

Q&A with Leyla: Are we exposed to microplastics by filtering our water?

written by Dr. Ronald Hoffman | July 31, 2025



Are we exposed to microplastics by filtering our water? Resistance exercise with osteoporosis? Supplements for ankle pain; Magnesium for atrial fibrillation? Recommendations for severe rheumatoid arthritis; And more!

Practical Approaches to Preventing Dementia with Dr. Jacob Teitelbaum

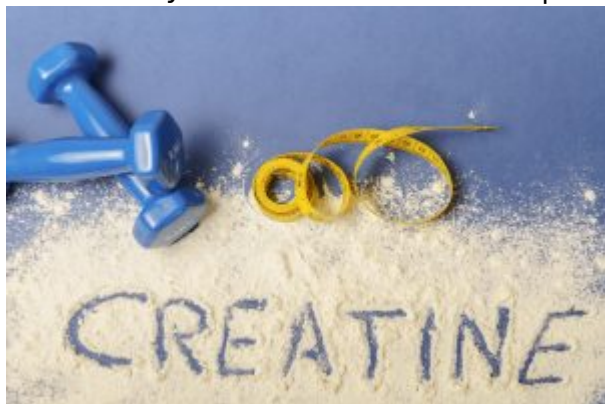
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Is cognitive decline inevitable? Dr. Jacob Teitelbaum is back with practical, low-cost strategies for brain health. Learn how to maintain mental clarity and prevent dementia. Don't miss it!

The Power of Creatine: From Athletic Edge to Cognitive Health

written by Dr. Ronald Hoffman | July 31, 2025



Creatine isn't just for bodybuilders! Learn how this versatile supplement can enhance brain function, support immune health, and more with expert Mark Faulkner from CON-CRËT Creatine HCI.

Intelligent Medicine Radio for July 26: Chronic Leg Swelling

written by Dr. Ronald Hoffman | July 31, 2025



Natural alternatives for chronic leg swelling problems; NY Times misses the boat again on supplements for immunity; The dark personality traits that underlie online political engagement; Parents' use of topical hormone preparations may pose unusual risks to their babies; Caloric restriction may extend life—but at what cost? A high-fiber diet may mimic caloric restriction's longevity benefits; Can mammograms cause cancer?

Q&A with Leyla: Safe Nonstick Pans?

written by Dr. Ronald Hoffman | July 31, 2025



A review of the supplement Fatty 15; Are there any nonstick pans that are safe to use? Study finds gut microbes can absorb and help expel forever chemicals like PFAS; Does crushing or chewing pills adversely impact their efficacy? And more!

The Science of Fasting and Longevity

written by Dr. Ronald Hoffman | July 31, 2025



Fasting isn't just about skipping meals. Dr. Chris Rhodes from UC Davis shares groundbreaking insights on the benefits of fasting—from improved metabolism to potential life extension.

Navigating Elder Care: The Flaws in Assisted Living and Hospice Care

written by Dr. Ronald Hoffman | July 31, 2025



Judy Karofsky, author of *"DISELDERLY CONDUCT: THE FLAWED BUSINESS OF ASSISTED LIVING AND HOSPICE,"* details the myriad issues related to the care of elderly individuals in assisted living and hospice settings. Judy shares personal experiences, including difficulties encountered in securing proper care for her mother, and highlights systemic problems like substandard care, lack of federal regulations, and the challenges posed by private equity's involvement in the senior care industry. She also outlines possible reforms and solutions, emphasizing the urgent need for federal oversight and better standards to ensure the well-being of seniors. The dialogue offers valuable insights for anyone looking to understand the complexities and necessary improvements in the care of older adults.

Intelligent Medicine Radio for July 19: AI-boost for mammograms?

written by Dr. Ronald Hoffman | July 31, 2025



AI-boost for mammograms—a bridge too far? Plastics and heart disease; Artificial sweeteners may hasten puberty in kids; A caller with a 30 yr history of fatigue may need adrenal support; Air filters reduce classroom absenteeism; Inhaled insulin may free diabetics from injections; High blood sugar, not just waning testosterone, the culprit in male sexual decline; Hot baths beat saunas for cardiovascular benefits; Monday stress is real—even for retirees; And more!

Q&A with Leyla: Do you need to filter your water?

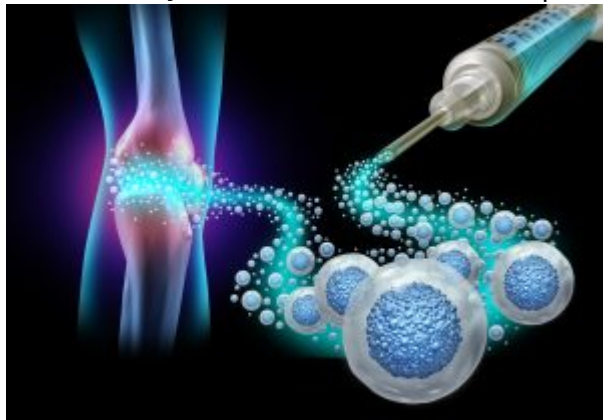
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Do you need to filter your water? “My husband has high cholesterol, triglycerides and blood sugar...help!” Treatments for SIBO; Ashwagandha for mild anxiety? And more!

Reviving Mobility: Rethinking Pain Through Regenerative Medicine

written by Dr. Ronald Hoffman | July 31, 2025



Exploring Innovative Approaches to Pain Management with Dr. Fawad Mian, a neurologist and regenerative medicine specialist. He delves into the various forms of pain and the limitations of traditional treatments such as drugs and surgery. Dr. Mian shares his personal journey with chronic pain and his transition into regenerative medicine. The discussion covers alternative treatments like prolotherapy, platelet-rich plasma (PRP), and stem cell therapies, emphasizing their potential benefits and the importance of image guidance in their administration. They also touch upon lifestyle modifications and nutritional supplements for managing conditions like diabetic neuropathy and CIDP. Dr. Mian highlights the importance of a multifocal approach to pain management and offers insights from his book, "Getting to Pain Free: How to Make Your Body Stop Hurting So That You Can Start Living Again Without Drugs Or Surgery."