# The Essential Role of Minerals in Health and Nutrition

written by Dr. Ronald Hoffman | November 18, 2026




Discover the importance of selenium and why Brazil nuts could be your secret health weapon. Neil Levin from Protocol For Life Balance explores the critical roles of minerals for our health. Find out how to balance your body’s needs. Check it out!

---

# Beyond Medication: Nutritional Alternatives for Mood Enhancement

written by Dr. Ronald Hoffman | November 18, 2026



Discover the connection between nutrition and mood. Neil Levin from Protocol For Life Balance details the essential nutrients and lifestyle changes for emotional wellness. Check it out!

---

# Intelligent Medicine Radio for October 10: Can Mistletoe Help Treat Cancer? Surprising Insights

written by Dr. Ronald Hoffman | November 18, 2026

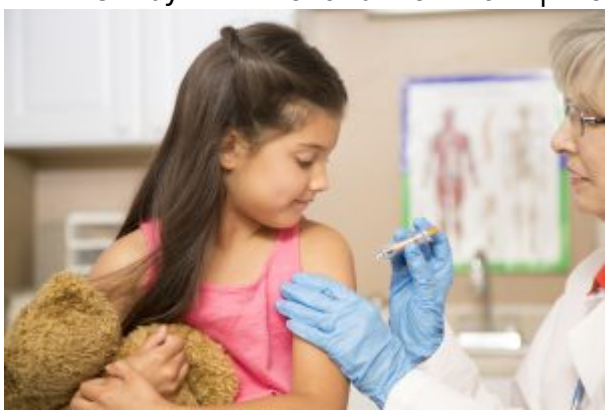


Death at clandestine Siberian bio lab raises specter of weaponized plague leak; Oats for constipation—friend or foe? How long can supplements keep? The brouhaha over fortifying foods with folic acid—is it a cancer promoter? Mistletoe for cancer? And more!

---

# Q&A with Leyla: The New Vaccine Schedule Recommendations

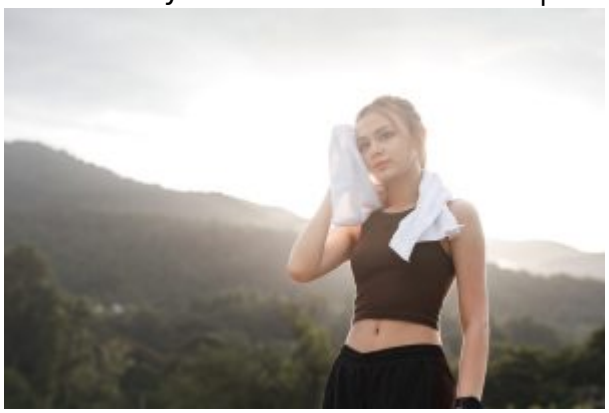
written by Dr. Ronald Hoffman | November 18, 2026



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 | November 18, 2026

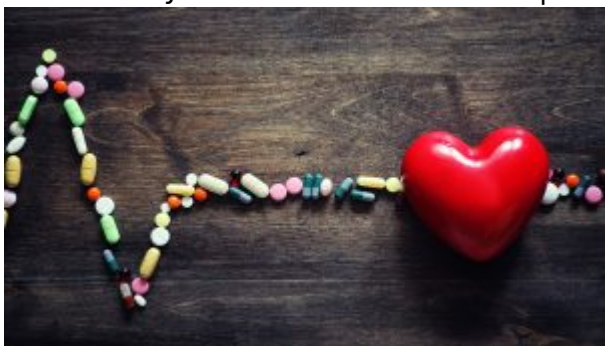


Break a sweat to beat the heat; Evidence that aged garlic extract curbs atherosclerosis risk; How to stave off age-related muscle atrophy; Niacin augments glioblastoma treatment; Creatine for depression; Melatonin can reduce chronic pain; Do biopsies spread cancer? Causes of excessive sleepiness; And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

---

# Heart Matters: Essential Supplements for Cardiovascular Protection

written by Dr. Ronald Hoffman | November 18, 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 | November 18, 2026

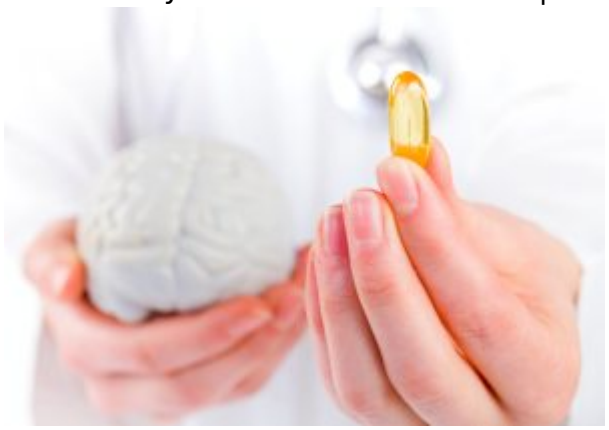


Dentists continue to write prescriptions for potentially deadly antibiotic; A man, in love with his Chatbot, commits suicide to join her in the virtual world; Olive oil is calorie dense—but its consumption results in weight loss; Doctors-in-training embrace “culinary medicine”; As Administration relaxes 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 | November 18, 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 | November 18, 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 | November 18, 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!