

# **Xylitol for Upper Respiratory Infection Prevention, Part 2**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **Q&A with Leyla, Part 1: So many new variants!**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **Intelligent Medicine Radio for December 17, Part 1: Holidays Hike Heart Risk**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **Intelligent Medicine Radio for December 17, Part 2: Do coconut oil or butter really clog your arteries?**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **ENCORE: Intelligent Medicine Radio for December 10, Part 1: Viagra for Alzheimer's—REALLY?**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **ENCORE: Intelligent Medicine Radio for December 10, Part 2: Long Covid**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **Intelligent Medicine Radio for December 3, Part 1: Regular Sauna Use Confers Anti-Aging Benefits**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **ENCORE: Intelligent Medicine Radio for December 3, Part 2: Reverse Cognitive Decline by Decades**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **Q&A with Leyla, Part 1: Dr. Hoffman's Experience with Covid**

written by Dr. Ronald Hoffman | December 22, 2022

---

## **ENCORE: Intelligent Medicine Radio for November 26, Part 2: Joint Health**

written by Dr. Ronald Hoffman | December 22, 2022