

Health/Nutrition Podcasts

<https://podcasts.apple.com/us/podcast/the-doctors-farmacy-with-mark-hyman-m-d/id1382804627?i=1000657325964>

Dr. Hyman - Mastering your Metabolism
51 mins

<https://podcasts.apple.com/us/podcast/the-doctors-farmacy-with-mark-hyman-m-d/id1382804627?i=1000652720935>

Dr. Hyman / Dr. Tyna Moore / Callie Means
2 hrs 5 mins

<https://podcasts.apple.com/us/podcast/the-dr-tyna-show/id1577258582?i=1000654142668>

Dr. Tyna Moore Show - Aging and Amino Acids: Balancing Nutrition for Muscle Prevention
1 hr 20 mins

<https://podcasts.apple.com/us/podcast/the-chalene-show-diet-fitness-life-balance/id911042029?i=1000658153681>

The Chalene Show: Low Dose Ozempic/Semaglutide for Hormonal Weight Loss with Dr. Tyna Moore
Great data on importance of weight/resistance training when using GLP-1s
1 hr 12 mins