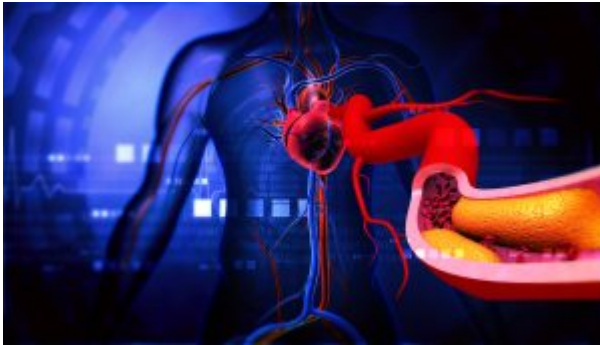


# From LDL to HDL: The Complete Guide to Cholesterol

written by Dr. Ronald Hoffman | September 24, 2025



September is Cholesterol Education Month. Jim LaValle is back with the latest research, debunking myths, and offering practical tips. Learn why cholesterol isn't the villain you think it is and how to manage it smarter.

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## Understanding the Biology of Trauma

written by Dr. Ronald Hoffman | September 24, 2025



Discover powerful insights into trauma and its profound effects on our health. Dr. Aimie Apigian, author of "The Biology of Trauma," details how your body's response to trauma might be affecting your health and ways to heal.

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## Intelligent Medicine Radio for

# September 20: A New Era in Skincare

written by Dr. Ronald Hoffman | September 24, 2025



On the Radio Show: FDA announces crackdown on misleading TV drug ads; What's a "twisted colon"? A new era in skincare powered by urolithin A; Vitamin B3 vs. fatty liver; Your risk of dying from a chronic disease is reduced by modern medical advances—unless you live in the U.S.; FDA issues warning about sketchy pain supplement; Cannabis use may quadruple diabetes risk; Scientists reverse stroke damage with stem cells—in mice; And more!

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## Q&A with Leyla: Carpal Tunnel Syndrome

written by Dr. Ronald Hoffman | September 24, 2025



On Q&A with Leyla: We're living longer thanks to medical advances; Does cannabis use increase the risk of diabetes? Avoiding carpal tunnel syndrome surgery; AREDS for macular degeneration? Proline for ligaments? Thoughts on smart watches and EMF exposure; And more!

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## Understanding Interoception:

# Transforming Mind-Body Health

written by Dr. Ronald Hoffman | September 24, 2025



Curious about how your internal senses affect your well-being? Expert Caroline Williams reveals the revolutionary science of interoception and how it can transform your health. It's the game-changing sense that connects your mind and body. Don't miss it!

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## Gut Health Innovations: Insights from Martha Carlin

written by Dr. Ronald Hoffman | September 24, 2025



What if the key to unlocking health solutions lies in our gut? Learn about cutting-edge microbiome research with Martha Carlin, CEO of the Bio Collective. Discover the potential impacts on Parkinson's, Alzheimer's, and beyond!

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# Intelligent Medicine Radio for September 13: Treating Chronic Nasal Infections—With Snot Transplants!

written by Dr. Ronald Hoffman | September 24, 2025



Alliance for Natural Health sues FDA to allow truthful, science-based health claims; What to do for *H. pylori*—or should it even be treated? A remarkable new functional food supplement and beverage, harnessing the unique benefits of the muscadine grape; Vegetarian complains she is prone to falling; A novel way of treating chronic nasal infections—with snot transplants! And more!

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## Q&A with Leyla: Are drip coffee makers made from plastic bad for your health?

written by Dr. Ronald Hoffman | September 24, 2025



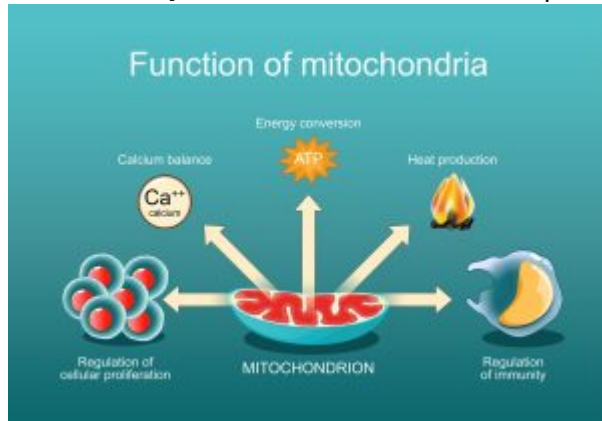
ANH fighting for free speech on the true benefits of supplements; Which form of magnesium for mitral valve prolapse? Can protein powders and creatine affect urination? Are drip coffee makers made from plastic bad for your health? “I have a 50% chance of thyroid cancer based on molecular testing,

must I have it removed?" And more!

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# The Healing Science of Mitochondria

written by Dr. Ronald Hoffman | September 24, 2025



Your mitochondria are more than just cellular batteries. Dr. Martin Picard from Columbia University delves into the complex functions of mitochondria beyond their well-known role as cellular powerhouses. Join us as we explore the intersection between mitochondrial function, mental health, and overall well-being.

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# Igniting Male Performance

written by Dr. Ronald Hoffman | September 24, 2025



Maggie Frank from CV Sciences is back with an exciting new product launch, Ignite Men's Performance Formula. Ignite combines the calming power of CBD with a potent blend of traditional botanicals to support testosterone levels, while increasing energy and sexual vitality.