

# **Q&A with Leyla, Part 2: Sugar Cravings**

written by Dr. Ronald Hoffman | January 18, 2023

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# **Q&A with Leyla, Part 1: Healthy Eating, Good Hydration**

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# **Q&A with Leyla, Part 2: Blood Sugar Control**

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# **Q&A with Leyla, Part 1: Football Trauma**

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# **Q&A with Leyla, Part 2: Which is the best form of exercise?**

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# **Q&A with Leyla, Part 1: Chocolate**

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## **Q&A with Leyla, Part 2: Circadian Rhythms**

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## **Q&A with Leyla, Part 1: So many new variants!**

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## **Q&A with Leyla, Part 2: Can Coffee Trigger Endorphins?**

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## **ENCORE: Q&A with Leyla, Part 1: Hyperbaric Oxygen Reverses Aging Process**

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