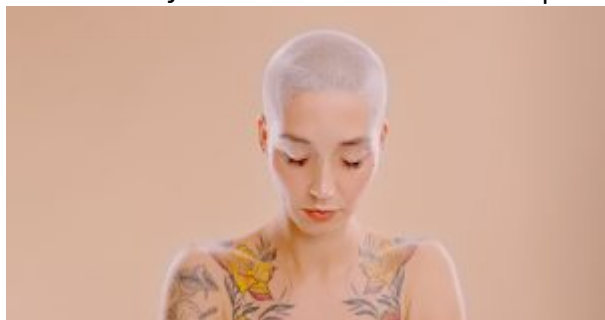


Intelligent Medicine Radio for March 22: Tattoos Linked to Skin Cancer

written by Dr. Ronald Hoffman | March 24, 2025



Intelligent Medicine Radio for March 22, Part 1: Bladder Cancer

The party may be over for telehealth purveyors of cheap copycat weight loss drugs; GLP-1 medications said to offer anti-aging benefits, but a concerning trend points to hair loss in women; Returning astronauts suffer effects of zero gravity, sterile environment; Why supplements can be a logical choice for bladder cancer; Amid new measles concerns, do adults need a booster?

Intelligent Medicine Radio for March 22, Part 2: Tattoos Linked to Skin Cancer

U.S. drops to lowest-ever standings in "World Happiness Report"; Bergamot notches double-digit cholesterol improvements in new study; Benefits of collagen peptides; Addressing post-chemotherapy fatigue; Solutions for knee pain; Tattoos linked to skin cancer, lymphoma risk; High-dose vitamin D slows progression of MS; Advances in AI lead to smart prosthetics, brain control of robot arms for paralytics.

References & Resources

The International Space Station is overly sterile; making it 'dirtier' could improve astronaut health

Cell, 2025; DOI: 10.1016/j.cell.2025.01.039

Do adults need a measles booster?

By Jocelyn Solis-Moreira, MedPage Today March 17, 2025

Hair loss: Another Wegovy side effect?

By Kristren Monaco, MedPage Today, March 17, 2025

Ozempic's new frontier: the war on aging

By Alex Janin, WSJ, March 10, 2025

Sale of Ozempic knockoffs is supposed to end soon. Telehealth companies aren't happy

By Liz Essley Whyte, WSJ, March 10, 2025

Bergamot extract may offer a natural approach to managing cholesterol

By Louisa Richards, Nutra Ingredients, March 4, 2025

Paralyzed man moves robotic arm with his thoughts

By David Nield, Cell March 21, 2025

Robotics and spinal stimulation restore movement in paralysis

By Nicolas Hankov, NeuroRestore, March 12, 2025

2025 World Happiness Report shows US in lowest-ever spot on list

CBS News

Tattoo ink exposure is associated with lymphoma and skin cancers—a Danish study of twins

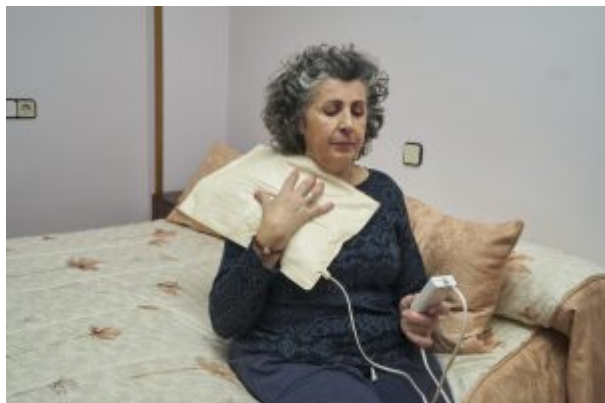
BMC Public Health. 2025 Jan 15;25(1):170. doi: 10.1186/s12889-025-21413-3

High-dose vitamin D in clinically isolated syndrome typical of multiple sclerosis

JAMA. Published online March 10, 2025. doi:10.1001/jama.2025.1604

Q&A with Leyla: Heating Pad for Pain

written by Dr. Ronald Hoffman | March 24, 2025



Q&A with Leyla, Part 1: At Home Prostate Tests

- An example of another bad 'scientific' study
- What do you think of the new at-home prostate test?
- My calcium score has increased over the years. Am I taking enough Vitamin K? Too much?

Q&A with Leyla, Part 2: Heating Pad for Pain

- A case study in high cholesterol
 - How can I lower my Apolipoprotein B? My husband's A1c went up after taking a statin for 5 months. Help!
 - Can you recommend a good foot cream?
 - Using a heating pad for pain – a listener's success story
 - How long of a break should I take from my supplement regimen?
-

Cognitive Wellness: Strategies to Preserve and Enhance Brain Function

written by Dr. Ronald Hoffman | March 24, 2025



Understanding and Preserving Cognitive Health with Dr. Barbara Haskin: In this episode of the Intelligent Medicine podcast, host Dr. Ronald Hoffman discusses cognitive health with neuropsychologist Dr. Barbara Haskin, author of “How My Brain Works: A Guide to Understanding It Better and To Keeping It Healthy.” They explore the impact of aging and other factors on cognitive function, citing personal anecdotes and recent research. The conversation centers on the importance of mental well-being, diet, exercise, and sleep in maintaining brain health. Dr. Haskin highlights her professional experiences, including the evaluation and treatment of various cognitive issues through detailed testing and personalized care strategies. The episode concludes with a discussion on practical lifestyle measures to prevent and address cognitive decline.

The Essential Guide to Detoxification

written by Dr. Ronald Hoffman | March 24, 2025

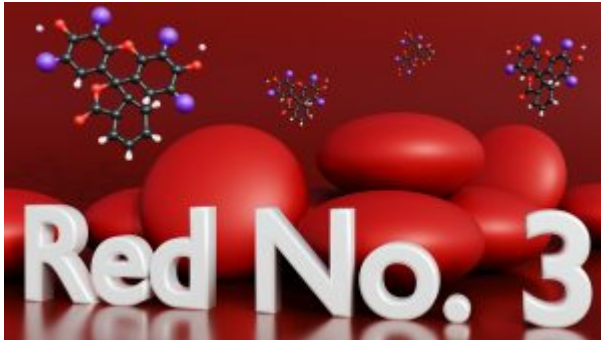


Decoding Detox: The Science and Application of Detoxification with Neil Levin, Senior Nutrition Education Manager at NOW Foods and Protocol for Life Balance. They delve into the importance of detox in addressing environmental toxins through reducing exposure and enhancing resilience. Key detoxification pathways, including liver phases, antioxidants, glutathione, and methylation, are thoroughly examined. Neil Levin also touches upon issues in the supplement industry, stressing the importance of using reliable sources. Additionally, he shares insights into his advocacy work and emerging trends in supplement research. This episode provides crucial information on how certain supplements can support the body's natural detox processes.

Intelligent Medicine Radio for March

15: Food Dyes

written by Dr. Ronald Hoffman | March 24, 2025



Intelligent Medicine Radio for March 15, Part 1: The Stress-Cancer Link

Exploring the stress-cancer link—real, or unduly stigmatizing for people with cancer? Is coffee the most chemically-treated food? Is there a link between fluoride and pineal gland dysfunction? TV ads for oral supplement for dry eyes tout a dubious formula (and what could work better); Could meat make America healthy again?

Intelligent Medicine Radio for March 15, Part 2: Food Dyes

States rush to ban food dyes ahead of federal action; NIH cuts funds for studies of vaccine hesitancy; RFK Jr. ridiculed for urging vitamin A for measles; Brain tumors in firefighters show signature of chemical exposure; Unpacking the causes of numbness, tingling and pain in lower extremities; Class-action lawsuit targets Depo-Provera as contributor to meningioma brain tumors; Uncovering the mystery of Trump's 20+ pound weight loss; Microplastics implicated in spiraling antibiotic resistance.

References & Resources

US News and the Guardian report: Depo-pro era associated with an increased risk of tumors

By Anapol Weiss, ANAPOLWEISS Oct 28, 2024

Meat will make America healthy again

By Nina Teicholz, WSJ March 11, 2025

Illness as metaphor and AIDS and its metaphors

susansontag.com

Chronic stress and obesity work together to accelerate pancreatic cancer development and growth, study finds

Molecular Cancer Research, 2025; 23 (3): 236

DOI: 10.1158/1541-7786.MCR-24-0785

Trump reveals the simple fast food trick he used to lose 30 pounds

By Emily Goodin, Senior White Correspondent, dailymail.co.uk March 12, 2025

The antidote to political panic

By James Freeman, WSJ March 11, 2025

NIH cuts funding for studies on vaccine hesitancy and acceptance

Clinicaladvisor.com March 12, 2025

RFK Jr. says Trump 'lost 30 pounds' even with all the 'crap that he eats'

By Alex Gangitano, thehill.com March 12, 2025

At least a dozen US states rush to ban common food dyes, citing health risks

By Carey Gilliam, theguardian.com March 11, 2025

Microplastics could be fueling antibiotic resistance

Appl Environ Microbiol 0:e02282-24.

Genetic mutations linked to toxin exposure found in firefighters' brain tumor

Cancer, 2025 DOI: 10.1002/cncr.35732

Q&A with Leyla: Seed Oils

written by Dr. Ronald Hoffman | March 24, 2025



Q&A with Leyla, Part 1: Protocol for Coming Off Weight Loss Medications

- When to get follow-up labs after starting your diet Rx
- Xlear is exonerated!
- I've been taking tirzepatide and am within range of my desired weight. What is the protocol for coming off this medication?

Q&A with Leyla, Part 2: Seed Oils

- How can I better avoid seed oils in my diet, especially when it comes to choosing non-dairy milks?
- Study: Plant-based oils better for health than butter
- Where can I find a holistic urologist?
- Is iodized salt still necessary in our daily diets?
- What do you think about the idea of formulating probiotics based on one's personal genome?

Overcoming the Odds: A Win in the Fight for Health Freedom

written by Dr. Ronald Hoffman | March 24, 2025



In this special episode of the Intelligent Medicine podcast, Dr. Ronald Hoffman interviews Nathan Jones, CEO and founder of Xlear, Inc., about the extraordinary legal battle Xlear faced against the Federal Trade Commission (FTC) for making scientific claims about their xylitol-based products. Despite submitting numerous studies to substantiate their claims, the FTC pursued the case, which began in 2020 during the COVID-19 pandemic. Jones shares the journey and significant personal and financial costs involved, ultimately leading to the FTC dropping the case. The episode explores the broader implications for the natural products industry and highlights the importance of continued advocacy for scientific truth and free speech.

Biohacking Your Genes: Navigating the Genetic Path to Wellness

written by Dr. Ronald Hoffman | March 24, 2025



In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman interviews Dr. Sharad Paul, a New Zealand physician, on his book, “Biohacking Your Genes: 25 Laws for a Smarter, Healthier, and Longer Life.” They discuss how genes serve as a blueprint but not a destiny, stressing the role of lifestyle and habits in managing genetic risks. Dr. Paul expands on the impact of diet, supplements, and exercise tailored to genetic makeup, citing his holistic approach versus extreme gene-editing biohacking. The conversation touches on vitamin D’s role in health, the misconception about sun exposure, and the relationship between genetics and skin health. Nutrigenomics is explored, illustrating how genetic testing can influence dietary and lifestyle choices, while also covering genetic predispositions related to mood, sodium, and sugar sensitivity. The podcast concludes with actionable tips for optimizing skin health through diet and protective measures.

Intelligent Medicine for March 8: Radiation Hazards

written by Dr. Ronald Hoffman | March 24, 2025



Intelligent Medicine for March 8, Part 1: Radiation Hazards

Radiation hazards from X-rays, CT scans; Can an antioxidant supplement offer protection from radiation hazards; MRIs deemed safe, but studies suggest too many may cause chromosomal damage; The right way to take strontium for bone health; Do “brain supplements” cross the blood-brain barrier? Can someone in their 70s regenerate their thymus? New research underscores energy, anti-aging benefits of NT Factor® Lipids; Novel device allows users to taste remotely.

Intelligent Medicine Radio for March 8, Part 2: Hope for Parkinson's

More good news about Omega-3s for heart health; Addressing early-stage dementia; When Lyme Disease doesn't respond to antibiotics; Ultra-processed food hijacks brain within days; Exosomes and adaptive deep-brain stimulation offer hope for Parkinson's; Psychologists conclude relentless “pursuit of happiness” may exhaust our brains' control centers; A common over-the-counter drug taken in pregnancy may hike offsprings' risk of ADHD.

Q&A with Leyla: Clearing Candida

written by Dr. Ronald Hoffman | March 24, 2025



Q&A with Leyla, Part 1: Clearing Candida

- Check out the new website!
- I struggle with clearing candida and mold. What can I do?
- Should I have a cholesterol test? My cardiologist's PA is pushing me for it
- Is it true that intermittent fasting may be harmful?

Q&A with Leyla, Part 2: CT Scan Radiation

- Please help me to get off Nexium!
- Are DMSO and methylene blue safe and effective?
- I'm concerned about radiation from an upcoming CT scan
- Does Dr. Ohhira's Probiotics produce or benefit Akkermansia?

