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[#3: Body By Science author, Dr Doug McGuff: Advanced HIT Concepts, How Excessive Nutrition Might...](#)

#3: Body By Science author, Dr Doug McGuff: Advanced HIT Concepts, How Excessive Nutrition Might... von High Intensity Business vor 2 Jahren 1 Stunde 686 Aufrufe About Corporate Warrior: The Corporate Warrior Podcast

[Is Doug McGuff's 12-minute Workout in Body By Science just a gimmick?](#)

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Is Doug McGuff's 12-minute Workout in Body By Science just a gimmick? von Drew Baye vor 2 Jahren gestreamt 22 Minuten 37.619 Aufrufe This morning I shared a video of Body by Science author ...

[7 Best Glute Exercises for Men \(science-based\)](#)

7 Best Glute Exercises for Men (science-based) von musclemonsters vor 1 Tag 9 Minuten, 27 Sekunden 37.533 Aufrufe With so many different glute videos out there on Instagram, ...

[Doug McGuff, MD on The Impact of Exercise on Myokine Release and The Immune System | HITuni](#)

Doug McGuff, MD on The Impact of Exercise on Myokine Release and The Immune System | HITuni von HITuni - The High Intensity Training University vor 2 Jahren 6 Minuten, 26 Sekunden 2.220 Aufrufe The fact that intense exercise is a stress to the physiology

[Doug McGuff MD. Instructs an Intense Workout | HITuni](#)

Doug McGuff MD. Instructs an Intense Workout | HITuni von HITuni - The High Intensity Training University vor 5 Jahren 13 Minuten, 35 Sekunden 79.075 Aufrufe About the video: In this video Doug , McGuff , MD, instructs

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[How Melatonin protects your body \u0026 brain. Should you supplement with it?](#)

How Melatonin protects your body \u0026 brain. Should you supplement with it? von CellularReset vor 3 Monaten 25 Minuten 2.145 Aufrufe In this video, I discuss the benefits of Melatonin on your ...

[Melatonin for COVID-19: Treatment Hunting for Cytokine Storm](#)

Melatonin for COVID-19: Treatment Hunting for Cytokine Storm von eddyjoemd vor 6 Monaten 12 Minuten, 33 Sekunden 8.524 Aufrufe I have reviewed three papers on utilizing melatonin for ...

[Why We Need to Focus on Reversing Insulin Resistance](#)

Why We Need to Focus on Reversing Insulin Resistance von Mark Hyman, MD vor 2 Tagen 2 Minuten, 53 Sekunden 3.919 Aufrufe Heart disease is a leading cause of death in the United ...

[Dr Doug McGuff - Why You Should NOT Bulk Up \(#161\)](#)

Dr Doug McGuff - Why You Should NOT Bulk Up (#161) von High Intensity Business vor 2 Jahren 1 Stunde, 6 Minuten 8.479 Aufrufe Dr Doug , McGuff , describes why you should not attempt to ...

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[Dr. Mercola Discusses Super Slow Workout](#)

Dr. Mercola Discusses Super Slow Workout von MercolaPeakFitness vor 8 Jahren 25 Minuten 445.350 Aufrufe <http://fitness.mercola.com/sites/fitness/archive/2012/05/11/> ...

[Dr. Mercola and Dr. McGuff on High-Intensity Strength Training](#)

Dr. Mercola and Dr. McGuff on High-Intensity Strength Training von Mercola vor 6 Jahren 33 Minuten 77.339 Aufrufe <http://articles.mercola.com/sites/articles/archive/2014/08/> ...

[The Definitions of Health and Fitness | Doug McGuff M.D.](#)

The Definitions of Health and Fitness | Doug McGuff M.D. von 21 Studios vor 7 Jahren 5 Minuten, 35 Sekunden 3.756 Aufrufe About the speaker : Doug , McGuff , , MD became interested in

[10 MUST KNOW Jazz Blues Licks](#)

10 MUST KNOW Jazz Blues Licks von Jamie Holroyd Guitar vor 4 Monaten 13 Minuten, 27 Sekunden 2.541 Aufrufe The jazz blues is one of the most important progressions ...

[The Faults of Obamacare | Doug McGuff M.D.](#)

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The Faults of Obamacare | Doug McGuff M.D. von 21 Studios vor 5 Jahren 5 Minuten, 20 Sekunden 1.167 Aufrufe Dr. Doug , McGuff , traces the historical path that led the

[Dr. Jason Fung The Obesity Code: Low Carbohydrate Diet, Intermittent Fasting Weight Loss Strategies](#)

Dr. Jason Fung The Obesity Code: Low Carbohydrate Diet, Intermittent Fasting Weight Loss Strategies von Simple Hormones vor 3 Tagen 15 Minuten 35 Aufrufe In this review of Dr. Jason Fung's , book , The Obesity Code, ...

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