# ENCORE: Q&A with Leyla, Part 1: Keeping your nose clean!

written by Dr. Ronald Hoffman | December 26, 2023

---

# Forestalling Cognitive Decline with Dr. Richard Restak, Part 2

written by Dr. Ronald Hoffman | December 26, 2023

---

# ENCORE: How to Prevent Dementia and Alzheimer’s Disease, Part 1

written by Dr. Ronald Hoffman | December 26, 2023

---

# ENCORE: How to Prevent Dementia and Alzheimer’s Disease, Part 2

written by Dr. Ronald Hoffman | December 26, 2023

---

# Leyla Weighs In: Nutrient Deficiencies Signaling Alzheimer’s Development

written by Leyla Muedin MS, RD, CDN | December 26, 2023

---

# Preventing Cognitive Decline and Regenerating our Brains, Part 1

written by Dr. Ronald Hoffman | December 26, 2023

---

# Preventing Cognitive Decline and Regenerating our Brains, Part 2

written by Dr. Ronald Hoffman | December 26, 2023

---

# Leyla Weighs In: Acid Reducers and Dementia

written by Leyla Muedin MS, RD, CDN | December 26, 2023

---

# ENCORE: DNA testing: Is it ready for Prime-Time? Part 1

written by Dr. Ronald Hoffman | December 26, 2023

---

# ENCORE: DNA testing: Is it ready for Prime-Time? Part 2

written by Dr. Ronald Hoffman | December 26, 2023