

# **ENCORE: A Realistic Approach to Exercise, Part 2**

written by Dr. Ronald Hoffman | September 14, 2017

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## **The Many Exciting Benefits of Sulforaphane, Part 1**

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## **The Many Exciting Benefits of Sulforaphane, Part 2**

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## **How to Prevent Autism, Part 1**

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## **How to Prevent Autism, Part 2**

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## **Nutrition Counseling as Part of a Multidisciplinary Approach to**

# **Dependency, Part 1**

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# **Nutrition Counseling as Part of a Multidisciplinary Approach to Dependency, Part 2**

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# **What Makes the Mediterranean Diet So Healthy? Part 1**

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# **How to Protect Yourself from Electromagnetic Radiation, Part 1**

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