

Q&A with Leyla, Part 1: Immune Reset

written by Dr. Ronald Hoffman | September 28, 2022

Q&A with Leyla, Part 2: “Lean Diabetes”

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Five Ways to Lower Your Blood Pressure, Part 1

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Intelligent Medicine Radio for September 24, Part 1: The Power of Cold Exposure

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Intelligent Medicine Radio for September 24, Part 2: Sleep Deprivation

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Leyla Weighs In: Thyroid Balance

written by Leyla Muedin MS, RD, CDN | September 28, 2022

ENCORE: The Science and Benefits of Hemp Derived Cannabinoids, Part 1

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ENCORE: The Science and Benefits of Hemp Derived Cannabinoids, Part 2

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Q&A with Leyla, Part 1: The Fake Food Race

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Q&A with Leyla, Part 2: Prunes for regularity?

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