Intelligent Medicine Radio for February 15

written by Dr. Ronald Hoffman | February 17, 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 | February 17, 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?

Pain-Free Living: Insights from Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | February 17, 2025



Natural Approaches to Pain Management with Dr. Jacob Teitelbaum, a renowned expert in treating chronic pain, fibromyalgia, and post-viral chronic fatigue syndrome (CFS). Dr. Teitelbaum discusses his latest book, ‘You Can Heal from Long COVID,’ and highlights insights from his well-known ‘Fatigue to Fantastic’ series. The conversation delves into the limitations and dangers of traditional opioid treatments for pain and proposes natural alternatives. They explore various types of pain, including muscle pain, inflammatory pain, neuropathy, migraine, and CRPS, emphasizing natural remedies like PEA, curcumin, Boswellia, and nutritional support through the SHINE protocol. The episode also touches upon current healthcare challenges and the potential for systemic change. Learn more at www.Vitality101.com and www.EndFatigue.com.

What You Need to Know for a Healthy Heart

written by Dr. Ronald Hoffman | February 17, 2025



Comprehensive Cardiovascular Health and Prevention with Jim LaValle: In this episode of the Intelligent Medicine Podcast, Jim LaValle, a clinical pharmacist and heart health expert discusses various aspects of cardiovascular health in honor of Heart Health Month. The discussion covers risk factors for heart disease, including metabolic health markers and lifestyle influences. They examine the pros and cons of statins, their impact on brain health, and the role of natural supplements like Kyolic Aged Garlic Extract in cardiovascular prevention. Specific criteria for an ideal cardiovascular risk assessment are provided, and practical advice on exercise and maintaining a balanced diet is shared.

Q&A with Leyla

written by Dr. Ronald Hoffman | February 17, 2025



Q&A with Leyla, Part 1: Stem Cells

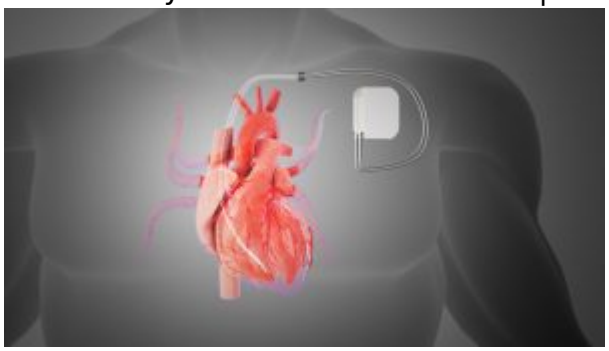
- Recent Intelligent Medicine Podcasts to check out: “Doctored” – a look at questionable Alzheimer’s research and the side effects of new pricey drugs; The benefits of vinegar; Bio-identical hormone replacement for menopause
- Can you recommend any supplements for a 99-year-old with dementia?
- Am I a candidate for stem cells? I have a history of breast cancer

Q&A with Leyla, Part 2: Hair Loss

- After a long run, my knees hurt upon standing up from my chair. Is this arthritis?
- My new gynecologist says I don’t need progesterone while taking estriol. What say you?
- I lost 100 pounds after gastric bypass but now I have incapacitating blood sugar spikes after meals.
- I have a positive ANA but all other tests are negative. Should I be concerned?
- Should I be concerned about the side effects of minoxidil compounded with dutasteride for hair loss?

Intelligent Medicine Radio for February 1

written by Dr. Ronald Hoffman | February 17, 2025



Part 1: Potent Immune System Support

The exorbitant cost of new drugs touted for psoriasis in direct-to-consumer ads highlights everything wrong with our medical system; When gastric bypass surgery sends blood sugar out of control; A campaign to ban ultra-processed foods from school meals may help alleviate nutritional threats to kids—but healthy eating begins at home; With winter viruses making the rounds, a remarkable supplement offers potent immune system support.

Part 2: Bright Light Therapy

What are the downsides of pacemakers? Rethinking low-protein diets for chronic kidney disease; Bright light therapy and creatine alleviate depression; Withdrawal from World Health Organization assailed—but the U.S. can’t afford to abdicate to its flawed dietary recommendations; Does a positive ANA blood test necessarily mean you’re destined to develop an autoimmune disease? Unprecedented levels of sedative drug abuse among young people calls attention to “Anxious Generation.”

References and Resources

Ban Ultra-processed food from school meals
Metabolic Revolution-there is a petition

What drug was worth more than a half a billion dollars to advertise directly to consumers?
By Edward H LIvingston MD FACS, Sensible Medicine: Substack January 25, 2025

Living with your pacemaker
heart.org

Researchers track sharp increase in diagnoses for sedative, hypnotic and anxiety use disorder in young adults
Addiction, 2025; DOI: 10.1111/add.16749

Efficacy and safety profile of oral creatine monohydrate in add-on to cognitive behavioral therapy in depression: An 8-week pilot, double-blind, randomized, placebo-controlled feasibility and exploratory trial in an under-resourced area
Eur Neuropsychopharmacol. 2025 Jan;90:28-35. doi: 10.1016/j.euroneuro.2024.10.004. Epub 2024 Nov 1. PMID: 39488067

Bright light therapy for non-seasonal depressive disorders
JAMA Psychiatry. 2025;82(1):38–46. doi:10.1001/jamapsychiatry.2024.2871

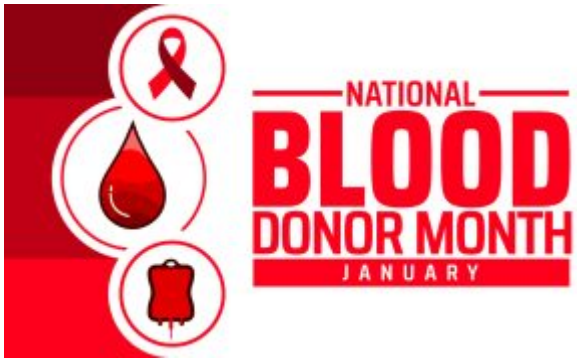
Devices that may interfere with ICDs and pacemakers
heart.org

A healthy lifestyle-WHO recommendations
World Health Organization (WHO) May 6, 2010

Rethinking protein intake & kidney health
Video: Chronic Kidney Disease and Therapeutic Carbohydrate Restriction
Kidney360. 2022 Jun 22;3(9):1611–1615. doi: 10.34067/KID.0001002022

Q&A with Leyla

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Q&A with Leyla, Part 1: Agave v. Stevia

- Upcoming congressional hearings for RFK, Jr to head HHS
- I sleep four hours a night and feel fine, but is there a sleep supplement you recommend?
- Is agave a better sugar substitute than stevia? Any cautions about using agave?

Q&A with Leyla, Part 2: Giving Blood

- Do you take all of your supplements when you go on vacation?
- I give blood at least once a year and now my ferritin level is 28. What should it be?
- Long-term use of statins can cause insulin resistance and associated elevations in fasting insulin
- Can anybody recover from primary progressive aphasia?

Unlocking the Health Secrets of Vinegar with Dr. Carol Johnston

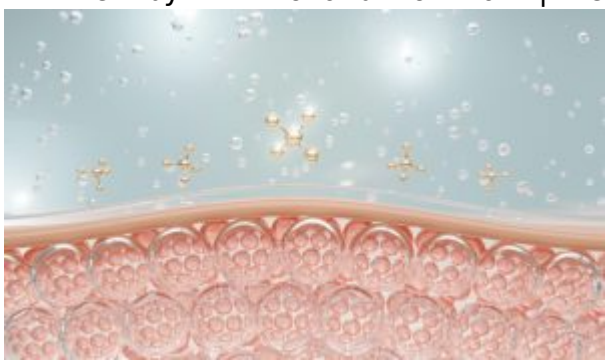
written by Dr. Ronald Hoffman | February 17, 2025



In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman interviews Dr. Carol Johnston, a professor of nutrition and associate dean at Arizona State University, dubbed ‘The Vinegar Lady’ for her extensive research on vinegar’s health benefits. Dr. Johnston discusses the scientific basis for using apple cider vinegar to manage blood sugar levels, particularly in pre-diabetics, and its potential impacts on other conditions like depression. She explains how vinegar (acetic acid) affects metabolism and digestion. Additionally, Dr. Johnston highlights her research on high protein, low-fat diets, ketogenic diets, and the importance of maintaining a balanced intake of vitamins, especially B6 and C, due to common deficiencies in the American diet. The conversation includes practical dietary tips and addresses concerns like how to incorporate vinegar safely into daily consumption.

ENCORE: Integrative Dermatology

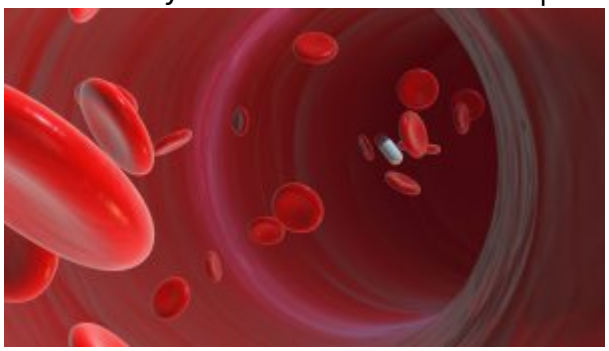
written by Dr. Ronald Hoffman | February 17, 2025



Integrative dermatology with Dr. Diana Hurwitz, co-author of “Strategies to Treat Psoriasis and Psoriatic Arthritis.” We hear about how her personal journey toward embracing diet and supplements for her patients with skin problems was motivated by the discovery—after many missed diagnoses—that she was suffering from celiac disease. She finds that many skin conditions are ameliorated by elimination of culprit foods, and the overall adoption of an anti-inflammatory diet. Dr. Hurwitz discusses treatment for acne, in light of the fact that while dermatologists are 1% of medical specialists, they dispense 20% of the antibiotics prescribed overall. She updates us on the latest “biologic” medicines for eczema and psoriasis, but claims they work better when complemented with lifestyle changes. Dr. Hurwitz discusses the role of vitamin D, Omega 3s, and probiotics for many skin conditions, as well as niacinamide which reduces recurrence of skin cancer; she also addresses sunscreens and scar treatments.

Intelligent Medicine Radio for January 25

written by Dr. Ronald Hoffman | February 17, 2025



Intelligent Medicine Radio for January 25, Part 1: The Best Hedge Against Alzheimer’s

US dementia cases set to double by 2060; Study claims red meat a culprit in cognitive decline—but a close read reveals it’s a lot of baloney; Aerobic exercise is best hedge against Alzheimer’s; Prevagen ordered to drop memory claims; When a blood pressure cuff is too tight, can it throw off readings? An 80-year-old who takes DHEA wants to add pregnenolone; Oregon hospital patient awarded $900,000 after face catches fire during surgery; LA residents may suffer health consequences of pollutants long after wildfires quenched.

Intelligent Medicine Radio for January 25, Part 2: High Fructose Corn Syrup Fuels Tumor Growth

Intermittent fasting with early (9:00-5:00) eating window works best for weight loss, blood sugar control; Beleaguered California Governor Newsom at least gets it right with initiative to curb ultra-processed food, dyes, sugar; Can supplements still be used after their expiration dates? Long-term use of acid-blockers hikes heart risks in women; Quality of patient care threatened by private equity takeovers of hospitals; A tiny camera that you swallow reveals problems lurking deep within the small intestine; High fructose corn syrup fuels tumor growth; RFK Jr. faces congressional grilling next week.

References and Resources

OSHU patient’s face catches fire after surgical staff swabbed his skin with alcohol, $900,000 lawsuit says.
By Aimee Green, The Oregonian

The neurosteroid pregnenolone promotes degradation of key proteins in the innate immune signaling to suppress inflammation
J Biol Chem. 2019 Mar 22;294(12):4596-4607. doi: 10.1074/jbc.RA118.005543. Epub 2019 Jan 15

Wildfire smoke inside homes can create health risks that linger for months
By Colleen E Reid PhD, Clinical Advisor January 10, 2025

United States dementia cases estimated to double by 2060
Nature Medicine, 2025; DOI: 10.1038/s41591-024-03340-9

Aerobic exercise: A powerful ally in fight against Alzheimer’s
Brain Research, 2025; 1850: 149419 DOI: 10.1016/j.brainres.2024.149419

Long-term intake of red meat in relation to dementia risk and cognitive function in US adults
Neurology. 2025 Feb 11;104(3):e210286. doi: 10.1212/WNL.0000000000210286. Epub 2025 Jan 15

Meat consumption, cognitive function and disorders: A systematic review with narrative synthesis and meta-analysis
Nutrients. 2020 May 24;12(5):1528

What’s getting in the way of RFK Jr’s confirmation hearing
By Aneeta Mathur-Ashton, U.S. News January 21, 2025

High-fructose corn syrup fuels tumor growth in animals with cancer, a new study shows
By Pamela Ferdinand, usrtk.org December 11, 2024

Research reveals how fructose in diet enhances tumor growth-The Source-Washington University in St. Louis
Nature **636**, 737–744 (2024)

Dietary fructose enhances tour growth indirectly via inter organ lipid transfer
Nature **636**, 737–744 (2024)

Quality of patient care suffers after private equity acquisition of hospitals
By Sarah A Steimel PhD, Clinical Advisor

INTERMITTENT FASTING is effective for weight loss and improves cardiovascular health in people with obesity problems
Nature Medicine, 2025; DOI: 10.1038/s41591-024-03375-y

Inflammation may explain stomach problems in psoriasis sufferers
Biochimica et Biophysica Acta (BBA) – Molecular Basis of Disease, 2025; 1871 (3): 167634 DOI: 10.1016/j.bbadis.2024.167634

Proton pump inhibitor use and incident cardiovascular disease in older post menopausal women
J Am Geriatr Soc. 2024 Dec 31. doi: 10.1111/jgs.19326

Gov Gavin Newsom orders probe of food dyes, targets junk food for stricter rules in California
By Lia Russell, The Sacromento Bee January 3, 2025