

Battling the Food Giants: How to Safeguard Our Nutrition

written by Dr. Ronald Hoffman | April 7, 2026



Are you aware of the adulterants lurking in your “healthy” foods? Dr. Sina McCullough, author of “Hands Off My Food!,” exposes the realities of our food supply and how to defend your health and freedom. She offers solutions that empower you as a consumer. Don’t miss it!

Intelligent Medicine Radio for April 4: The Ultimate Weight Loss Plan–The Boring Diet

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Social media and AI—the digital equivalents of ultra-processed junk food; Are natural non-caloric sweeteners—erythritol, xylitol, and stevia—safe? A pig’s brain has been flash frozen and reanimated, signaling new prospects for cryopreservation after death; Dr. Jeffrey Bland weighs in on a new, enhanced form of fish oil from Big Bold Health; What are the health benefits of circumcision? The ultimate weight loss plan—the Boring Diet; Substituting famotidine for PPIs for reflux; And more!

Q&A with Leyla: Farmed v. Wild Caught Seafood

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Highlights from my New Zealand bike trip; Is it possible to get enough protein from plants only? What about the downsides to animal protein? Thoughts on peptides; Is it true that the nutritional value of farmed seafood is the same as wild-caught? Milk thistle for elevated liver enzymes? And more!

ENCORE: Chronic Pain: The Psychophysiological Perspective with Dr. David Clarke

written by Dr. Ronald Hoffman | April 7, 2026



Is your pain all in your head? Not quite! Dr. David Clark from the Psychophysiological Disorders Association details brain-generated pain and solutions beyond meds. Don't miss it!

ENCORE: Optimizing Metabolic Health: The Power of Continuous Glucose Monitors

written by Dr. Ronald Hoffman | April 7, 2026



Dr. Paul Kolodzik of Metabolic MD details the groundbreaking benefits of Continuous Glucose Monitors. Hear why they matter to everyone, not just diabetics. Check it out!

ENCORE: Intelligent Medicine Radio for March 28: Are eggs good or bad for the brain?

written by Dr. Ronald Hoffman | April 7, 2026



Are eggs good or bad for the brain? Low levels of a key nutrient can foster anxiety; Garlic mouthwash outperforms chemical antibacterials; 76% of the world's population isn't getting enough omega-3s; Surgery may hasten

progression to Alzheimer's, but a vitamin may help; Far-infrared phototherapy may offer "electroceutical" treatment for dementia; Hobbies may forestall all-cause mortality—by 29%! And more!

ENCORE: Q&A with Leyla: Spelt Matzoh v. Traditional Wheat Matzoh

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Is spelt matzoh better than traditional wheat matzoh for Passover? Is a dry red wine preferable to sweet wine or grape juice? Liver support supplements for alcoholic issues; What to take for pain and tingling after a shingles outbreak; Is carrageenan a carcinogen? Organic acids test for chronic fatigue? And more!

ENCORE: Bridging Oral and Systemic Health: Discoveries in Periodontal Care

written by Dr. Ronald Hoffman | April 7, 2026



Explore how protecting your gums can safeguard your heart. Dr. William Levine, a board-certified periodontist, details the important science behind oral inflammation and systemic disease. Don't miss it!

ENCORE: From Teas to Capsules: Exploring Botanical Breakthroughs

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Discover the secrets of herbal medicine. Mark Blumenthal from the American Botanical Council has a deep-dive into the world of botanicals. Learn about their role in health and wellness, as well as their quality control and adulteration Prevention. Check it out!

ENCORE: Intelligent Medicine Radio for March 21: Can surgical anesthesia accelerate memory loss?

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New weight loss drugs may portend end of “Fat Acceptance” movement; Mid- and late-life exercise slash dementia risk; “Ethicists” urge more tick-borne meat allergy to save planet; How to detox 9-11 first-responders? Can natural herbs aid recovery from anorexia? Can surgical anesthesia accelerate memory loss? Bananas could be interfering with your smoothie’s health benefits; Chemical residues on produce impair male fertility; And more!