

Q&A with Leyla: Does nicotine destroy the spine?

written by Dr. Ronald Hoffman | January 15, 2026



A spoof on suggested nutrition guidelines; Does nicotine destroy the spine? Suggestions for an 88-year-old man with an irregular heart rate. "My PSA is on an upward trend since my last test. Should I stop taking testosterone?" Essential tremors; "I wake often during the night. What can I take to help me stay asleep?" And more!

Embracing Winter: Thriving in the Cold and Reducing Seasonal Affective Disorder

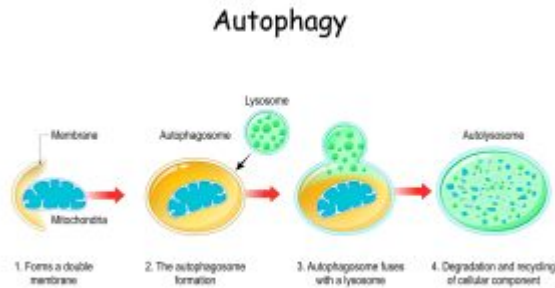
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Feeling the winter blues? Dr. Kari Lebowitz, author of "How to Winter," shares strategies to thrive during the cold and dark days. Embrace winter like never before and beat back Seasonal Affective Disorder. Check it out!

Longevity Unlocked: Understanding the Impact of Mitophagy

written by Dr. Ronald Hoffman | January 15, 2026



Groundbreaking longevity research with Dr. Brad Currier from Timeline. Find out how Urolithin A, a naturally-derived compound, could enhance your health span through a process called Mitophagy. Check it out!

Intelligent Medicine Radio for January 10: Long-Overdue Change to the Broken Food Pyramid

written by Dr. Ronald Hoffman | January 15, 2026



Applauding a long-overdue change to the broken Food Pyramid; FDA green lights testosterone replacement; Does CoQ10 protect against statin muscle damage? MAHA derailed by federal policies that allow harmful chemicals to proliferate; FDA approves electrical stimulation headset as safe and effective for home-use to treat depression; Is just a little red wine ever day bad for you? And more!

Q&A with Leyla: Top Stories of 2025

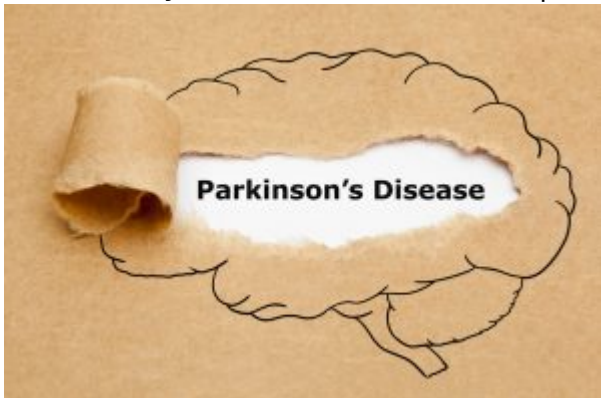
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The Top stories of 2025; Does use of statins lead to muscle loss? GABA for insomnia and sleep support? What impact does a cocktail of pharmaceutical drugs have on the microbiome? In light of the recent EPA proposal to double permissible formaldehyde emissions, how does this jibe with MAHA? And more!

Exploring Nutritional and Natural Approaches to Parkinson's

written by Dr. Ronald Hoffman | January 15, 2026



How can natural approaches aid Parkinson's? Dr. Heather Zwicky reveals innovative natural treatments for Parkinson's disease. Discover how diet, exercise, and more can make a difference.

Decoding Chronic Illness: Environmental Triggers and Solutions

written by Dr. Ronald Hoffman | January 15, 2026



Are you or someone you know struggling with unexplained health issues? Dr. Neil Nathan unravels the mysteries of chronic illness, detoxification, and immune restoration.

ENCORE: Intelligent Medicine Radio for January 3: Artificial Light and Menstrual Cycle Rhythms

written by Dr. Ronald Hoffman | January 15, 2026



The advent of artificial light is obliterating women's moon-driven menstrual cycle rhythms; When the triple whammy of cataracts, glaucoma and macular degeneration strikes; Are wrist and finger wearables for blood pressure ready for prime time? Drinking bottled water causes surge in plastic micro-particle intake; The common supplement that can supercharge cancer immunotherapy; Children garner psychological benefits from grandparent time; And more!

ENCORE: Q&A with Leyla: A Treatment for Warts

written by Dr. Ronald Hoffman | January 15, 2026



Consequences of weight loss with weight loss drugs; Enter myostatin inhibitor drugs; "My latest Alc is 5.9 but I'm doing everything right. What gives?" Alpha-ketoglutarate for healthy aging? A treatment for warts? "Am I destined to develop diabetes given my strong family history of the disease?"

ENCORE: Q&A with Leyla: Holiday Stress

written by Dr. Ronald Hoffman | January 15, 2026



On this special holiday edition of Q&A with Leyla: Holiday Stress tops tax season stress; Is berberine truly efficacious? Does alcohol really reduce stress and improve circulation? Is thiamine a treatment for Parkinson's? Is there a natural thyroid medicine that is not pork-derived? Help for guttate psoriasis; And more!