

# **How to Keep Our Digestion Optimal During the Often Richly-Decadent Holiday Eating, Part 1**

written by Dr. Ronald Hoffman | December 14, 2021

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## **ENCORE: Curing Reflux Through Food, Part 1**

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## **ENCORE: Curing Reflux Through Food, Part 2**

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## **Q&A with Leyla, Part 1: Dry Brushing**

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## **Q&A with Leyla, Part 1: The Power of Poop!**

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## **Q&A with Leyla, Part 2: SIBO**

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## **Q&A with Leyla, Part 2: Menopausal Hot Flashes**

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## **Q&A with Leyla, Part 1: What exactly does it mean when it says a vaccine is 95% effective?**

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## **Intelligent Medicine Radio Show for February 27, Part 2**

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## **Intelligent Medicine Radio Show for January 16, Part 2**

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