

Q&A with Leyla: Reasons for Nausea

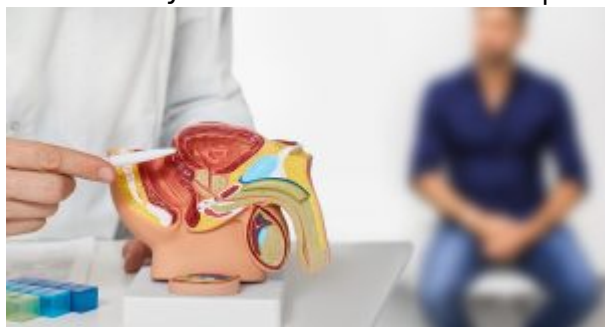
written by Dr. Ronald Hoffman | October 16, 2025



Reasons for nausea; What to do about an increasing PSA; Lupus patient on Methotrexate asking how to protect liver and immune system; The important relationship between vitamin D3 and K2; Can fish oil raise LDL cholesterol? A questionable case study on pycnogenol; And more!

ENCORE: Natural Solutions for Prostate and Male Sexual Health

written by Dr. Ronald Hoffman | October 16, 2025



From prostate health to natural testosterone boosters, we're covering it all. Discover transformative insights on holistic men's health from Dr. Geo Espinosa, one of America's foremost integrative urologists.

Health Autonomy and the Fight for Natural Products

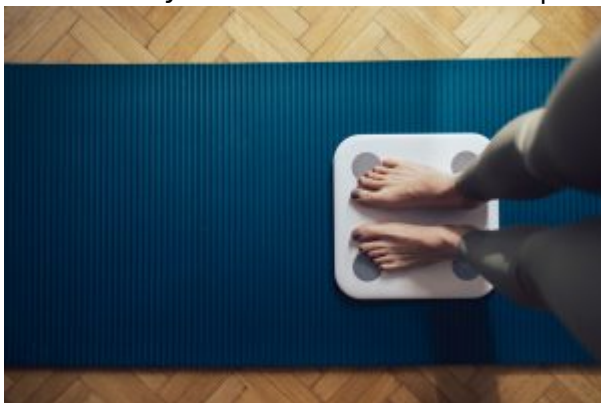
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Dr. Rob Verkerk, executive director of the Alliance for Natural Health, discusses the fight for access to natural therapies and the revolutionary steps being taken to ensure health freedom and your access to natural health options.

Q&A with Leyla: Determining Your Healthy Weight

written by Dr. Ronald Hoffman | October 16, 2025



Dealing with post-exercise pain and fatigue; A closer look at plasmalogens; Determining your healthy weight; Painful cramps in thighs while sleeping, is this from dehydration? Exercise—for those who hate exercise; Dealing with post exercise pain and fatigue; And more!

Depression and Anxiety: Holistic Solutions with Dr. Jacob Teitelbaum

written by Dr. Ronald Hoffman | October 16, 2025



What do metabolic psychiatry and ancient breathing techniques have in common? On the Podcast, holistic approaches to tackling anxiety and depression. Dr. Jacob Teitelbaum details natural therapies and lifestyle tips that really work.

Probiotics for All Ages

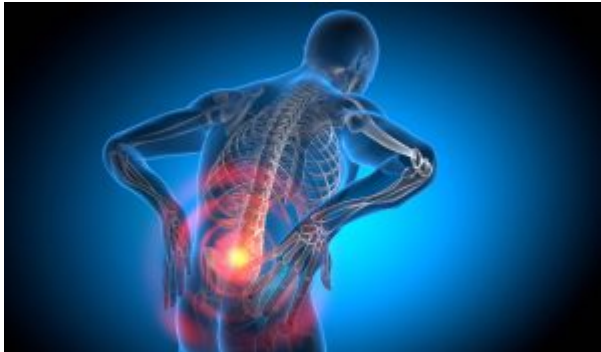
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Your gut health impacts your overall wellness, from improving digestive health to possibly making you happier. Holistic practitioner Jane Jansen details the role of probiotics, prebiotics, and postbiotics in maintaining a balanced microbiome.

Intelligent Medicine Radio for October 4: Cannabis Extract vs. Low Back Pain

written by Dr. Ronald Hoffman | October 16, 2025



How the low-fat food craze of the 80s set Gen X women up for an astounding rate of ultra-processed food addiction; New testosterone support supplement harnesses safe, natural ingredients; Synthetic progestogens hike risk for brain tumors, natural progesterone safe; Healthy microbiome, good genes, clean lifestyle propel world's oldest woman to age 117; Cannabis extract scores vs. low back pain.

Q&A with Leyla: Excessive Sweating

written by Dr. Ronald Hoffman | October 16, 2025



The secrets of the world's oldest woman; Plasmalogens; Advice for a 24-year-old recently diagnosed with Crohn's disease; Recommendations for a calcium score of 1200; "My husband has been sweating like crazy during our walks, what may be causing this?" How serious is RSV for seniors?

Harnessing the Mitochondria to Revitalize Your Skin

written by Dr. Ronald Hoffman | October 16, 2025



Discover the groundbreaking benefits of topical Urolithin A for skin health. Hear mitochondrial biologist Dr. Julie Faitg detail how mitochondrial science is redefining health and beauty strategies for your skin from the outside in.

Lyme Disease Exposed: Breaking Down Misdiagnoses and Innovations

written by Dr. Ronald Hoffman | October 16, 2025



Discover the intricate links between tick-borne illnesses and misdiagnosed conditions. Nicole Bell, CEO of Galaxy Diagnostics, details diagnostics, treatments, and advocacy in the fight against Lyme Disease.