# The Healing Science of Mitochondria

written by Dr. Ronald Hoffman | September 10, 2025
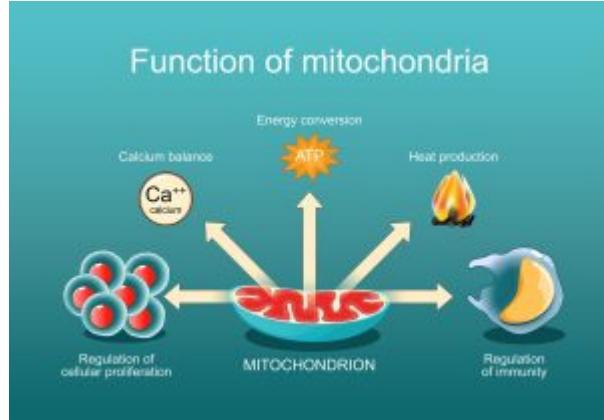
Your mitochondria are more than just cellular batteries. Dr. Martin Picard from Columbia University delves into the complex functions of mitochondria beyond their well-known role as cellular powerhouses. Join us as we explore the intersection between mitochondrial function, mental health, and overall well-being.

Igniting Male Performance

written by Dr. Ronald Hoffman | September 10, 2025

Maggie Frank from CV Sciences is back with an exciting new product launch, Ignite Men's Performance Formula. Ignite combines the calming power of CBD with a potent blend of traditional botanicals to support testosterone levels, while increasing energy and sexual vitality.

Intelligent Medicine Radio for

September 6: Are migraines predictive of heart attacks?

written by Dr. Ronald Hoffman | September 10, 2025

Are migraines predictive of heart attacks? Where does all our recycling go? (The answer will shock you!); Ultra-processed foods damage male reproductive health; Why vaccines have become so polarizing; Florida to remove all vaccine mandates; Gastroparesis—what causes it and how to alleviate it; New tech enables continuous home testing of levels of stress hormone; And more!

Q&A with Leyla: Potatoes and Diabetes

written by Dr. Ronald Hoffman | September 10, 2025

Potato intake and diabetes risk; How much daily leucine is required to regain muscle? Is a statin necessary with a zero calcium score? How to dose vitamin D; Are omega-3s proinflammatory? Is magnesium beneficial in preventing pancreatic cancer? Products for hair regrowth; And more!

ENCORE: All About Scars and How to Prevent Them

written by Dr. Ronald Hoffman | September 10, 2025

Dr. Gary Linkov shares insights on minimizing scarring, understanding plastic surgery, and exploring hair restoration innovations. Perfect for anyone curious about cosmetic procedures and treatment options.

Male Health Deep Dive: From Testosterone to Prostate Care

written by Dr. Ronald Hoffman | September 10, 2025

From testosterone to heart health, men face unique challenges. Neil Levin from Protocol for Life Balance has a deep dive into nutrition and lifestyle strategies for men of all ages. Don't miss this enlightening episode!

Q&A with Leyla: Gingivitis

written by Dr. Ronald Hoffman | September 10, 2025

How reliable is nutrition science? Listerine for gingivitis? "I take a diuretic for high blood pressure, is it okay to stop drinking water by 8pm, or will I dehydrate?" Leucine to regain muscle? Creatine for cognitive benefits? Preventing ganglion cyst recurrence; Should you brush your teeth with fluoride toothpaste if there's no fluoride in your drinking water; And more!

Grapes of Health: The Mighty Muscadine's Powerful Advantage

written by Dr. Ronald Hoffman | September 10, 2025

Unlock the secret of the Muscadine Grape, nature's antioxidant powerhouse. Dr. Stephen Talcott, a professor of food chemistry at Texas A&M, reveals the powerful health benefits of this incredible superfood and what sets it apart from ordinary grapes.

Brain Boost: Music, Neurofeedback, and Other Natural Strategies to Enhance Brain Health

written by Dr. Ronald Hoffman | September 10, 2025
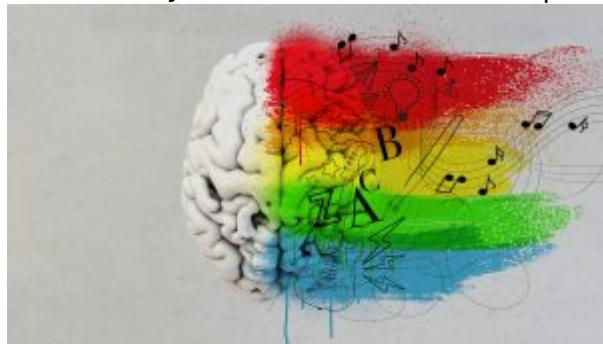
Discover how music, nutrition, and neurofeedback can revolutionize your brain's performance. Dr. Leigh Richardson, author of "Turn Your Brain On, Get Your Game On," reveals natural ways to enhance brain function at any age.

Intelligent Medicine Radio for August 23: Her new doctor said, "Vitamins are hogwash"—so she fired him.

written by Dr. Ronald Hoffman | September 10, 2025

Options for treating stubborn neuropathy; Her new doctor said "Vitamins are hogwash"—so she fired him; Big new study shows vegetarians age less well than omnivores; Can a popular men's health supplement ward off prostate cancer? Precision-engineering your gait can alleviate knee pain better than NSAIDs; After a lifetime of profound depression, novel brain implant enables man to experience joy for the first time; And more!