

ENCORE: Q&A with Leyla: Holiday Stress

written by Dr. Ronald Hoffman | December 31, 2025



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!

ENCORE: Q&A with Leyla: The Holiday Season in NYC

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On this special holiday edition of Q&A with Leyla: The Holiday Season in NYC; Peanut allergies cause and effect; Can saw palmetto replace prostate medications? Does traction help bulging discs? Thoughts on green powder supplements; Serrapeptase for reducing coronary plaque? Supplements to reduce negative effects of x-rays? And more!

ENCORE: Intelligent Medicine Radio for December 27: French Fries' Diabetes Risk

written by Dr. Ronald Hoffman | December 31, 2025



Potatoes don't increase risk of diabetes—unless you eat French fries; Deep-frying in seed oils can yield harmful byproducts—but so, too, when you substitute with lard; New study shows beetroot juice can lower BP by 7 points; Comprehensive lifestyle modification program scores against cognitive decline; Women's brains especially vulnerable to Omega-3 deficiencies; Breakthroughs in rheumatoid arthritis treatment; And more!

ENCORE: Q&A with Leyla: Deer Antler for increasing HGH?

written by Dr. Ronald Hoffman | December 31, 2025



On this holiday encore of Q&A with Leyla: For dark days, get some sun in your eyes; The misleading vegan diet twin study; Strontium for bone health? Are there alternatives to surgery for aortic valve stenosis? Dry eyes after cataract surgery; Deer Antler for increasing HGH?

From the Sea to Supplements: Dr. Jeffrey Bland on the Unique Benefits of Cold-Pressed Fish Oils

written by Dr. Ronald Hoffman | December 31, 2025



The “Godfather of Functional Medicine,” Dr. Jeffrey Bland, has groundbreaking insights on the benefits of cold-pressed fish oil for immune health, inflammation, longevity, and more.

Jeffrey Rose on Health, Hypnotherapy, and the MAHA Movement

written by Dr. Ronald Hoffman | December 31, 2025



We explore the MAHA movement with Jeffrey Rose, a certified master hypnotherapist and advocate for MAHA. We discuss freedom of choice in

medicine, various health initiatives including the benefits of starting school later for teenagers, and how hypnotherapy can impact addiction recovery and sleep.

Intelligent Medicine Radio for December 20: Could napping improve cognitive function?

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Part 1: Cocoa Ingredient that Slows Aging

Popular media leverage weak study to criticize RFK Jr.'s rethink of standard recommendations for saturated fat avoidance; Poor quality plant-based diets hike cardio risk; A listener complains his lp(a) is going up with age despite his healthy diet, lifestyle; Scientists pinpoint cocoa ingredient that slows aging; Berry proanthocyanidins preserve brain power; Tattooing may promote inflammation, undermine immunity.

Part 2: Could napping improve cognitive function?

Country singer Jellyroll dishes on his triple-digit weight loss odyssey; DGL for GERD—will it raise blood pressure? CBD curbs aggression in dogs; Hundreds of environmental chemicals may imbalance our microbiomes; ADHD isn't just a malady—it may impart unrecognized superpowers; The evolutionary mismatch between our ancient genes and modern artificial environments; Could napping improve cognitive function? Heart attacks, lung problems soared after LA wildfires; HHS Secretary RFK Jr. focuses attention on inadequate testing, treatments for chronic Lyme Disease.

Q&A with Leyla: Sauna & Sunlight During Winter

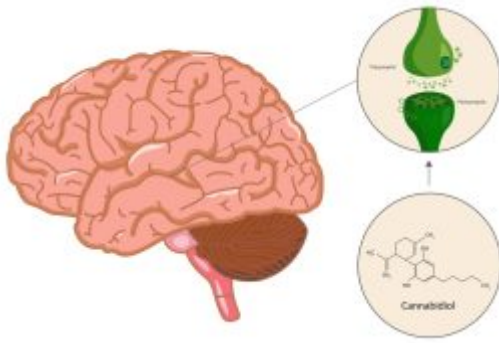
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The benefits of sauna and sunlight during winter months; Applied Behavioral Analysis in autism treatment; What are good supplements to take for HPV virus? The consequences of antibiotic use; And more!

The Power of CBD and Its Cannabinoid Cousins

written by Dr. Ronald Hoffman | December 31, 2025



Maggie Frank, the national educator for CV Sciences, makers of PlusCBD Oil, has a deep-dive into the latest updates on CBD products, their benefits, and distinctions from THC. Discover the health benefits, from stress relief to metabolic support. Don't miss it!

ENCORE: A Deep Dive into Healthcare's Failings and Future

written by Dr. Ronald Hoffman | December 31, 2025



Dr. Henry Buchwald dissects the critical issues plaguing today's healthcare system. From rising costs to the loss of doctor-patient relationships, this episode is a must-listen for anyone invested in healthcare!