# How to Keep Our Digestion Optimal During the Often Richly-Decadent Holiday Eating, Part 1

written by Dr. Ronald Hoffman | December 14, 2021

## How to Keep Our Digestion Optimal During the Often Richly-Decadent Holiday Eating, Part 2

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#### Holiday Digestive Issues, Part 1

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### Summer Digestive Health, Part 1

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