

# Q&A with Leyla: Is oatmeal healthy?

written by Dr. Ronald Hoffman | April 23, 2026



Is oatmeal healthy? Advice for higher-than-normal carotid artery intima-media thickness and no appreciable plaque; The hepatitis B vaccine; Protocol for 9-11 first responders for addressing toxic burden and immune support; GLP-1 weight loss drugs—help vs harm; And more!

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# From Indoor to Outdoor: Reviving Health Through Natural Exposure

written by Dr. Ronald Hoffman | April 23, 2026



The “Indoor Epidemic.” Internist, chef, and regenerative farmer Dr. John La Puma reveals powerful insights on sunlight, nature, and their surprising impact on health. Find out how a simple walk outside could transform your wellness. Don’t miss it!

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# Exploring the Cognitive Health Benefits of Aged Garlic Extract

written by Dr. Ronald Hoffman | April 23, 2026



Discover the potential of Kyolic Aged Garlic Extract in enhancing cognition. Holistic practitioner Jane Jansen reveals a new study on aged garlic extract's benefits for cognitive function. It's all about unlocking brain health naturally. Check it out!

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## Intelligent Medicine Radio for April 18: Can your fast-fashion clothing give you cancer?

written by Dr. Ronald Hoffman | April 23, 2026



HIIT to optimize disease-prevention; Natural ways to lower your LDL; Choline's impact on the menopausal brain; How targeted supplementation can boost your nitric oxide for better health, an interview with Dr. Nathan Bryan, creator of N101. When GLP-1 drugs supercharge eating disorders; Vitamin C's brain-protective role; Can your fast-fashion clothing give you cancer? And more!

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# Q&A with Leyla: Are diets containing meat dangerous?

written by Dr. Ronald Hoffman | April 23, 2026



Are diets containing meat dangerous? The best assisted living models; Are butyrate supplements beneficial? Is iron overload a risk factor for heart attack? Nattokinase for blood pressure? Is there a danger of clot relocation when taking systemic enzymes? And more!

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# Environmental Toxins and Autoimmune Wellness with Dr. Aly Cohen

written by Dr. Ronald Hoffman | April 23, 2026



Explore groundbreaking ways to manage autoimmune conditions using integrative strategies. Integrative rheumatologist Dr. Aly Cohen reveals how the right supplement regimen and a mindful lifestyle can transform your health. Plus, discover how everyday toxins impact your health and ways to defend against them.

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# Healing Modern Medicine: Restoring Trust and Health Freedom

written by Dr. Ronald Hoffman | April 23, 2026

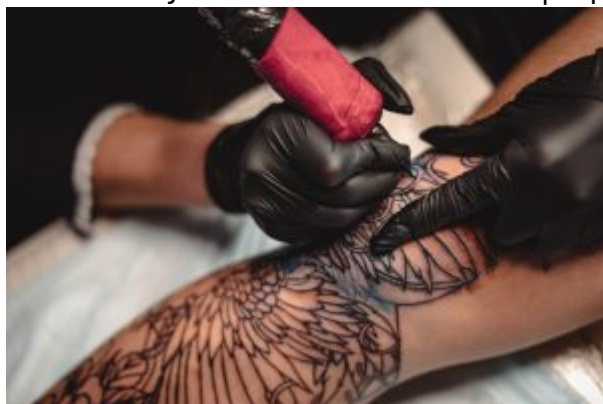


Healthcare confidence is declining. Dr. Aaron Kheriaty, author of “Making the Cut,” discusses how we can heal modern medicine. Explore the challenges of healthcare reform, medical ethics, and the push for a new paradigm in medical practice. Check it out!

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# Intelligent Medicine Radio for April 11: Tattoos Carry Long-Term Health Risks

written by Dr. Ronald Hoffman | April 23, 2026



Renewed interest in muscle as promoter of overall health and metabolism; The key role of urolithin A (Mitopure®) for supporting muscle function. Is DHEA a reasonable supplement for post-menopausal women? CEO of large hospital system makes controversial call to replace radiologists with AI; Scientists discover link to toxic microbiome byproducts in causation of ALS; When

depression-sufferers lose all interest in food; Eating plenty of fresh fruits and vegetables incurs risk of bio-accumulation of pesticide residues; Tattoos carry long-term health risks; And more!

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## **Q&A with Leyla: Are there any drawbacks to eating canned fish?**

written by Dr. Ronald Hoffman | April 23, 2026

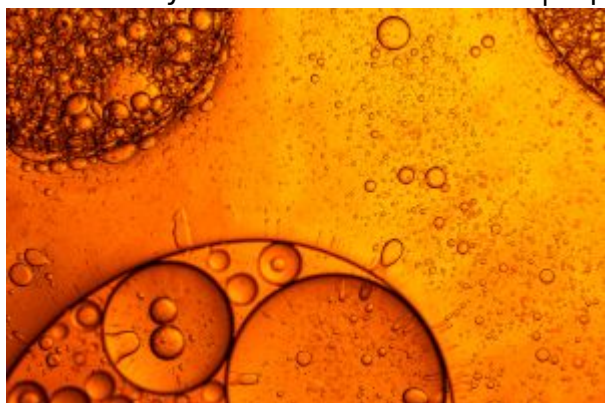


The benefits of sauna; The Take Back Your Health Tour; Milk thistle interactions with drugs; Low-dose saw palmetto for hair growth? Is monk fruit a safe sweetener to use? Would strontium help in the healing of lumbar fractures? How about as a preventive? Are there any drawbacks to eating canned fish? And more!

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## **Next-Generation Fish Oil and More with Dr. Jeffrey Bland**

written by Dr. Ronald Hoffman | April 23, 2026



Excited to share my latest podcast episode with the legendary Dr. Jeffrey Bland, the godfather of Functional Medicine. We dive deep into the origins of functional medicine and its crucial role in healthcare today. And Dr. Bland details the benefits of Big Bold Health's next-generation fish oil, Omega-3 Rejuvenate. Check it out!