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Sulforaphane and Its Effects on Cancer, Mortality, Aging, Brain and Behavior, Heart Disease \u0026 More

**Dr. Dale Bredeesen on Preventing and Reversing Alzheimer's Disease**

Lars Marius Garshol on kveik at Burnt City Brewing's Kveikfest 2019 in Chicago

**Understanding the Quadrants | Dan John Workouts**

**Rich Roll on Self-Transformation, Environmental Impact of Food,**

**and the Plant-Based Diet** **Surviving Juicero \u0026 Thriving on Sprouts: Doug Evans | Rich Roll Podcast**

*Tasting Together: Imperial Stout with Master Cicerone Pat Fahey*

**How to Make Broccoli Sprouts**

How To Increase Sulforaphane in Broccoli Sprouts by ~3.5-fold

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Cryotherapy: norepinephrine, inflammation, and neuron-

regeneration - Dr. Rhonda Patrick *Rich Roll's PlantPower Grocery*

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~~Store Tour Episode 190—Sulforaphane with Dr. Jed Fahey Peter Attia, M.D. on Macronutrient Thresholds for Longevity and Performance, Cancer and More Dr Rhonda Patrick on Inflammation, Modafinil \u0026amp; Sensory Deprivation (OPP 16)~~

~~How to Grow Sprouts Indoors in a Mason Jar, No Soil Required // Growing Your Indoor Garden #2Dr Rhonda Patrick How Your Diet, Exercise, and Even Hyperthermic Conditioning Can Change the Expr Peter Attia - Reverse engineered approach to human longevity The Iron and The Language of the Body—Henry Rollins \u0026amp; Kathy Acker BOOK REVIEW AND THOUGHTS~~

~~Ray Cronise on Cold Thermogenesis, Intermittent Fasting, Weight Loss \u0026amp; Healthspan?? six of crows? more like six of HOES ?? (non spoilers) **Fit \u0026amp; Well: Core Concepts and Labs in**~~

~~**Physical Fitness and Wellness (Thomas Fahey et al.). Part 1 Dr. Elissa Epel on Telomeres and the Role of Stress Biology in Cellular Aging KIN163 Ch 2 (FIR textbook) Principles of Physical Fitness Narrated by Alev Dietrich Practice Test Bank for Fit And Well by Fahey 10th Edition **The Healthiest \u0026amp; Cheapest Superfood: Sprouting How-To w/ Doug Evans****~~

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