

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

written by Dr. Ronald Hoffman | February 16, 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 | February 16, 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 | February 16, 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

Melatonin as a novel drug to improve cardiac function and quality of life in heart failure patients: a systematic review and meta-analysis.
Clinical Cardiology. 2025 Mar;48(3):e70107. doi: 10.1002/clc.70107.

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):eadi4615. 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

American Heart Association Scientific Sessions 2025 Late-Breaking Science Abstract 4377429

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 | February 16, 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 | February 16, 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!

Intelligent Medicine Radio for October 18: The Craving for Alcohol

written by Dr. Ronald Hoffman | February 16, 2026



Thymic peptide for cancer; What is “orthomolecular psychiatry”? The craving for alcohol may be programmed from our primate origins; New options for knee pain; Popeye was right to power-up with spinach; Conquering inflammation; Methane-predominant SIBO; Unnecessary back surgery on seniors is rampant; Medicare Advantage patients often relegated to inferior cancer surgery; And more!

Intelligent Medicine Radio for September 6: Are migraines predictive of heart attacks?

written by Dr. Ronald Hoffman | February 16, 2026



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!

Male Health Deep Dive: From Testosterone to Prostate Care

written by Dr. Ronald Hoffman | February 16, 2026



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!

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

written by Dr. Ronald Hoffman | February 16, 2026



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!

Intelligent Medicine Radio for August 2: Comparing Protein Sources

written by Dr. Ronald Hoffman | February 16, 2026



Sweet poison? New doubts cast over safety of erythritol; Comparing whey, soy and pea protein isolates; Ivermectin may prove a new weapon against malaria; In first-ever study, keto diet scores vs. Parkinson's; Walk away from dementia; Loneliness can kill, but negative social ties can hasten biological aging; Sketchy knockoff weight loss drugs are flooding the marketplace; And more!