

Nutrition-Based Approaches as an Alternative to Psychiatric Medications, Part 2

written by Dr. Ronald Hoffman | January 9, 2024

ENCORE: Q&A with Leyla, Part 1: Reflux and Stomach Issues

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ENCORE: Q&A with Leyla, Part 2: Are all cold cuts created equal?

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Leyla Weighs In: Holiday Season Weight Gain

written by Leyla Muedin MS, RD, CDN | January 9, 2024

ENCORE: Leyla Weighs In: Nutrition and Mental Health

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The Science of Processed Food Addiction with Dr. Joan IFLAND, Part 1

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The Science of Processed Food Addiction with Dr. Joan IFLAND, Part 2

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Leyla Weighs In: Is your sushi safe?

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Leyla Weighs In: Sucralose (Second in a Series)

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ENCORE: Intelligent Medicine Radio for September 16, Part 1: Fructose

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