

# **How to Keep Our Digestion Optimal During the Often Richly-Decadent Holiday Eating, Part 1**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **How to Keep Our Digestion Optimal During the Often Richly-Decadent Holiday Eating, Part 2**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **Intelligent Medicine Radio Show for December 11, Part 2**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **ENCORE: Curing Reflux Through Food, Part 1**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **ENCORE: Curing Reflux Through Food, Part 2**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **ENCORE: Debunking Myths about Irritable Bowel Syndrome, Part 1**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **ENCORE: Debunking Myths about Irritable Bowel Syndrome, Part 2**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **Q&A with Leyla, Part 1: Dr. Hoffman's Triathlon!**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **Intelligent Medicine Radio Show for July 31, Part 2**

written by Dr. Ronald Hoffman | December 14, 2021

---

# **Skin Dysbiosis: How To Protect Your Skin Microbiome, Part 1**

written by Dr. Ronald Hoffman | December 14, 2021