

# **Nutritional Strategies for Lifelong Joint and Muscle Health**

written by Dr. Ronald Hoffman | June 17, 2025



Unsure how to tackle those “ugh” moments of aging? On the Podcast, Neil Levin from Protocol for Life Balance discusses all things joint health and the vital role of nutrition. Stay active, stay informed.

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## **Intelligent Medicine Radio for March 15: Food Dyes**

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### **Intelligent Medicine Radio for March 15, Part 1: The Stress-Cancer Link**

Exploring the stress-cancer link—real, or unduly stigmatizing for people with cancer? Is coffee the most chemically-treated food? Is there a link between fluoride and pineal gland dysfunction? TV ads for oral supplement for dry eyes tout a dubious formula (and what could work better); Could meat make America healthy again?

## **Intelligent Medicine Radio for March 15, Part 2: Food Dyes**

States rush to ban food dyes ahead of federal action; NIH cuts funds for studies of vaccine hesitancy; RFK Jr. ridiculed for urging vitamin A for measles; Brain tumors in firefighters show signature of chemical exposure; Unpacking the causes of numbness, tingling and pain in lower extremities; Class-action lawsuit targets Depo-Provera as contributor to meningioma brain tumors; Uncovering the mystery of Trump's 20+ pound weight loss; Microplastics implicated in spiraling antibiotic resistance.

## **References & Resources**

**US News and the Guardian report: Depo-pro era associated with an increased risk of tumors**

By Anapol Weiss, ANAPOLWEISS Oct 28, 2024

**Meat will make America healthy again**

By Nina Teicholz, WSJ March 11, 2025

**Illness as metaphor and AIDS and its metaphors**

[susansontag.com](http://susansontag.com)

**Chronic stress and obesity work together to accelerate pancreatic cancer development and growth, study finds**

*Molecular Cancer Research*, 2025; 23 (3): 236

DOI: 10.1158/1541-7786.MCR-24-0785

**Trump reveals the simple fast food trick he used to lose 30 pounds**

By Emily Goodin, Senior White Correspondent, [dailymail.co.uk](http://dailymail.co.uk) March 12, 2025

**The antidote to political panic**

By James Freeman, WSJ March 11, 2025

**NIH cuts funding for studies on vaccine hesitancy and acceptance**

[Clinicaladvisor.com](http://Clinicaladvisor.com) March 12, 2025

**RFK Jr. says Trump 'lost 30 pounds' even with all the 'crap that he eats'**

By Alex Gangitano, thehill.com March 12, 2025

**At least a dozen US states rush to ban common food dyes, citing health risks**

By Carey Gilliam, theguardian.com March 11, 2025

**Microplastics could be fueling antibiotic resistance**

Appl Environ Microbiol 0:e02282-24.

**Genetic mutations linked to toxin exposure found in firefighters' brain tumor**  
*Cancer*, 2025 DOI: 10.1002/cncr.35732

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## **Q&A Special Edition: Inside Our Cabinets—The Supplements we Rely On**

written by Dr. Ronald Hoffman | June 17, 2025



In this special New Year's edition Q&A Dr. Ronald Hoffman and Nutritionist Leyla Muedin share their personal supplement regimens for 2025. They discuss the variety of supplements they take, including multivitamins, specific minerals, omega-3s, anti-inflammatories, probiotics, and immune-supportive nutrients. They also emphasize the importance of personalized nutrition and caution listeners against directly mirroring their supplement routines. The episode includes advice on seasonal adjustments to supplementation, the benefits of different nutrient combinations, and general tips for maintaining a balanced approach to supplement intake. Dr. Hoffman and Leyla also touch on their personal health goals and the rationale behind their choices, offering listeners insights into optimizing their own supplement strategies.

