

# **Natural Medicine in Focus: Gut-Brain Axis, Omega-3s, and Clinical Empathy, Part 1**

written by Dr. Ronald Hoffman | September 25, 2024

---

# **Natural Medicine in Focus: Gut-Brain Axis, Omega-3s, and Clinical Empathy, Part 2**

written by Dr. Ronald Hoffman | September 25, 2024

---

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

written by Dr. Ronald Hoffman | September 25, 2024

---

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

written by Dr. Ronald Hoffman | September 25, 2024