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

written by Dr. Ronald Hoffman | November 28, 2024

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# Leyla Weighs In: Rejuvenate with Tai Chi

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

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# Mastering Nutrition and Mindset for Ultra Endurance with Athlete Brian Keane, Part 1

written by Dr. Ronald Hoffman | November 28, 2024

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# Mastering Nutrition and Mindset for Ultra Endurance with Athlete Brian Keane, Part 2

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# Leyla Weighs In: Exercise as a Drug-Free Longevity Pill

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

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# ENCORE: Q&A with Leyla, Part 1: Physical Activity and Memory

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# ENCORE: Q&A with Leyla, Part 2: Are all cold cuts created equal?

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# Movement for Life; Preserving Your Independence, Part 1

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# Movement for Life; Preserving Your Independence, Part 2

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# ENCORE: Intelligent Medicine Radio for September 16, Part 2: Fructose-Phobia

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