

# Challenging Government Regulations: A Discussion with Nate Jones on Health Freedom and Effective Natural Remedies

written by Dr. Ronald Hoffman | March 4, 2025



Nate Jones, CEO and founder of Xlear, Inc., shares insights into natural ways to prevent respiratory and dental infections using Xlear Nasal Spray and Spry Dental products. He discusses his advocacy for health freedom and efforts to change health product regulations in Washington, DC. The conversation dives into Nate's legal battle with the FTC over claims about his products, the efficacy of natural remedies like xylitol, and the broader implications of government overreach in health. They also discuss RFK Jr.'s nomination as HHS Secretary and potential changes that may come under his leadership. The episode concludes with a discussion on the benefits of nasal hygiene and the potential positive outlook for future policies supporting natural health products.

## Part 1

## Part 2

---

# Q&A with Leyla: Chronic Fatigue

written by Dr. Ronald Hoffman | March 4, 2025



## Part 1: Chronic Fatigue

- Dr. Hoffman's scuba diving adventure!
- Chronic fatigue in America
- Do I have osteoporosis?

## Part 2: Pneumonia Vaccine

- How do you evaluate which osteoporosis medicine is best for whom?
- The Clean Label Project finds 79% of pea protein powders contain some amount of lead
- Should I take the once-in-a-lifetime pneumonia vaccine?
- Is there a difference between MitoQ and ubiquinol?
- What to do about a complicated case of histamine intolerance

---

# New Fitness Factors: The Microbiome Connection

written by Dr. Ronald Hoffman | March 4, 2025



Transformation expert Kat James provides a deep-dive into the intricacies of the microbiome and its extensive impact on various aspects of health. Kat James, bestselling author of 'The Truth About Beauty,' shares her personal journey of overcoming eating disorders and metabolic imbalances through gut health. The discussion covers the roles of probiotics, prebiotics, and postbiotics in fostering a healthy microbiome, along with the unexpected connections between gut health and muscle mass, bone strength, mental health, and even skin health. They also touch upon practical tips for maintaining a balanced microbiome, especially during travel, and emphasize the innovative use of Dr. Ohhira's Probiotics. With emerging studies and expert insights, this episode sheds light on how optimizing gut health can lead to transformative well-being.

---

# ENCORE: Regenerative Agriculture and Advanced Supplement Development

written by Dr. Ronald Hoffman | March 4, 2025



Regenerative agriculture—what is it? How does it differ from organic? Anand Swaroop Ph.D. is founder and president of Cepharm, a science-based nutritional ingredient supplier, and an expert on regenerative agriculture. He describes how his family’s background in traditional farming in India prompted his interest in promoting regenerative agriculture in the face of increasing reliance on industrial farm technology, which relies on monoculture, and extensive use of chemical fertilizers, herbicides, pesticides, and GMO crops. Can regenerative agriculture meet the challenge of feeding the world’s surging population? Can it help alleviate climate change? Is the food healthier and tastier? Dr. Swaroop also details how science is facilitating development of ever more promising nutraceuticals, and why the current supplement marketplace is experiencing supply chain problems. He details rigorous controls Cepharm has instituted to ensure ingredient quality and safety.

---

# ENCORE: Intelligent Medicine Radio for February 22

written by Dr. Ronald Hoffman | March 4, 2025



## Part 1: Hiccups

High LDL cholesterol doesn't always translate to arterial plaque; Intractable hiccups—what to do? Do changes of season affect moral judgment? Aging spurts—they're a thing! The surprising reason dozens were sickened by pizza in Wisconsin; Calming effects of lavender are real.

## Part 2: Laughter Therapy

New warning over side effects of weight loss drugs; "Keto" LMNT electrolyte drink found to contain undisclosed amounts of unwanted additive maltodextrin; Vitamin D linked to improved Hodgkin's lymphoma survival; Do we really need collagen supplements when the body already makes it? How laughter therapy alleviates dry eye syndrome; Difference in blood pressure readings between arms—could it signal danger? Majority of seniors treated in federal health centers show cognitive impairment; Statins vs. natural therapy for cardiovascular prevention.

## References and Resources

**Effect of lavender essence inhalation on the level of anxiety and blood cortisol in candidates for open-heart surgery**

Iran J Nurs Midwifery Res. 2016 Jul-Aug;21(4):397-401. doi: 10.4103/1735-9066.185582.

**Aging may happen dramatically in our 40's and 60's**

By Saimas Iqbal, Scientific American August 27, 2024

**Values may shift with the time of year**

By Anvita Patwardhan, Scientific American September 20, 2024

**Pizza inadvertently infused with THC sickens dozens in Wisconsin**

Associated Press October 25, 2024

**What are intractable hiccups?**

By Minesh Khatri, MD, WebMD May 28, 2023

**Association of coronary plaque with low-density lipoprotein cholesterol levels and rates of cardiovascular disease events among symptomatic adults**

*JAMA Netw Open.* 2022;5(2):e2148139. doi:10.1001/jamanetworkopen.2021.48139

**Prevalence of unrecognized cognitive impairment in federally qualified health centers**

*JAMA Netw Open.* 2024;7(10):e2440411. doi:10.1001/jamanetworkopen.2024.40411

**Difference in blood pressure between arms linked to greater death risk**

**Hypertension Volume 77, Number 2 <https://doi.org/10.1161/HYPERTENSIONAHA.120.15997>**

**Risk of nonarteritic anterior ischemic optic neuropathy in patients prescribed semaglutide**

*JAMA Ophthalmol.* 2024;142(8):732-739. doi:10.1001/jamaophthalmol.2024.2296

**Skeletal muscle health amid growing use of weight loss medications**

*The Lancet Diabetes & Endocrinology*, 2024; 12 (11): 785

DOI: 10.1016/S2213-8587(24)00272-9

**Pretreatment vitamin D deficiency in patients receiving first-line treatment for Hodgkin Lymphoma**

Journal of Clinical

Oncology Volume 37, Number 36 <https://doi.org/10.1200/JCO.19.0098>

**Effect of laughter exercise versus 0.1% sodium hyaluronic acid on ocular surface discomfort in dry eye disease: non-inferiority randomized controlled trial**

*BMJ* 2024;386:e080474

**LMNT caught up in salty maltodextrin controversy**

By Brian Spin, The Barbell Spin **October 22, 2024**

**Short-term consumption of sucralose with, but not without, carbohydrate**

impairs neural and metabolic sensitivity to sugar in humans

Cell Metab. 2020 Mar 3;31(3):493-502.e7. doi: 10.1016/j.cmet.2020.01.014.

---

## **ENCORE: Q&A With Leyla: Chat GPT**

written by Dr. Ronald Hoffman | March 4, 2025



### **ENCORE: Q&A with Leyla, Part 1: Chat GPT**

- Chat GPT's response to "what are the benefits of an omnivorous lifestyle?"
- Bone health protocols on Dr. Hoffman's website
- I left my cardiologist's office without a prescription for high blood pressure. Should I be concerned?
- How should I take my testosterone injection? I'm concerned about hitting a nerve or vein.

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

- My doctor told me I have the beginning of AMD. How much zinc should I take?
- What do you think is the root cause of psychopathic disorder?
- Any supplement suggestions for a complex tear of the meniscus of my knee? Surgery is not recommended.
- What specific supplements should I take as a shift worker to support my health?
- Can I take a probiotic and berberine at the same time?

---

# ENCORE: Empowering Communities: The Pursuit of Nutrition Equality

written by Dr. Ronald Hoffman | March 4, 2025



More and more, the country is devolving into health inequity—between the haves and have-nots. There’s also a widening gap in nutrition, with obesity and attendant medical conditions disproportionately afflicting marginalized communities. Today’s guest, Tandra Rae Stevenson, is addressing these disparities. She’s a healthy food advocate and policy influencer, and a self-professed nutrition warrior. Among her initiatives is WANDA—Women and Girls Advancing Nutrition Dietetics and Agriculture, an organization building a movement of women and girls of African descent to become food “sheroes” in their communities through education, advocacy, and innovation. We discuss barriers to optimal nutrition, food “deserts”, and special needs of underserved populations. There’s a paucity of trained nutrition educators of color, and Stevenson is spear-heading initiatives to incentivize development of a cadre of community-based advocates for healthy diets. We discuss the importance of involving kids early, through programs like school and community gardens. Stevenson shares her personal journey exploring her African roots, discovering the benefits of centuries-old traditions of ancestral foods; she’s leveraging these insights to promote culturally-appropriate healthier food choices. Initiatives like WANDA can make a huge difference in reversing the tide of preventable disease.

---

# Exploring Integrative Mental Health Solutions

written by Dr. Ronald Hoffman | March 4, 2025



Navigating Modern Mental Health: Integrative Psychiatry with Dr. Drew Ramsey, a leading board-certified integrative psychiatrist. The conversation addresses the pressing mental health crisis affecting all age groups, from rising Alzheimer's cases among seniors to increasing anxiety and depression in youth. Dr. Ramsey introduces his book, "Healing the Modern Brain: Nine Tenets to Build Mental Fitness and Revitalize Your Mind," which emphasizes lifestyle changes over medication. They explore the significance of nutritional psychiatry, the effects of modern lifestyle challenges, and the essential tenets for mental fitness. Dr. Ramsey shares his clinical experiences, insights on the benefits of diverse diets, and stresses the importance of movement, purpose, and connection for mental health. The discussion also touches on the challenges and potential of the current health environment, advocating for a balanced and evidence-based approach to mental well-being.

---

# Intelligent Medicine Radio for February 15

written by Dr. Ronald Hoffman | March 4, 2025



## Part 1: Mercury Content in Tuna

A Super Bowl commercial for weight loss drugs causes an uproar; Adding a familiar amino acid to tuna reduces mercury content; Rethinking epidural shots for back pain; CV Sciences debuts innovative new CBD gummies, drinks.

## Part 2: Vitamin D and Thyroid

Taxpayers dollars went to doxxing opponents of pesticides, GMOs; Strontium for fracture healing? Vitamin D helps thyroid; Study highlights harmful effects of ultra-processed foods on cognition; Brain function needn't decline with age, may improve

## References and Resources

**Mercury content in tuna can be reduced with new packaging solution**  
*Global Challenges*, 2024; 8 (11) DOI: 10.1002/gch2.202400161

**Millions will see this Super Bowl ad. Health experts (and two senators) aren't pleased.**

By Dani Blum, NY Times Feb 7, 2025

**'We cannot stay silent': Novo Nordisk flags dangers of compounded GLP-1's following Hims&Hers Super Bowl ad**

By Andrea Park, fiercepharma.com February 12, 2025

**Epidural steroid shots for back pain have limited efficacy, review shows**

By Judy George, Medpagetoday.com February 12, 2025

**US taxpayers funded a covert campaign to downplay the risks of pesticides and discredit environmentalists in Africa, Europe, and North America**

Lighthouse Reports September 27, 2024

**Differential association of Ultra-processed food categories with risk of developing cognitive impairment in middle-aged and older adults in a longitudinal panel study**

Am J Clin Nutr. 2025 Feb 12:S0002-9165(25)00076-0. doi: 10.1016/j.ajcnut.2025.02.008. Epub ahead of print. PMID: 39952327

**Thyroid function improved with vitamin D supplementation program**

Grassroots Health Nutrient Research Institute July 21, 2021

**Improving with age**

By Lydia Denworth, Scientific American September 1, 2024

**Climate change is changing astronomy**

By Seven Rasmussen, Scientific American September 1, 2024

---

## Q&A with Leyla: Supplements for Broken Wrist

written by Dr. Ronald Hoffman | March 4, 2025



## **Q&A with Leyla, Part 1: Organ Meat Supplements?**

- Study finds the thyroid gland needs higher vitamin D levels to function optimally
- What are your thoughts on encapsulated organ meat supplements? Are they bioavailable?
- How much water should you drink per day? Do other beverages count towards the total?
- I recently had a cardiac cath procedure resulting in no stent! Phew!

## **Q&A with Leyla, Part 2: Early Stage Glaucoma**

- What can I take for my recent early-stage glaucoma diagnosis?
- What supplements would be beneficial for immune deficiency?
- I'm 78 years old taking supplements and herbs for many years. Am I wasting my money?
- I recently fell and broke my wrist. Should I be supplementing with calcium?