Empowering Immune Health: Insights from Dr. Michael Karlfeldt

written by Dr. Ronald Hoffman | December 17, 2024



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 | December 17, 2024



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).
https://doi.org/10.1080/15502783.2024.2419388

Q&A with Leyla

written by Dr. Ronald Hoffman | December 17, 2024



Q&A with Leyla, Part 1: Copper Supplements

- WSJ: Trump nominees ‘hawking’ supplements?
- Correction on Surgeon General Nominee Dr. Janette Nesheiwat’s husband
- I have chronic fatigue. Do you think I would benefit from taking a copper supplement?
- Can I take garlic pills to help my eosinophilic esophagitis?

Q&A with Leyla, Part 2: Post Nasal Drip

- I’ve been taking Nexium for the last 20 years. Is this contributing to lower bone mineral density?
- Should my 83-year-old wife take more calcium for her osteopenia?
- What is your knowledge of Prolia? What are the side effects?
- I have mitral annular disjunction (MAD). Can you advise me?
- What can I take for my post nasal drip?
- Are there other blood thinners I can take where I don’t need to check my INR?

A New Era in Wellness: Non-CBD Innovations with Lex Pelger

written by Dr. Ronald Hoffman | December 17, 2024



Lex Pelger, a biochemist and educator in cannabinoid science, details unique non-CBD supplements from CV Sciences that have similar beneficial effects on the endocannabinoid system as CBD. The discussion includes the benefits of CBD and cannabinoids, the new +PlusHLTH line (including Peace Gummies, Clarity Gummies, and Reshape Capsules), and their ingredients like berberine, cinnamon, and OEA for metabolic health. They also touch on regulatory challenges and the potential future of cannabis, CBD, and psychedelic research under varying political climates.

Understanding the Power and Perils of Modern Refrigeration

written by Dr. Ronald Hoffman | December 17, 2024



The Impact of Refrigeration on Food, Health, and the Planet: Nicola Twilley, author of “Frostbite: How Refrigeration Changed Our Food, Our Planet, and Ourselves,” details the historical development of refrigeration, its profound impact on food preservation, diets, and urbanization. The conversation also covers the technological and environmental challenges posed by refrigeration, alternative food preservation methods, and the consequences for small farmers and the global food system. Nicola also shares insights into the health implications of refrigeration and the innovative solutions being explored to reduce its environmental footprint.

Intelligent Medicine Radio for

December 7

written by Dr. Ronald Hoffman | December 17, 2024



Intelligent Medicine Radio for December 7, Part 1: The Tiredest Generation

A healthcare company COO is gunned down—and there could be millions of suspects with a grievance; A simple maneuver can alleviate vertigo; Olive polyphenol found to aid mitochondrial respiration; Gen Z is tiredest generation; Did sickle trait contribute to the death of subway of Jordan Neely? Is screening for sickle trait in athletes a form of discrimination? Daily chores can help women avert cardiovascular events.

Intelligent Medicine Radio for December 7, Part 2: Cholesterol Lowering Guidelines

How appropriate are cholesterol-lowering guidelines? Are Americans really ready for bans on colorful synthetic food dyes? New powerful drugs promise to slash LDL cholesterol—but are they overused? How to stay fit when arthritis limits exercise; The genetics of acute myeloid leukemia; Cattle feed Bovaer promises to curb methane emissions—but critics claim it’s toxic; Carrageenan may prompt insulin resistance, systemic inflammation; Should you really toss that black plastic spatula?

References and Resources

Mitochondrial calcium uptake declines during aging and is directly activated by oleuropein to boost energy metabolism and skeletal muscle performance
Cell Metabolism Available online 26 November 2024

Gen Z are tired
By Lucy Notarantonio, Newsweek November 26, 2024

Super Bowl champ Ryan Clark offers own perspective on Damar Hamlin: 'At 24, I didn't even know I could die'
By Ryab Gaydos, Fox News Jan 3, 2023

Blood doctors call foul on NCAA's screening for sickle cell
By Scott Hensley, NPR January 12, 2012

NCAA's sickle cell screening hints at discrimination
By Yun Xie, aaas.org November 2, 2010

Daily chores may provide cardiovascular protection in women who don't exercise
By Nicole Lou, Medpage Today December 3, 2024

United Healthcare's disturbing track record of rejecting claims as CEO Brian Thompson is shot dead in New York
By Laura Parnaby, Daily Mail.com December 4, 2024

Expert reaction to social media posts about cattle feed additive Bovaer
Science Media Centre December 3, 2024

Evidence is growing that microbes in your mouth contribute to cancer
By Linda Geddes, New Science November 18, 2024

New cholesterol guidelines could drastically reduce statin use for millions
JAMA Intern Med. 2024;184(8):963–970. doi:10.1001/jamainternmed.2024.1302

Carrageenan and insulin resistance in humans: a randomized double-blind cross-over trial
BMC Med **22**, 558 (2024). https://doi.org/10.1186/s12916-024-03771-8

Yes, you really should toss that black plastic spatula
By Samantha Reddy, WSJ November 27, 2024

Silly Rabbit! Original Trix with artificial colors is back after customers revolt
By Annie Gasparro, WSJ September 21, 2017

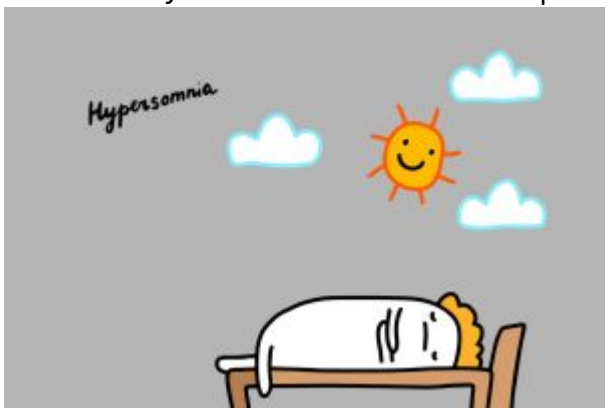
What is the best-selling cereal in the United States?
https://www.kulicksfrenchtoastrecipes.com/the-19-most-popular-cereals-based-o

n-boxes-sold/
Kulicks French Toast Recipes | Learn How To Make The BEST French Toast

We battled Big Food. Can RFK, Jr succeed where we failed?
By Thomas Farley and Tom Friedan, WSJ Novermber 29, 2024

Q&A with Leyla

written by Dr. Ronald Hoffman | December 17, 2024



Q&A with Leyla, Part 1: Imprecision Nutrition?

- Imprecision Nutrition? Intraindividual variability of glucose responses
- A comment on RFK Jr’s proposed plans
- My lower vitamin D level requires a higher dose of insulin. What gives?

Q&A with Leyla, Part 2: Light Therapy Patches

- I have bronchiectasis. Should I take the pneumonia and RSV vaccinations?
- A friend has hypersomnia and low sodium causing confusion and whole-body tiredness. Your thoughts?
- My husband has been getting a lot of bruising lately since starting Xarelto. Should he reduce his fish oil dose?
- I’m doing everything right and I still can’t bring my blood pressure down. What more can I do at 84?
- What are your thoughts on light therapy patches? Do they work? Are they safe to use?

Urolithin A: A New Frontier in Anti-Aging Science

written by Dr. Ronald Hoffman | December 17, 2024



This episode of the Intelligent Medicine Podcast is an enlightening conversation with Dr. Anurag Singh, Chief Medical Officer of Timeline Nutrition. They delve into the scientific foundations and benefits of Urolithin A, a unique compound derived from pomegranates and other polyphenol-rich foods, known for its potential to enhance mitochondrial function and promote longevity. Dr. Singh explains the discovery process, the biological mechanisms involved, and the promising results from numerous studies on muscle strength, endurance, immune health, and recovery. They also discuss the compound’s applications for those on weight loss drugs, athletes, and individuals suffering from chronic fatigue syndromes. Dr. Hoffman’s personal experience with the supplement highlights its significant impact on energy levels and recovery. Lastly, they explore ongoing and future research avenues, emphasizing Urolithin A’s broad-spectrum potential in improving quality of life as we age.

The Intersection of Politics and Natural Health

written by Dr. Ronald Hoffman | December 17, 2024



Natural Health Advocacy and the impact of the recent political changes in the U.S.: Dr. Rob Verkerk, Executive & Scientific Director Alliance for Natural Health International & Alliance for Natural Health USA, shares insights into the significance of RFK Jr.’s potential appointment and its implications for natural health advocacy. They explore RFK Jr.’s unique trajectory, from environmental activism to becoming a controversial political figure, and discuss the challenges and opportunities his nomination presents. The conversation also touches on the FDA’s regulatory overreach, the limitations placed on the natural health industry, and ongoing efforts to promote health freedom and natural health practices. Dr. Verkerk emphasizes the importance of scientific discourse, the role of social and environmental determinants of health, and the need for a balanced approach in integrating technology and natural health solutions.