

# **ENCORE: The Benefits of High-Fat, Low-Carb Dieting, Part 1**

written by Dr. Ronald Hoffman | December 27, 2022

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# **ENCORE: The Benefits of High-Fat, Low-Carb Dieting, Part 2**

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# **ENCORE: Intelligent Medicine Radio for December 10, Part 2: Long Covid**

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# **ENCORE: Sports Nutrition: Nutrients for Performance and Endurance, Part 1**

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# **ENCORE: Sports Nutrition: Nutrients for Performance and Endurance, Part 2**

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## **Q&A with Leyla, Part 2: Dr. Hoffman's Definition of "Idiopathic"**

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## **ENCORE: Intelligent Medicine Radio for November 26, Part 1: Vitamin D**

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## **ENCORE: Leyla Weighs In: Mushrooms**

written by Leyla Muedin MS, RD, CDN | December 27, 2022

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## **Intelligent Medicine Radio for November 19, Part 2: Keto Triples Cancer Chemo Efficacy**

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## **Intelligent Medicine Radio for November 12, Part 2: Autoimmune Diseases and the Microbiome**

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