

Nutritional Empowerment for Cognitive Health

written by Dr. Ronald Hoffman | March 3, 2026



Looking to optimize your brain health? Don't miss my engaging discussion with Neil Levin from Protocol For Life Balance. Learn about the role of nutrients, groundbreaking research, and actionable tips for cognitive wellbeing.

Intelligent Medicine Radio for February 28: Are some people more genetically-adapted to the cold?

written by Dr. Ronald Hoffman | March 3, 2026



The MAHA backlash over RFK Jr.'s about-face on glyphosate; New study confirms effectiveness of personalized lifestyle interventions for reversing dementia; Some GLP-1 users are developing scurvy; Sugar restriction during the first 1000 days of life may slash heart risk decades later; Are some people more genetically-adapted to the cold? Should strength assessments be added to routine physicals to forecast risk of dying? For gut health, take your microbiome for a run! And more!

Q&A with Leyla: Supplements to Help Combat the Side Effects of Cancer

written by Dr. Ronald Hoffman | March 3, 2026



What supplements can help combat the side effects of cancer therapy? Will my son's use of Zepbound affect his fertility? Does low carb refer to complex carbs or simple and processed carbs? Multivitamin recommendation for a male aged 50 plus? Supplements for elevated triglycerides; And more!

A Deep Dive into Autism Solutions

written by Dr. Ronald Hoffman | March 3, 2026



Have you ever wondered about the environmental factors of autism or the role nutrition plays? Dr. Theresa Lyons from AWEtism.net details innovative therapies and functional medicine insights. Discover how we can rethink autism treatment. Don't miss it!

Health Freedom and Innovation: Nate Jones on Xylitol and Empowering Natural Medicine

written by Dr. Ronald Hoffman | March 3, 2026



Nathan Jones of Xlear discusses health advocacy, the unique power of xylitol, and challenging the bureaucratic status quo! Untold stories of natural health innovation. Check it out!

Intelligent Medicine Radio for February 21: Saunas Can Help Stave Off Dementia

written by Dr. Ronald Hoffman | March 3, 2026



Vitamin D testing is vital for tailoring doses to optimize health—but regulators are conducting a campaign to deny coverage; Can magnesium be taken simultaneously with blood pressure meds? Saunas can help stave off dementia; Reflections on the Peter Attia/Epstein scandal; How to lower lp(a)—does diet help? What are bio-active peptides? Could they stave off kidney disease? Scientists just tested the fittest 81-year-old in the world—here's what they

found; And more!

Q&A with Leyla: How big is your butt?

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Highlights from the ANH conference in Phoenix; Supplements for borderline osteoporosis; After years of vegetarianism, wouldn't eating meat cause adverse reactions like headaches or nausea? How big is your butt? Is Famotidine a good alternative to Nexium? Protocol for post-surgical healing; Thoughts on full body scans to detect abnormalities; And more!

ENCORE: Toxic Superfoods: Understanding Oxalate's Impact on Health

written by Dr. Ronald Hoffman | March 3, 2026



Could oxalates be the hidden culprit behind your unexplained health issues? Discover surprising insights from Sally Norton's book "Toxic Superfoods." She

explores the unexpected effects of oxalate overload on our bodies. Check it out!

ENCORE: Intelligent Farming: Redefining Dairy in a Changing World

written by Dr. Ronald Hoffman | March 3, 2026



Is your milk truly natural? Sam Ingersoll of Kalona SuperNatural reveals how sustainable farming is transforming dairy, our health, and the environment. Don't miss it!

ENCORE: Intelligent Medicine Radio for February 14: Topical Steroid Withdrawal

written by Dr. Ronald Hoffman | March 3, 2026



TSW–Topical Steroid Withdrawal–when you're hooked on steroid creams for a skin condition and can't get off; Vitamin D and Omega-3 supplements reduce risk of autoimmune conditions; How long to curtail fish oil before a medical procedure or surgery? Supplements for neuropathy; Daylight Savings Time changeover health myths busted; The vaunted DASH Diet for hypertension faces

off against low-carb alternative; The critical first 1000 days after conception—early life sugar avoidance yields major later life health dividends; And more!