

# **Leyla Weighs In: Overcoming IBS and Candida**

written by Leyla Muedin MS, RD, CDN | October 18, 2024

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## **ENCORE: Q&A with Leyla, Part 1: Gut Bacteria and Cholesterol**

written by Dr. Ronald Hoffman | October 18, 2024

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## **Leyla Weighs In: Cutting Out Sugar and Starch for IBS Relief**

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## **Understanding Digestive Health: Supplements, Strategies, and Solutions, Part 1**

written by Dr. Ronald Hoffman | October 18, 2024

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## **Understanding Digestive Health: Supplements, Strategies, and Solutions, Part 2**

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# **Banish the Bloat: Leyla Weighs In with Tips and Insights**

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## **Leyla Weighs In: IBS Treatment Strategies—Dietary Tips and Lifestyle Advice**

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

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## **ENCORE: Connecting the Dots Between Your Gut Health and Many Common Ailments, Part 1**

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## **ENCORE: Connecting the Dots Between Your Gut Health and Many Common Ailments, Part 2**

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