

Winterize Your Skin

written by Dr. Ronald Hoffman | January 27, 2026



Is your winter skincare routine missing something crucial? Friend of the pod Dr. Ross Pelton, the Natural Pharmacist, details the secrets to a healthy skin microbiome and how it connects with your gut health.

Q&A with Leyla: “Wintering” – How to Optimize your Winter Experience

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“Wintering” – how to optimize your winter experience; What we’re eating for dinner; An overview of the Dietary Guidelines for Americans; Rectifying scar tissue; Natural supplements for neuropathy in the legs and feet; Supplements for prostate health; Famotidine for GERD?

ENCORE: Living to 100

written by Dr. Ronald Hoffman | January 27, 2026



Could living past 100 become the new normal? Discover the secrets to living longer and the societal impacts of everyone living past 100 with Journalist William J. Cole, author of “The Big 100: Uncovering the Keys to Longevity.”

Intelligent Exercise: A Guide to Pain-Free Performance

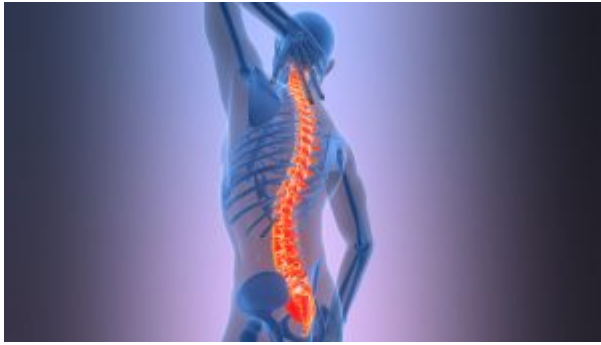
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Ready to break free from the ‘no pain, no gain’ myth? Renowned strength coach Dr. John Rusin reveals the secrets to pain-free exercise performance. Learn effective strategies for sustainable fitness. Check it out!

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

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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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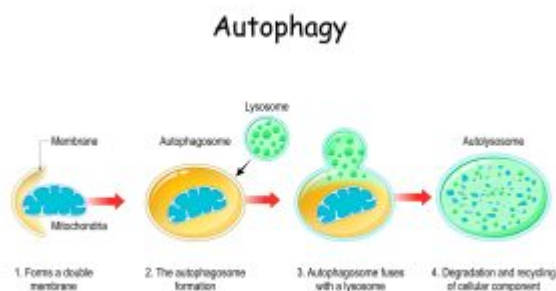


Feeling the winter blues? Dr. Kari Lebowitz, author of “How to Winter,” shares strategies to thrive during the cold and dark days. Embrace winter like never before and beat back Seasonal Affective Disorder. Check it out!

Longevity Unlocked: Understanding the

Impact of Mitophagy

written by Dr. Ronald Hoffman | January 27, 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 27, 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

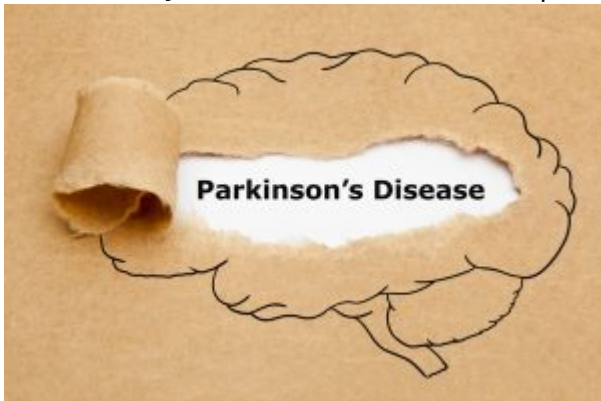
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The Top stories of 2025; Does use of statins lead to muscle loss? GABA for insomnia and sleep support? What impact does a cocktail of pharmaceutical drugs have on the microbiome? In light of the recent EPA proposal to double permissible formaldehyde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

Exploring Nutritional and Natural Approaches to Parkinson's

written by Dr. Ronald Hoffman | January 27, 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.