

## **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