

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

written by Dr. Ronald Hoffman | January 2, 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.

Q&A with Leyla Holiday Encore

written by Dr. Ronald Hoffman | January 2, 2025



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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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?

ENCORE: Intelligent Medicine Radio for December 28

written by Dr. Ronald Hoffman | January 2, 2025



ENCORE: Intelligent Medicine Radio for December 28, Part 1: “Dead Butt Syndrome”

“Dead butt syndrome”—you probably already have it; Over half of Americans with uncontrolled hypertension are unaware of their condition; Is a smartwatch app for continuous blood pressure monitoring ready for primetime? What are frequent causes of errors in blood pressure measurement? How long can you continue to take Prolia? What’s the likelihood of a colon adenoma turning cancerous? Metformin scores cognitive and anti-aging benefits in monkeys—human trials underway.

ENCORE: Intelligent Medicine Radio for December 28, Part 2: Diagnosing Stomach Pain

Is “Morgellon’s Disease” a figment of the imagination? Are reports of frequent liver problems with popular herbs unfairly alarmist? Diagnosing stomach pain; Harmful micro-organisms can travel hundreds of miles high in the atmosphere; Toxic condoms; Sales of herbal supplements soar—we breakdown

the most popular; The three tests for cardiovascular risk that you absolutely need.

References and Resources

Debunking gardening myths: Hold the Coffee

News Science Volume 258, Issue 3443, 17 June 2023, Page 44

Sitting all day can cause Dead Butt Syndrome

By Jen Murphy, New York Times September 4, 2024

Denosumab in the treatment of Osteoporosis: 10 years later: a narrative review

Adv Ther. 2022 Jan;39(1):58-74. doi: 10.1007/s12325-021-01936-y. Epub 2021 Nov 11

Over half of adults with uncontrolled hypertension unaware of their condition

JAMA Netw Open. 2024;7(9):e2431997. doi:10.1001/jamanetworkopen.2024.31997

The brain aged more slowly in monkeys given a cheap diabetes drug

Cell, Online now September 12, 2024

What is the TAME Trial

GeroScience. 2018 Dec; 40(5-6): 419–436. Published online 2018 Aug 27. doi: 10.1007/s11357-018-0042-y

Screening for colon cancer

PLoS Computational Biology, Published: February 5, 2020

A new method of continuous blood pressure monitoring using multichannel sensing signals on the wrist

Microsyst Nanoeng 9, 117 (2023). <https://doi.org/10.1038/s41378-023-00590-4>

Herbalgram

American Botanical Council, August 9, 2024

Microorganisms can travel long distances in the troposphere

Proceedings of the National Academy of Sciences, 2024; 121 (38)
DOI: 10.1073/pnas.2404191121

US herbal supplements sales rebounded by 4.4% in 2023

By Stephen Daniells, Nutraingredients-usa.com September 16, 2024

Quercetin alleviates the progression of chronic rhinosinusitis without nasal polyps by inhibiting nasal mucosal inflammation and epithelial apoptosis
Molecular Biotechnology. 2024 Sep 6. doi: 10.1007/s12033-024-01269-5. Online ahead of print.

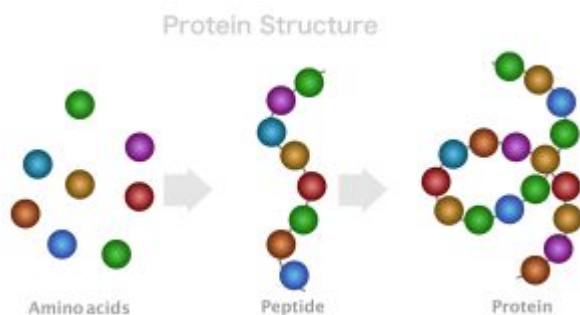
6 popular herbal supplements linked to potential liver risks
JAMA Netw Open. 2024;7(8):e2425822. doi:10.1001/jamanetworkopen.2024.25822

Trojan condoms contain 'forever chemicals' lawsuit claims
By Jonathan Stempel, Reuters September 10, 2024

Delusional parasitosis
By Mayo Clinic Staff, Mayo Clinic April 9, 2024

Peptide Potential: Enhancing Health and Longevity

written by Dr. Ronald Hoffman | January 2, 2025



Jim LaValle, an internationally recognized clinical pharmacist, author, and lecturer, details the emerging field of peptide therapeutics. He discusses the basics of peptides, their roles in various bodily functions, and their therapeutic potentials, including weight loss, immune support, and injury recovery. Jim also shares insights on individualized dosage for GLP-1 drugs, regulatory challenges, the future of peptides in medicine, and exercise tips for seniors. Additionally, Dr. Hoffman explores Jim's role in spearheading the MIOIRA Longevity Program at Lifetime Gyms, aiming to make gyms not just places for workouts but comprehensive wellness centers focused on longevity and health optimization.

Intelligent Medicine Radio for December 21

written by Dr. Ronald Hoffman | January 2, 2025



Intelligent Medicine Radio for December 21, Part 1: 2024—A Year in Review

2024—a year in review (America’s worsening health picture); Obesity and cancer incidence rise in U.S. while healthspan declines; First-of-its-kind lawsuit takes aim at ultra-processed food makers; Nutritional support for childhood developmental disorders; Dr. Mark Hyman, integrative pioneer, gets the New York Times treatment; Can a blood pressure medication cause canker sores? Curbing Omega-6s, boosting Omega-3s, improves prostate cancer outcomes.

Intelligent Medicine Radio for December 21, Part 2: Wine is Good for Heart After All

New study says wine is good for heart after all—but should we drink more? How alcohol increases aggression by raising pain thresholds; Removing plastic chemicals can boost IQ, avert deaths, and save the world’s economy billions; Uterine thickening may be a prelude to endometrial cancer—can it be reversed? NIH study of green tea suggests it can; A new diagnosis of Sjögren’s syndrome has a caller spooked; Is the Internet making us dumber? Vitamin D in pregnancy gives kids stronger bones, but strikes out for diabetes prevention in healthy seniors; Dietary—but not supplemental—vitamin C curbs metabolic syndrome.

References and Resources

Research in 4 continents links outdoor air pollution to differences in children's brains

Developmental Cognitive Neuroscience, Volume 69, October 2024, 101436

Obesity increases risk of mental disorders throughout life

Complexity Science Hub Vienna 05/30/23

How RFK Jr's long time friend Mark Hyman built a wellness empire

By Brendan Borrell, New York Times 12/18/24

A low omega-6, omega-3 rich diet and fish oil may slow prostate cancer growth

Journal of Clinical Oncology, 2024; DOI: 10.1200/JCO.24.00608

Dietary sources of vitamin C May lower risk for metabolic syndrome

Metabolic Syndrome and Related Disorders, Published Online: 28 October 2024

Cardiovascular protection tracks with wine intake, now provable with urinary marker

By Nicole Lou, PREDIMED trial. Medpage today December 18, 2024

Science update: green tea compound may inhibit processes promoting uterine fibroid growth, NIH-funded study suggests

Scientific Reports. 2023. <https://doi.org/10.1038/s41598-023-35212-6>

Taking high-dose vitamin D supplements for five years did not affect the incidence of Type 2 diabetes

By JyrkinVirtanen, Townsend Letter December 13, 2024

Prenatal vitamin D supplementation increased bone density in children

The American Journal of Clinical Nutrition, 120(5), 1134–1142. doi:10.1016/j.ajcnut.2024.09.014.

Is the internet impairing your medical memory

By Nikhil Bhaskar, MSc, and Edward Feller, MD, Medpage Today November 19, 2024

The benefits of removing toxic chemicals from plastics

PNAS 121 (52) e2412714121

'I don't feel your pain': How alcohol increases aggression Study finds link to increase in pain threshold

Journal of Studies on Alcohol and Drugs, 2024; DOI: 10.15288/jsad.24-00144

Aphthous ulcer-a rare effect of losartan

Indian Journal of Pharmacy Practice, 2023; 16(2):163-165

Q&A with Leyla

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Q&A with Leyla, Part 1: Lifespan vs. Healthspan

- WHO Study on lifespan vs. healthspan in 183 countries
- Is there a danger in taking a supplement that enhances immunity if you have an autoimmune condition?
- I've had DCIS twice and feel I've received far too many mammograms. Can you discuss overtreatment?

Q&A with Leyla, Part 2: Overactive Bladder

- What does standardization in a supplement mean?
- Does the decaffeination process reduce beneficial polyphenols in coffees and teas?
- I've lowered my blood sugar but now my liver function tests are high. What gives?
- Is there a holistic treatment for hyperparathyroidism or is surgery the only option?
- What do you think of Gemtesa for overactive bladder?

Mastering Hydration: Avoiding Risks and Maximizing Health Benefits

written by Dr. Ronald Hoffman | January 2, 2025



In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman discusses the importance of hydration with Dr. Dana Cohen Integrative Medical Doctor and co-author of “Fuel Up: Harness the Power of Your Blender and ‘Cheat’ Your Way to Good Health.” They explore the often-overlooked role hydration plays in maintaining health and preventing chronic diseases. Dr. Cohen emphasizes practical strategies to improve hydration through diet and lifestyle changes. They highlight the risks of both dehydration and overhydration, discuss the impact of processed foods, and offer realistic solutions to help listeners incorporate better hydration practices into their lives. Too often doctors are dismissive of pop culture exhortations to pay attention to hydration. Except for those with specific medical conditions, the conventional mantra remains “In ordinary healthy individuals, thirst is a good guide to how much fluid you should consume.” In medicine, we routinely query patients about their diets, their exercise, their sleep, their stress levels, drug, alcohol and tobacco use, their social interactions, their spirituality, even their sexuality. But so seldom do we ask “How’s your hydration?” A recent review found that *“Hypohydration is known to reduce mental and physical performance, and more recent evidence suggests hypohydration also impairs vascular function and cardiovascular regulation.”* But adequate fluid intake is not merely a matter of optimization; a recent

medical study sampling 1200 adults aged 51-70 suggests that it may literally be a matter of life and death: “. . . underhydration was significantly associated with increased prevalence of obesity, high waist circumference, insulin resistance, diabetes, low HDL, hypertension, and metabolic syndrome. Over 3–6 years of follow-up, 33 chronic disease deaths occurred in the sample, representing an estimated 1,084,144 deaths in the U.S. Alongside chronic health conditions, underhydration was a risk factor for an estimated 863,305 deaths. Independent of the chronic health conditions evaluated, underhydration was a risk factor for 128,107 deaths.” How prevalent is underhydration in a sample of American adults? According to the study: “Nationally representative data from the National Health and Nutrition Examination Survey (NHANES) indicate that over 65% of adults aged 51–70 years in the U.S. do not meet hydration criteria.” The episode also touches upon broader health issues, contrasting dietary extremes, and the importance of accessible, enjoyable healthy eating habits.

Empowering Immune Health: Insights from Dr. Michael Karlfeldt

written by Dr. Ronald Hoffman | January 2, 2025



Dr. Michael Karlfeldt offers a deep dive into integrative oncology and the

importance of immune support, especially during the winter season. He delves deep into the immune-protective benefits of fermented wheat germ extract and AHCC, which combine in ImmPower PLUS to offer comprehensive immune enhancement, cancer prevention, and treatment support. The discussion highlights the role of natural killer cell activity, the Warburg effect, and the adaptogenic properties of these supplements in addressing both cancer and general immune health. Practical dosing recommendations and Dr. Karlfeldt's insights into the integration of conventional and alternative therapies provide valuable knowledge on how to bolster immune systems effectively. Use coupon code HOFFMAN10 at checkout to get a 10% discount and free shipping.

Intelligent Medicine Radio for December 14

written by Dr. Ronald Hoffman | January 2, 2025



Intelligent Medicine Radio for December 14, Part 1:

Parasites

Borrowing from tobacco industry litigation, law firm launches major suit against ultra-processed food conglomerates; Big Food employs same tactics as cigarette makers once did to delegitimize, intimidate critics; Are parasites the hidden culprit in cancer? Beers contain detectable levels of pesticides—as new evidence links glyphosate to neurodegenerative diseases; For some breast cancers, weight loss drugs may interfere with chemo efficacy; How to lower C-reactive protein? Ultra-processed foods contribute to psoriasis severity.

Intelligent Medicine Radio for December 14, Part 2: Best Diet for Prostate Cancer

When hemoglobin A1c is inconsistent with fingerstick glucoses; A landmark study demonstrates improved muscle strength with urolithin A; Healthy diet can tamp down chronic pain; A mysterious new toxic compound detected in chlorinated water supplies; Long-term antibiotic use hikes risk for rheumatoid arthritis; Omega-3 scores vs. heart failure; Vegetarians consume more processed foods than those who consume meat; Best diet for prostate cancer.

References & Resources

Exclusive warning as experts discover weight loss jabs like Ozempic render breast cancer chemo ineffective

By Emily Stearn, DailyMail.com December 12, 2024

Ultra-processed foods implicated in psoriasis activity

JAMA Dermatology. doi:10.1001/jamadermatol.2024.4832

Study reveals lasting effects of common herbicide on brain health

Journal of Neuroinflammation, 2024; 21 (1) DOI: 10.1186/s12974-024-03290-6

Beer weed killer score

robertlufkinmd.com

New study reveals intimidation tactics against researchers by tobacco, ultra-processed food and alcohol sectors

Health Promotion International, Volume 39, Issue 6, December 2024, daae153

Morgan&Morgan files lawsuit over allegedly harmful, addictive ultra-processed food

Morgan & Morgan America's Largest Injury Law Firm

Some ultra-processed foods are as addictive as cigarettes and cocaine

By Mikaela Conley, usrtk.org Feb 28, 2024

Vegetarians consume more ultra-processed foods than those who regularly eat meat

By Bob Yirka, Medical Xpress November 27, 2024

Study shows omega-3 protects against heart failure

Mayo Clinic Proceedings Volume 99, Issue 12p1857-1859December 2024

A healthy diet helps the weight battle with chronic pain

University of South Australia, December 9, 2024

Long-term antibiotic use may elevate risk for rheumatoid arthritis

by Mary Stroka Rheumatology Advisor December 4, 2024

Scientists identify previously unknown compound in drinking water

Science, 2024; 386 (6724): 882 DOI: 10.1126/science.adk6749

Urolithin A's benefits for muscle strength and endurance get RCT boost

Journal of the International Society of Sports Nutrition, 21(1).

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