

Women's Health Essentials

written by Dr. Ronald Hoffman | November 11, 2025



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

ENCORE: Natural Solutions for Prostate and Male Sexual Health

written by Dr. Ronald Hoffman | November 11, 2025



From prostate health to natural testosterone boosters, we're covering it all. Discover transformative insights on holistic men's health from Dr. Geo Espinosa, one of America's foremost integrative urologists.

ENCORE: All About Scars and How to Prevent Them

written by Dr. Ronald Hoffman | November 11, 2025



Dr. Gary Linkov shares insights on minimizing scarring, understanding plastic surgery, and exploring hair restoration innovations. Perfect for anyone curious about cosmetic procedures and treatment options.

Male Health Deep Dive: From Testosterone to Prostate Care

written by Dr. Ronald Hoffman | November 11, 2025



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 | November 11, 2025



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!

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

written by Dr. Ronald Hoffman | November 11, 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.

