

ENCORE: Leyla Weighs In: Navigating Holiday Temptations and Immune Boosting Tips

written by Leyla Muedin MS, RD, CDN | November 29, 2024

Beyond Flavor: Understanding MSG and Its Impact on Health, Part 1

written by Dr. Ronald Hoffman | November 29, 2024

Beyond Flavor: Understanding MSG and Its Impact on Health, Part 2

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Leyla Weighs In: Sweet Solutions—Preventing the Health Pitfalls of Sugar

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Leyla Weighs In: Harnessing the Power of Small Changes for Better Health

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Unpacking the Myths and Realities of GLP-1 Drugs with Dr. Swathi, Part 1

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Unpacking the Myths and Realities of GLP-1 Drugs with Dr. Swathi, Part 2

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Leyla Weighs In: Natural Alternatives to Weight Loss Drugs

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Navigating the Intersection of Nutrition and New Weight Loss Medications, Part 1

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Navigating the Intersection of Nutrition and New Weight Loss Medications, Part 2

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