

ENCORE: Intelligent Medicine Radio for August 12, Part 2: Improving Stroke Recovery

written by Dr. Ronald Hoffman | August 14, 2023

Leyla Weighs In: Strength Training

written by Leyla Muedin MS, RD, CDN | August 14, 2023

ENCORE: Intelligent Medicine Radio for May 6, Part 2: Carcinogenic Nitrites in Processed Meat

written by Dr. Ronald Hoffman | August 14, 2023

ENCORE: Q&A with Leyla, Part 1: The Best Exercise and Treatment for Osteoporosis

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Daily CBD for Sleep, Soreness and Stress Support, Part 1

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ENCORE: In the Grips of “Twin Pandemics,” Part 1

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ENCORE: In the Grips of “Twin Pandemics,” Part 2

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Intelligent Medicine Radio for April 8, Part 2: The Key to Shedding Pounds

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Intelligent Medicine Radio for April 1, Part 1: Tattoo Hazards

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The Heart and Brain Supportive Effects of Cocoa, Part 1

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