

# **Stress and Sleep Support During the Holidays, Part 1**

written by Dr. Ronald Hoffman | November 10, 2022

---

# **Stress and Sleep Support During the Holidays, Part 2**

written by Dr. Ronald Hoffman | November 10, 2022

---

# **Intelligent Medicine Radio for October 17, Part 1: Back Pain**

written by Dr. Ronald Hoffman | November 10, 2022

---

# **Intelligent Medicine Radio for October 15, Part 2: Long Covid Breakthrough?**

written by Dr. Ronald Hoffman | November 10, 2022

---

# **The Role Dietary Supplements Can Play in Your Emotional Wellness, Part 1**

written by Dr. Ronald Hoffman | November 10, 2022

---

# **The Role Dietary Supplements Can Play in Your Emotional Wellness, Part 2**

written by Dr. Ronald Hoffman | November 10, 2022

---

## **Intelligent Medicine Radio for October 1, Part 2: Vitamin D vs. Dementia**

written by Dr. Ronald Hoffman | November 10, 2022

---

## **Leyla Weighs In: Stress Hormones**

written by Leyla Muedin MS, RD, CDN | November 10, 2022

---

## **Leyla Weighs In: Anxiety and Seasonal Allergies**

written by Leyla Muedin MS, RD, CDN | November 10, 2022

---

## **Leyla Weighs In: Reducing Your Risks of Dementia and Afib**

written by Leyla Muedin MS, RD, CDN | November 10, 2022