

# **How to Reap the Cognitive Benefits of Exercise, Part 1**

written by Dr. Ronald Hoffman | March 14, 2023

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# **How to Reap the Cognitive Benefits of Exercise, Part 2**

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# **Intelligent Medicine Radio for March 11, Part 2: Coconut Oil**

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# **ENCORE: Achieving Age-Defying Athletic Performance, Part 1**

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# **ENCORE: Achieving Age-Defying Athletic Performance, Part 2**

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# **Q&A with Leyla, Part 1: Dr. Hoffman's Biking Trip in Death Valley**

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## **Leyla Weighs In: Exercise Suggestions**

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

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## **Q&A with Leyla, Part 2: Which is the best form of exercise?**

written by Dr. Ronald Hoffman | March 14, 2023

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## **ENCORE: Intelligent Medicine Radio for December 24, Part 1: Fending off Cognitive Decline**

written by Dr. Ronald Hoffman | March 14, 2023

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## **Intelligent Medicine Radio for December 17, Part 2: Do coconut oil or butter really clog your arteries?**

written by Dr. Ronald Hoffman | March 14, 2023