# ENCORE: Q&A with Leyla, Part 2: Sleep Gummies

written by Dr. Ronald Hoffman | November 28, 2024

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# Leyla Weighs In: Navigating Alcohol Consumption During the Holidays

written by Leyla Muedin MS, RD, CDN | November 28, 2024

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# ENCORE: Q&A with Leyla, Part 2: Varicose Veins

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# Breaking Your Addiction to Sugar, Part 2

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# ENCORE: Everything you ever wanted to know about Low-Dose Naltrexone, Part 2

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# Intelligent Medicine Radio for April 8, Part 2: The Key to Shedding Pounds

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# Q&A with Leyla, Part 1: Psychedelics

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# Removing the Stigma Around Psychedelics, Part 1

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# Removing the Stigma Around Psychedelics, Part 2

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

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