

## Q&A with Leyla: Leg Cramps

written by Dr. Ronald Hoffman | January 29, 2026



Fish oil linked to reduced risk of atrial fibrillation; Advice for arthritis and leg cramps during the night; “I follow a low-carb diet, why is my Hemoglobin A1c high?” Will there soon be biological criteria for diagnosing clinical depression? What’s with the ongoing battle between low fat and full fat dairy advocates? And more!

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## Brain Health Breakthroughs: Natural Approaches to Migraine Relief

written by Dr. Ronald Hoffman | January 29, 2026



Explore innovative solutions for migraines beyond medication with Dr. Elena Gross. From natural diets to understanding brain energy, this podcast episode is packed with insights for migraine sufferers and beyond.

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# Winterize Your Skin

written by Dr. Ronald Hoffman | January 29, 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.

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

written by Dr. Ronald Hoffman | January 29, 2026



“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?

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## ENCORE: Living to 100

written by Dr. Ronald Hoffman | January 29, 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.”

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## **Intelligent Exercise: A Guide to Pain-Free Performance**

written by Dr. Ronald Hoffman | January 29, 2026

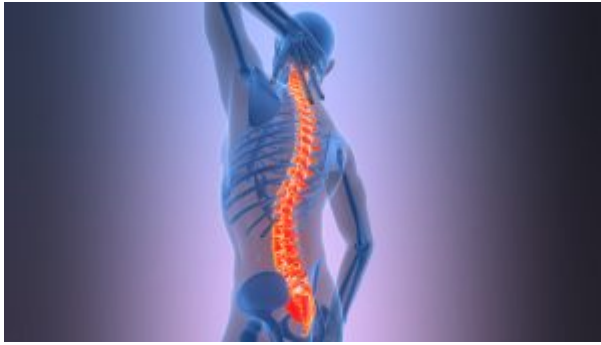


Ready to break free from the ‘no pain, no gain’ myth? Renowned strength coach Dr. John Rusin reveals the secrets to pain-free exercise performance. Learn effective strategies for sustainable fitness. Check it out!

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

written by Dr. Ronald Hoffman | January 29, 2026



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!

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## **Embracing Winter: Thriving in the Cold and Reducing Seasonal Affective Disorder**

written by Dr. Ronald Hoffman | January 29, 2026



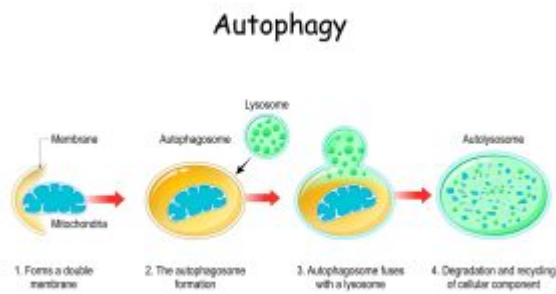
Feeling the winter blues? Dr. Kari Lebowitz, author of “How to Winter,” shares strategies to thrive during the cold and dark days. Embrace winter like never before and beat back Seasonal Affective Disorder. Check it out!

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## **Longevity Unlocked: Understanding the**

# Impact of Mitophagy

written by Dr. Ronald Hoffman | January 29, 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!

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## Intelligent Medicine Radio for January 10: Long-Overdue Change to the Broken Food Pyramid

written by Dr. Ronald Hoffman | January 29, 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!