

ENCORE: Q&A with Leyla, Part 2: Sleep Gummies

written by Dr. Ronald Hoffman | November 28, 2024

ENCORE: Q&A with Leyla, Part 1: Anti-Aging Supplements

written by Dr. Ronald Hoffman | November 28, 2024

Where Diabetes Treatment Has Gone Wrong and How to Fix It, Part 1

written by Dr. Ronald Hoffman | November 28, 2024

Where Diabetes Treatment Has Gone Wrong and How to Fix It, Part 2

written by Dr. Ronald Hoffman | November 28, 2024

Continuous Glucose Monitoring: A Pathway to Optimizing Health, Part 1

written by Dr. Ronald Hoffman | November 28, 2024

Continuous Glucose Monitoring: A Pathway to Optimizing Health, Part 2

written by Dr. Ronald Hoffman | November 28, 2024

ENCORE: Q&A with Leyla, Part 2: Does zinc really help colds?

written by Dr. Ronald Hoffman | November 28, 2024

Leyla Weighs In: Nutrient Deficiencies Signaling Alzheimer's Development

written by Leyla Muedin MS, RD, CDN | November 28, 2024

Leyla Weighs In: Type 1 Diabetes Prevention

written by Leyla Muedin MS, RD, CDN | November 28, 2024

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

written by Dr. Ronald Hoffman | November 28, 2024