

ENCORE: How to Break the Anxiety Habit, Part 2

written by Dr. Ronald Hoffman | March 28, 2023

Q&A with Leyla, Part 1: Menopause

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Q&A with Leyla, Part 1: Nutrition for Mental Health

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How to Reap the Cognitive Benefits of Exercise, Part 1

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How to Reap the Cognitive Benefits of Exercise, Part 2

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Q&A with Leyla, Part 2: Diet Therapy

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Intelligent Medicine Radio for February 18, Part 2: Depression May Be a Mitochondrial Problem

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Intelligent Medicine Radio for February 11, Part 2: The Real Nursing Home Scandal

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Q&A with Leyla, Part 2: Supplements for Shift Workers

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Nutritional Psychiatry, Part 1

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