

# **The “Kyo-Life” Heart Health Strategy, Part 1**

written by Dr. Ronald Hoffman | March 7, 2023

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# **The “Kyo-Life” Heart Health Strategy, Part 2**

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# **The Dire Consequences of Our Depleted Microbiomes, Part 1**

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# **The Dire Consequences of Our Depleted Microbiomes, Part 2**

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# **Immune Function and Respiratory Health, Part 1**

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# **Immune Function and Respiratory Health, Part 2**

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## **Q&A with Leyla, Part 1: Dr. Hoffman's Biking Trip in Death Valley**

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## **ENCORE: Q&A with Leyla, Part 2: Is the night shift carcinogenic?**

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## **Intelligent Medicine Radio for February 11, Part 1: The Debate Over Contact Sports**

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## **Intelligent Medicine Radio for February 11, Part 2: The Real Nursing Home Scandal**

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