### Natural Treatment for Hypertension, Part 1

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### Natural Treatment for Hypertension, Part 2

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# The Holidays: A Prolonged Assault on Our Microbiome, Part 1

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## The Holidays: A Prolonged Assault on Our Microbiome, Part 2

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# A Six Point Program to Reverse Postpartum Depression, Part 1

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## A Six Point Program to Reverse Postpartum Depression, Part 2

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#### The Dorito Effect, Part 1

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### A New Super-Polyphenol, Part 1

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### A New Super-Polyphenol, Part 2

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