

# **Preventing Cognitive Decline and Regenerating our Brains, Part 1**

written by Dr. Ronald Hoffman | October 10, 2023

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# **Preventing Cognitive Decline and Regenerating our Brains, Part 2**

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# **Super Aging, Part 1**

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# **Movement for Life; Preserving Your Independence, Part 1**

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## **ENCORE: DNA testing: Is it ready for Prime-Time? Part 1**

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## **A Primer on Cholesterol & Heart Health, Part 1**

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