

# Revolutionizing Wellness: Regenerative Agriculture and Advanced Nutraceuticals

written by Dr. Ronald Hoffman | July 15, 2025

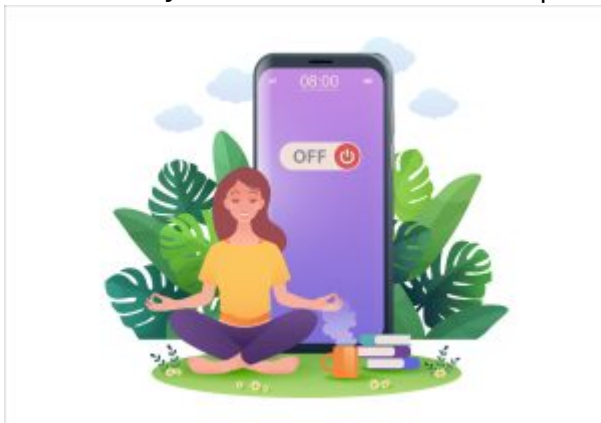


Walk the path of sustainability from cosmetics to construction materials. Explore innovative plant-based advancements in nutraceuticals and eco-friendly technologies with Nébil Bourguiba, Vegetal Sourcing Manager, Groupe Berkem in France. Learn how nature is making a comeback in modern industries.

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## Intelligent Medicine Radio for July 12: Smartphone “Fast”

written by Dr. Ronald Hoffman | July 15, 2025



Study reveals heart hazards of new bone-building drugs; Carbo-loading before endurance events—are we overdoing it? Barbie gets a CGM; Dr. Jeffrey Bland introduces Himalayan Tartary Buckwheat as a hedge against age-related immune decline; New study shows mood, attention, brain function improvements after 2-week smartphone “fast”; Omega-3 reduces depression in bipolar disease; Berberine for blood sugar control; Nighttime pistachio snack curbs pre-diabetes; And more!

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# Q&A with Leyla: Red Light Therapy v. Morning Sunlight

written by Dr. Ronald Hoffman | July 15, 2025



More and more patients are looking for root causes to their ailments; Slowing the progression of PSA levels; Red light therapy device vs. early morning sunlight; The importance of coronary artery calcium scoring in determining the need for a statin; A weedkiller worse than glyphosate being used in the US; “Can I eat one meal a day indefinitely?”

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# Decoding Seed Oils: Impacts on Health and Diet

written by Dr. Ronald Hoffman | July 15, 2025

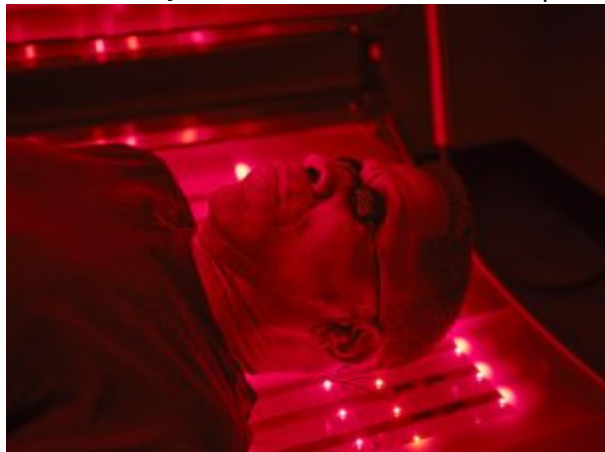


Looking to navigate the controversy around seed oils? Jonathan Rubin from the Seed Oil Free Alliance details why cutting seed oils might be your next step towards better health.

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# Beyond Sunlight: Dr. Carl Rothschild on the Benefits of Red Light Therapy

written by Dr. Ronald Hoffman | July 15, 2025



Hear from Dr. Carl Rothschild from Trifecta Light Technologies as he explains the transformative power of red and infrared light therapy. He details how this groundbreaking technology is revolutionizing health and wellness.

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## Intelligent Medicine Radio for July 5: Hair Growth and Restoration

written by Dr. Ronald Hoffman | July 15, 2025



A slew of ultra-powerful weight loss drugs are in the pipeline; New study upends belief that inflammation is inevitable with aging; Rating products for hair growth and restoration; Why electric vehicles may make us carsick; Can liver fibrosis be reversed? Tailored probiotic sponges up toxic PFAS chemicals in GI tract; And more!

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# Q&A with Leyla: Fitness Trackers

written by Dr. Ronald Hoffman | July 15, 2025

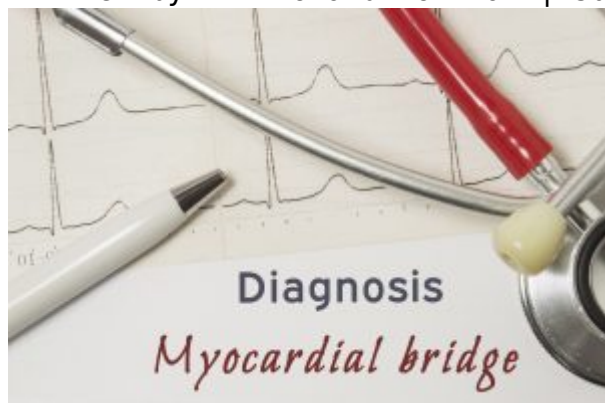


Fitness trackers; friend or foe? Is a reverse osmosis water filtration system the best way to go? Possible causes for low ejection fraction; Does levothyroxine affect heart function? Mitochondria and heart health; How long can one fast safely? And more!

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# Rethinking Heart Health: Uncovering Myocardial Bridges

written by Dr. Ronald Hoffman | July 15, 2025



From near tragedy to triumphant comeback! Hear Jeff Holden's compelling story about overcoming his myocardial bridge, a little-known but deadly heart condition. Learn how myocardial bridge remains underdiagnosed and why awareness is crucial.

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# Breaking Dietary Myths and Revolutionizing Nutrition Policy

written by Dr. Ronald Hoffman | July 15, 2025

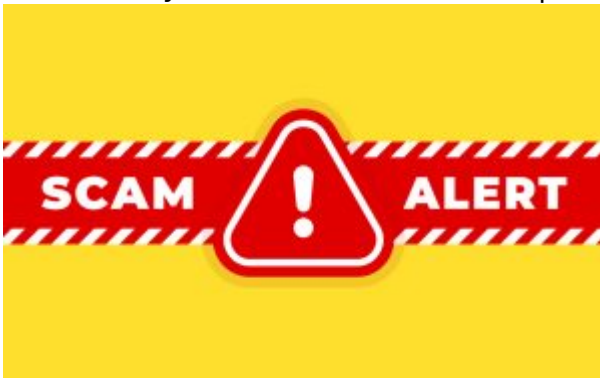


What truly defines a healthy diet? Dr. Nina Teicholz tackles this hot topic! Explore her revolutionary insights into low-carb diets and nutrition policy.

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## Q&A with Leyla: Scam Alert

written by Dr. Ronald Hoffman | July 15, 2025



A natural approach to tinnitus; Scam alert using the likeness of a colleague. It could happen to you! Does dairy prevent absorption of antioxidants? Can melatonin cause glucose levels to be high the next morning? Treatments for neuropathy; And more!