

The Science of Sleep: Improving Rest and Rejuvenation

written by Dr. Ronald Hoffman | March 10, 2026



Struggling to get a good night's rest? Noted integrative physician Dr. Jacob Teitelbaum has expert tips on achieving quality sleep, tackling insomnia, and understanding sleep disorders. Dive into the science of sleep. Don't miss it!

Intelligent Medicine Radio for March 7: "Culinary Medicine"

written by Dr. Ronald Hoffman | March 10, 2026



Dentists continue to write prescriptions for potentially deadly antibiotic; A man, in love with his Chatbot, commits suicide to join her in the virtual world; Olive oil is calorie dense—but its consumption results in weight loss; Doctors-in-training embrace "culinary medicine"; As Administration relaxes their regulation, PFAS compounds shown to accelerate biological aging; Biopsies reveal microplastics in 90% of prostate cancers; And more!

Q&A with Leyla: Quinoa—NOT a Grain

written by Dr. Ronald Hoffman | March 10, 2026



Quinoa is not a grain—it's a pseudograin; When did poisoning our food fall under 'defense'? How does MAHA reconcile this? Avoiding glaucoma; Can long-term effects of chemo cause insomnia and nausea? "I avoid red meat. Would I still get the same benefits from seafood and turkey?" And more!

Express Yourself: The Psychological Impact of Authentic Communication

written by Dr. Ronald Hoffman | March 10, 2026



'Words can never hurt me'—is it true? Dr. Chloe Carmichael, author of "Can I Say That?," breaks down how open dialogue influences anxiety, depression, and personal growth. Dive into the intersection of psychology and free speech, and explore the power of language in shaping our psyche. Don't miss it!

Nutritional Empowerment for Cognitive Health

written by Dr. Ronald Hoffman | March 10, 2026



Looking to optimize your brain health? Don't miss my engaging discussion with Neil Levin from Protocol For Life Balance. Learn about the role of nutrients, groundbreaking research, and actionable tips for cognitive wellbeing.

Intelligent Medicine Radio for February 28: Are some people more genetically-adapted to the cold?

written by Dr. Ronald Hoffman | March 10, 2026



The MAHA backlash over RFK Jr.'s about-face on glyphosate; New study confirms effectiveness of personalized lifestyle interventions for reversing dementia; Some GLP-1 users are developing scurvy; Sugar restriction during the first 1000 days of life may slash heart risk decades later; Are some people more genetically-adapted to the cold? Should strength assessments be added to routine physicals to forecast risk of dying? For gut health, take your microbiome for a run! And more!

Q&A with Leyla: Supplements to Help Combat the Side Effects of Cancer

written by Dr. Ronald Hoffman | March 10, 2026



What supplements can help combat the side effects of cancer therapy? Will my son's use of Zepbound affect his fertility? Does low carb refer to complex carbs or simple and processed carbs? Multivitamin recommendation for a male aged 50 plus? Supplements for elevated triglycerides; And more!

A Deep Dive into Autism Solutions

written by Dr. Ronald Hoffman | March 10, 2026



Have you ever wondered about the environmental factors of autism or the role nutrition plays? Dr. Theresa Lyons from AWEtism.net details innovative therapies and functional medicine insights. Discover how we can rethink autism treatment. Don't miss it!

Health Freedom and Innovation: Nate Jones on Xylitol and Empowering Natural Medicine

written by Dr. Ronald Hoffman | March 10, 2026



Nathan Jones of Xlear discusses health advocacy, the unique power of xylitol, and challenging the bureaucratic status quo! Untold stories of natural health innovation. Check it out!

Intelligent Medicine Radio for February 21: Saunas Can Help Stave Off Dementia

written by Dr. Ronald Hoffman | March 10, 2026



Vitamin D testing is vital for tailoring doses to optimize health—but regulators are conducting a campaign to deny coverage; Can magnesium be taken simultaneously with blood pressure meds? Saunas can help stave off dementia; Reflections on the Peter Attia/Epstein scandal; How to lower lp(a)—does diet help? What are bio-active peptides? Could they stave off kidney disease? Scientists just tested the fittest 81-year-old in the world—here's what they

found; And more!