

# **Nutrition-Based Approaches as an Alternative to Psychiatric Medications, Part 1**

written by Dr. Ronald Hoffman | January 9, 2024

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# **Nutrition-Based Approaches as an Alternative to Psychiatric Medications, Part 2**

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# **ENCORE: How Diet Impacts Psychiatric Conditions, Part 1**

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# **ENCORE: How Diet Impacts Psychiatric Conditions, Part 2**

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