

Q&A with Leyla: Can Chat GPT be trusted for medical Information?

written by Dr. Ronald Hoffman | February 12, 2026



American Heart Association's reaction to the Dietary Guidelines for Americans; Can you raise your white blood cell count? Can Chat GPT be trusted for credible information from reliable and verifiable sources? Can GLP-1 drugs help with fatty liver disease? And more!

Cognitive Enhancement at Midlife: Keeping Your Brain Sharp

written by Dr. Ronald Hoffman | February 12, 2026



Ready to boost your brainpower? Cognitive neuroscientist Dr. Therese Huston, author of "Sharp," has practical tips for enhancing focus and memory at any age. Don't miss it!

From Autism to ADHD: A Holistic

Approach to Revolutionizing Children's Mental Health

written by Dr. Ronald Hoffman | February 12, 2026



Is your child struggling with ADHD or autism? Expert Patricia Lemer, author of "Total Load Theory," uncovers holistic solutions. Learn how to safeguard your child's well-being. Check it out!

Intelligent Medicine Radio for February 7: "Cold Fatigue"

written by Dr. Ronald Hoffman | February 12, 2026



We're all suffering from "cold fatigue"—how cold affects us, and how to alleviate it; "White noise" machines may be undermining your sleep; The pros and cons of afternoon naps; Can melatonin alleviate Irritable Bowel Syndrome? Water softening may hike cardio risk; Anthocyanins from foods or supplements can improve impaired glucose tolerance; And more!

Q&A with Leyla: The Case for Language Learning for Older Adults

written by Dr. Ronald Hoffman | February 12, 2026



The case for language learning for older folks; Are there any adverse interactions between curcumin and low-dose Crestor? The benefits of taking vitamin D with vitamin K; Can taking creatine artificially raise PSA levels? Thoughts on the multidetector CT scan; And more!

Allergies, Candida, and Modern Medicine: A Conversation with Dr. Dean Mitchell

written by Dr. Ronald Hoffman | February 12, 2026



Dr. Dean Mitchell, author of “Conquering Candida,” details the intersection of traditional and integrative medicine to conquer yeast and allergy challenges. Discover how modern approaches to allergy and yeast management are revolutionizing health. Check it out!

The Power of Magnesium: A Deep Dive with Dr. Carolyn Dean

written by Dr. Ronald Hoffman | February 12, 2026



Could magnesium be the missing link to better health? Dr. Carolyn Dean, author of “The Magnesium Miracle,” details the crucial role magnesium plays in brain health, energy, and disease prevention.

Intelligent Medicine Radio for January 31: Full-Fat Cheese Protective Against Cognitive Decline

written by Dr. Ronald Hoffman | February 12, 2026



New study finds full-fat cheese protective against cognitive decline; Wild blueberries support heart and brain health; Are seed oils really that bad? Are memory supplements effective? Arthritis breakthrough as scientists discover way of regenerating joint cartilage; Surprising new findings on coffee, tea consumption, and osteoporosis risk; And more!

Q&A with Leyla: Leg Cramps

written by Dr. Ronald Hoffman | February 12, 2026



Fish oil linked to reduced risk of atrial fibrillation; Advice for arthritis and leg cramps during the night; “I follow a low-carb diet, why is my Hemoglobin A1c high?” Will there soon be biological criteria for diagnosing clinical depression? What’s with the ongoing battle between low fat and full fat dairy advocates? And more!

Brain Health Breakthroughs: Natural Approaches to Migraine Relief

written by Dr. Ronald Hoffman | February 12, 2026



Explore innovative solutions for migraines beyond medication with Dr. Elena Gross. From natural diets to understanding brain energy, this podcast episode is packed with insights for migraine sufferers and beyond.