

Intelligent Medicine Radio for July 16, Part 1: Could fasting be the key to curbing Covid severity?

written by Dr. Ronald Hoffman | July 18, 2022

Leyla Weighs In: Plant Based Meats

written by Leyla Muedin MS, RD, CDN | July 18, 2022

The Skyrocketing Rise in Eating Disorders and Food & Sugar Addictions, Part 1

written by Dr. Ronald Hoffman | July 18, 2022

The Skyrocketing Rise in Eating Disorders and Food & Sugar Addictions, Part 2

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Q&A with Leyla, Part 1: Overcoming Horrible Eating Habits

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Intelligent Medicine Radio for July 9, Part 1: Natural Help for Migraines

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Intelligent Medicine Radio for July 9, Part 2: Health Effects of Avocados

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Leyla Weighs In: Weight Loss Strategies

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

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

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