

# Health Autonomy and the Fight for Natural Products

written by Dr. Ronald Hoffman | October 14, 2025

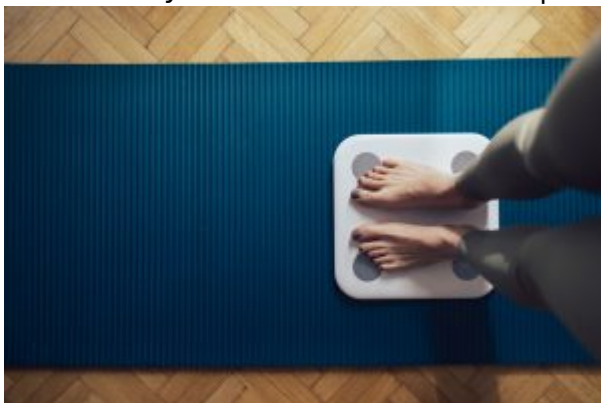


Dr. Rob Verkerk, executive director of the Alliance for Natural Health, discusses the fight for access to natural therapies and the revolutionary steps being taken to ensure health freedom and your access to natural health options.

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## Q&A with Leyla: Determining Your Healthy Weight

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Dealing with post-exercise pain and fatigue; A closer look at plasmalogens; Determining your healthy weight; Painful cramps in thighs while sleeping, is this from dehydration? Exercise—for those who hate exercise; Dealing with post exercise pain and fatigue; And more!

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# Depression and Anxiety: Holistic Solutions with Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | October 14, 2025



What do metabolic psychiatry and ancient breathing techniques have in common? On the Podcast, holistic approaches to tackling anxiety and depression. Dr. Jacob Teitelbaum details natural therapies and lifestyle tips that really work.

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## Probiotics for All Ages

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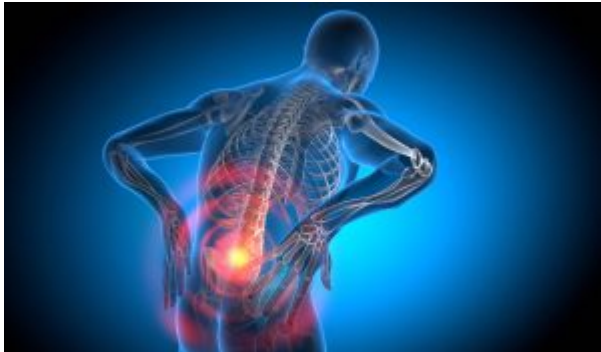


Your gut health impacts your overall wellness, from improving digestive health to possibly making you happier. Holistic practitioner Jane Jansen details the role of probiotics, prebiotics, and postbiotics in maintaining a balanced microbiome.

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# Intelligent Medicine Radio for October 4: Cannabis Extract vs. Low Back Pain

written by Dr. Ronald Hoffman | October 14, 2025



How the low-fat food craze of the 80s set Gen X women up for an astounding rate of ultra-processed food addiction; New testosterone support supplement harnesses safe, natural ingredients; Synthetic progestogens hike risk for brain tumors, natural progesterone safe; Healthy microbiome, good genes, clean lifestyle propel world's oldest woman to age 117; Cannabis extract scores vs. low back pain.

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## Q&A with Leyla: Excessive Sweating

written by Dr. Ronald Hoffman | October 14, 2025



The secrets of the world's oldest woman; Plasmalogens; Advice for a 24-year-old recently diagnosed with Crohn's disease; Recommendations for a calcium score of 1200; "My husband has been sweating like crazy during our walks, what may be causing this?" How serious is RSV for seniors?

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# Harnessing the Mitochondria to Revitalize Your Skin

written by Dr. Ronald Hoffman | October 14, 2025



Discover the groundbreaking benefits of topical Urolithin A for skin health. Hear mitochondrial biologist Dr. Julie Faitg detail how mitochondrial science is redefining health and beauty strategies for your skin from the outside in.

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# Lyme Disease Exposed: Breaking Down Misdiagnoses and Innovations

written by Dr. Ronald Hoffman | October 14, 2025



Discover the intricate links between tick-borne illnesses and misdiagnosed conditions. Nicole Bell, CEO of Galaxy Diagnostics, details diagnostics, treatments, and advocacy in the fight against Lyme Disease.

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# Intelligent Medicine Radio for September 27: Air Pollution Hikes Cardiometabolic Risk

written by Dr. Ronald Hoffman | October 14, 2025



## Part 1: The cause of autism—is it Tylenol?

The cause of autism revealed—is it Tylenol? Is there an ideal probiotic for Crohn's Disease? Treating constipation by modifying the microbiome with botanicals; ACTION ALERT: If Congress has its way, 95% of natural hemp products with CBD/THC may be banned by year's end! The popular diet that reverses psoriasis; A daily habit that could save you from chronic back pain.

## Part 2: Air Pollution Hikes Cardiometabolic Risk

Perfect Aminos® vs. protein powders—which are better to stave off frailty? Cocoa extract supplements reduce age-related inflammation, and may curb chronic diseases; Being too skinny associated with higher risk of dying; One in eight Americans have tried GLP-1 drugs—but only half stick to them after one year, citing price, side effects; The many health benefits of saunas; Air pollution hikes cardiometabolic risk—as does harmful mouth bacteria; Is the flu shot truly a “vaccine” if it's only partially effective and has to be taken every year?

## References & Resources

### **One daily habit could save you from chronic back pain**

*JAMA Network Open*, 2025; 8 (6): e2515592

DOI: 10.1001/jamanetworkopen.2025.15592

### **Popular diet shows benefits for Psoriasis**

*JAMA Dermatol.* Published online September 24, 2025.

doi:10.1001/jamadermatol.2025.3410

### **Probiotics for Crohn's disease**

Harvard Health Publishing

### **Cocoa extract supplements reduce age-related markers of inflammation**

*Age and Ageing*, Volume 54, Issue 9, September 2025,

afaf269, <https://doi.org/10.1093/ageing/afaf269>

### **Air pollution exposure and cardiometabolic risk**

*The Lancet Diabetes & Endocrinology*, Volume 12, Issue 3, March 2024, Pages 196-208

### **The multifaceted benefits of passive heat therapies for extending the healthspan: A comprehensive review with a focus on Finnish sauna**

*Temperature* (Austin). 2024 Feb 25;11(1):27-51. doi:

10.1080/23328940.2023.2300623.

### **1 in 8 Americans have already tried Ozempic and similar weight loss medications**

*RAND*, 6 Aug 2025 DOI: 10.7249/RRA4153-1

### **Most quit breakthrough weight loss drug within a year**

European Association for the Study of Diabetes

### **Being too thin can be deadlier than being overweight, Danish study reveals**

European Association for the Study of Diabetes

### **Your own mouth bacteria could give you a heart attack, new study suggests**

*Journal of the American Heart Association* Volume 14, Number

16 <https://doi.org/10.1161/JAHA.125.041521>

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## Q&A with Leyla: Hot Flashes

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## **Q&A with Leyla, Part 1: Hot Flashes**

- More on lithium orotate for Alzheimer's disease
- My sister had cow valve surgery and has to take Jardiance. Are there other alternatives?
- I'm taking BHRT for hot flashes. Are there any other drugs I should consider taking?

## **Q&A with Leyla, Part 2: Hospital Delirium**

- What can help a woman in her mid-40s with breast calcifications? Would taking supplements and enzymes help?
- My husband suffered from hospital delirium and seven months later is still struggling
- Is milk thistle beneficial to take?
- I read an article that curcumin is highly toxic to the liver. What say you?