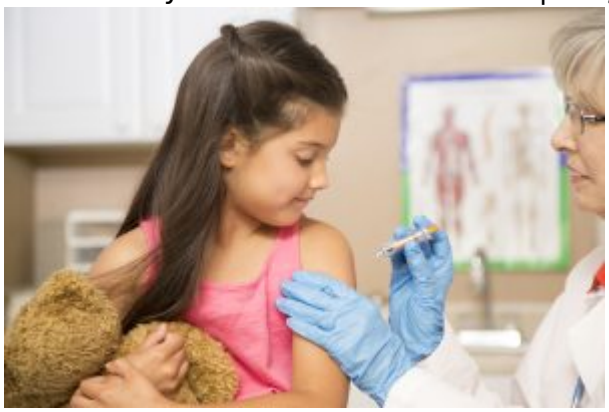
Q&A with Leyla: The New Vaccine Schedule Recommendations

written by Dr. Ronald Hoffman | August 13, 2026



The new vaccine schedule recommendations; My urologist is giving me grief that my vitamin D level is too high; Nattokinase for long covid? Thoughts on Cleveland Clinic’s assessment of fish oil supplements; Natural treatments for anxiety and depression; Is taking Bergamot for cholesterol really effective? And more!

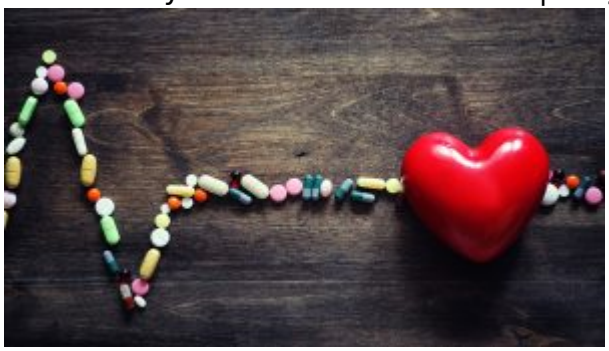
Intelligent Medicine Radio for July 4: Break a Sweat to Beat the Heat

written by Dr. Ronald Hoffman | August 13, 2026

Break a sweat to beat the heat; Evidence that aged garlic extract curbs atherosclerosis risk; How to stave off age-related muscle atrophy; Niacin augments glioblastoma treatment; Creatine for depression; Melatonin can reduce chronic pain; Do biopsies spread cancer? Causes of excessive sleepiness; And more!

Heart Matters: Essential Supplements for Cardiovascular Protection

written by Dr. Ronald Hoffman | August 13, 2026



Neil Levin from Protocol For Life Balance details cardiovascular protection beyond cholesterol-lowering drugs. Discover the benefits of nattokinase, vitamin K2, and much more for heart protection.

Intelligent Medicine Radio for March 7: “Culinary Medicine”

written by Dr. Ronald Hoffman | August 13, 2026

Dentists continue to write prescriptions for potentially deadly antibiotic; A man, in love with his Chatbot, commits suicide to join her in the virtual world; Olive oil is calorie dense—but its consumption results in weight loss; Doctors-in-training embrace “culinary medicine”; As Administration relaxes their regulation, PFAS compounds shown to accelerate biological aging; Biopsies reveal microplastics in 90% of prostate cancers; And more!

Nutritional Empowerment for Cognitive Health

written by Dr. Ronald Hoffman | August 13, 2026

Looking to optimize your brain health? Don’t miss my engaging discussion with Neil Levin from Protocol For Life Balance. Learn about the role of nutrients, groundbreaking research, and actionable tips for cognitive wellbeing.

ENCORE: Intelligent Medicine Radio for February 14: Topical Steroid Withdrawl

written by Dr. Ronald Hoffman | August 13, 2026

TSW—Topical Steroid Withdrawal—when you’re hooked on steroid creams for a skin condition and can’t get off; Vitamin D and Omega-3 supplements reduce risk of autoimmune conditions; How long to curtail fish oil before a medical procedure or surgery? Supplements for neuropathy; Daylight Savings Time changeover health myths busted; The vaunted DASH Diet for hypertension faces off against low-carb alternative; The critical first 1000 days after conception—early life sugar avoidance yields major later life health dividends; And more!

ENCORE: Intelligent Medicine Radio for December 27: French Fries’ Diabetes Risk

written by Dr. Ronald Hoffman | August 13, 2026

Potatoes don’t increase risk of diabetes—unless you eat French fries; Deep-frying in seed oils can yield harmful byproducts—but so, too, when you substitute with lard; New study shows beetroot juice can lower BP by 7 points; Comprehensive lifestyle modification program scores against cognitive decline; Women’s brains especially vulnerable to Omega-3 deficiencies; Breakthroughs in rheumatoid arthritis treatment; And more!

Intelligent Medicine Radio for November 15: Benefits of Cocoa Flavanols

written by Dr. Ronald Hoffman | August 13, 2026

Part 1: Benefits of Cocoa Flavanols

“Study” that’s not even a study spreads panic about dubious melatonin-heart failure link; Should you ignore Dr’s advice to take powerful acid-blocking drugs? Novel implantable electrical pacemakers may bring relief to sufferers of severe constipation; Benefits of cocoa flavanols for heart, brain, athletic performance.

Part 2: Coffee and Atrial Fibrillation

The FDA belatedly liberates women’s hormone replacement; Beta-blockers now deemed passé for routine heart attack aftercare; After most breast cancer surgery, adjuvant radiation brings no survival benefits; Can you drink caffeinated coffee if you have atrial fibrillation? Ignore frequent falls without attention to balance and stability training at your peril; Is it reasonable to contemplate a knee replacement surgery at 88?

References & Resources

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A study questions melatonin use and heart health, but lose sleep over it
By Lauren Neergaard, Associated Press November 7,2025

Burst-patterned stimulation restores colonic motility in preclinical models
Sci Transl Med. 2025 Nov 5;17(823):eadu4615. doi: 10.1126/scitranslmed.adu4615. Epub 2025 Nov 5. PMID: 41191773.

Speaking multiple languages may slow down biological aging
Nat Aging **5**, 2340–2354 (2025). https://doi.org/10.1038/s43587-025-01000-2

Cup of coffee a day may not be harmful for some adults with AFib and could lower episodes

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RADIATION may be unnecessary for many breast cancer patients
N Engl J Med 2025;393:1771-1783

Beta blockers have no effect on heart attack patients
N Engl J Med 2025 Aug 30 Ibanez B et al. N Engl J Med 2025 Aug 30

Marty Makary: The FDA liberates women's hormone replacement therapy
By Marty Makary. WSJ November 10, 2025

Women's Health Essentials

written by Dr. Ronald Hoffman | August 13, 2026

Neil Levin from Protocol for Life Balance on the vital role of personalized nutrition for women. He breaks down supplements, hormonal balance, and more.

Intelligent Medicine Radio for November 8: 4 Simple Lifestyle Measures Deliver 9 Additional Years of Disease-Free Healthspan

written by Dr. Ronald Hoffman | August 13, 2026

Just 4 simple lifestyle measures deliver 9 additional years of disease-free healthspan; Study underscores protein’s role in staving off cancer, heart disease and death; Urolithin A (Mitopure®) found to support athletic performance, immune function; Why you should ignore some influencers’ advice to avoid fish oil; As little as 3000 steps per day can slow progression to Alzheimer’s Disease; Prostate artery embolization (PAE) offers new non-invasive option for men’s age-related urinary problems; Discovery that a safe, cheap medication may increase survival after breast cancer surgery; And more!