

# Stress, Exercise, and the Heart: The Six Domains of Holistic Health

written by Dr. Ronald Hoffman | November 4, 2025



Cardiology isn't just about imaging and meds. Explore the intersection of high-tech imaging and holistic healing with integrative cardiologist Dr. Alan Rozanski. He details lifestyle medicine, stress management, and the six domains of health.

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## Intelligent Medicine Radio for November 1: Daylight Savings Time Changeover Health Myths

written by Dr. Ronald Hoffman | November 4, 2025



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!

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## Q&A with Leyla: Sore Feet and Toes

written by Dr. Ronald Hoffman | November 4, 2025

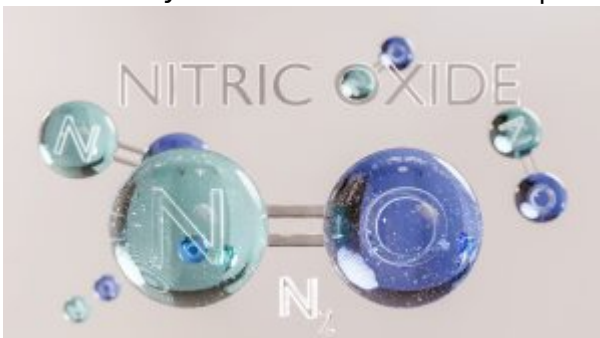


Will Truheight vitamins really make your kids grow? “The balls of my feet are sore, along with my toes. Is this a vitamin deficiency?” Keeping an aortic aneurysm from enlarging; Thoughts on whole-body scans; “Can I take magnesium L-threonate while also taking magnesium glycinate?” And more!

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## Say Yes to NO: Exploring Nitric Oxide's Role in Health

written by Dr. Ronald Hoffman | November 4, 2025



Discover the benefits, myths, and the science behind the crucial molecule, nitric oxide. Dr. Nathan Bryan shares groundbreaking insights and practical tips for health and athletic performance.

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# Mind, Body, Gut: A Comprehensive Look at Gastroenterology

written by Dr. Ronald Hoffman | November 4, 2025



Discover how the future of gastroenterology fuses modern science and ancient wisdom. Dr. Alexandra Shustina discusses mind-gut connections, diet's role in GI health, and innovative treatments you don't want to miss.

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## Intelligent Medicine Radio for October 25: Why Not All Fish Oils Are Alike

written by Dr. Ronald Hoffman | November 4, 2025



Natural support for Parkinson's Disease; Reviving the lost art of handwriting may be key to kid's learning; Dr. Jeffrey Bland does a deep dive on why not all fish oils are alike; Worldwide cancer incidence is soaring, especially among young people; Rates of peanut allergy are declining as more parents follow revised advice to introduce nuts earlier to kids; When Zoloft doesn't work for anxiety; And more!

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## Q&A with Leyla: Hip Pain

written by Dr. Ronald Hoffman | November 4, 2025



INFINITY Study on the timing of thyroid medication ingestion; Suggestions for long-term hip pain; Could toxic exposures like mold cause conditions like low thyroid or autoimmunity? Supplement recommendations for IBS; What is the safest and most appropriate dose of vitamin D3 for most seniors? And more!

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## ENCORE: Rethinking SNAP: Enhancing Nutrition and Access

written by Dr. Ronald Hoffman | November 4, 2025

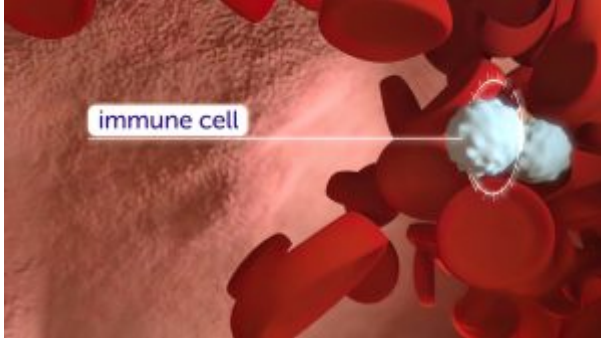


Registered dietitian Carolina Schneider on all things SNAP, the Farm Bill, and plant-based diets. Discover how Congress can reshape food assistance programs and support healthier choices. Check it out!

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# ENCORE: Innovative Approaches to Complex Chronic Diseases with Dr. Tanya Dempsey

written by Dr. Ronald Hoffman | November 4, 2025



Could Mast Cell Activation Syndrome be the key to understanding your health issues? Dr. Tanya Dempsey shares groundbreaking insights into Mast Cell Activation Syndrome and its role in chronic disease. Discover how MCAS might be the missing link in understanding your health issues.

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## Intelligent Medicine Radio for October 18: The Craving for Alcohol

written by Dr. Ronald Hoffman | November 4, 2025



Thymic peptide for cancer; What is “orthomolecular psychiatry”? The craving for alcohol may be programmed from our primate origins; New options for knee pain; Popeye was right to power-up with spinach; Conquering inflammation; Methane-predominant SIBO; Unnecessary back surgery on seniors is rampant; Medicare Advantage patients often relegated to inferior cancer surgery; And more!