

Leyla Weighs In: Reversing Your Biological Age

written by Leyla Muedin MS, RD, CDN | May 12, 2023

Intelligent Medicine Radio for April 8, Part 1: Fish Oil v. Cognitive Decline

written by Dr. Ronald Hoffman | May 12, 2023

Q&A with Leyla, Part 1: Sleep Strategy

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Intelligent Medicine Radio for April 1, Part 2: Keto Matzoh Balls?

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ENCORE: Intelligent Medicine Radio for March 25, Part 2: Breakthrough Obesity Drugs

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Intelligent Medicine Radio for March 18, Part 1: Spring Allergies

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The Heart and Brain Supportive Effects of Cocoa, Part 1

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The Heart and Brain Supportive Effects of Cocoa, Part 2

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Intelligent Medicine Radio for February 11, Part 2: The Real Nursing Home Scandal

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ENCORE: Intelligent Medicine Radio for December 31, Part 1: Menopause Woes

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