

## **ENCORE: Q&A with Leyla, Part 2: Time Restricted Eating**

written by Dr. Ronald Hoffman | May 9, 2024

---

## **Continuous Glucose Monitoring: A Pathway to Optimizing Health, Part 1**

written by Dr. Ronald Hoffman | May 9, 2024

---

## **Leyla Weighs In: How Sleep Affects Your Gut Health**

written by Leyla Muedin MS, RD, CDN | May 9, 2024

---

## **ENCORE: The Frontiers of Anti-Aging Research, Part 1**

written by Dr. Ronald Hoffman | May 9, 2024

---

## **Intelligent Medicine Radio for July 16, Part 1: Could fasting be the key to curbing Covid severity?**

written by Dr. Ronald Hoffman | May 9, 2024

---

# **Intelligent Medicine Radio for July 9, Part 1: Natural Help for Migraines**

written by Dr. Ronald Hoffman | May 9, 2024

---

## **ENCORE: The Benefits—and Limitations—of Intermittent Fasting, Part 1**

written by Dr. Ronald Hoffman | May 9, 2024

---

## **ENCORE: The Benefits—and Limitations—of Intermittent Fasting, Part 2**

written by Dr. Ronald Hoffman | May 9, 2024

---

# **Intelligent Medicine Radio for July 2, Part 2: Susceptibility to Cognitive Decline**

written by Dr. Ronald Hoffman | May 9, 2024

---

## **ENCORE: How Diet Impacts Psychiatric Conditions, Part 1**

written by Dr. Ronald Hoffman | May 9, 2024