



SPARTAN HEALTH WEEKLY


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Our newest weekly podcast & YouTube series. Nada Milosavljevic MD, director of holistic health at Mass General, Founder of Sage Tonic and a double board certified MD, takes on weekly topics for Spartans like natural workout boosts, how much sleep do you really need? and essential role for energy

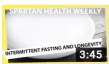
- 1  **Good News About Brown Fat: Another Good Reason to Exercise // SPARTAN HEALTH 023**
Spartan Up 3:38


- 2  **5 Bedtime Habits That Ruin Sleep // SPARTAN HEALTH 021**
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- 3  **Magnesium: A Mineral to Calm the Mind // SPARTAN HEALTH 020**
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- 4  **Muscle and Metabolism // SPARTAN HEALTH 019**
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- 5  **Heart Rate Variability and Survival // SPARTAN HEALTH 018**
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- 6  **Intermittent Fasting and Longevity // SPARTAN HEALTH 017**
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- 7  **Circadian Rhythm and Weight Control // SPARTAN HEALTH ep 016**
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- 8  **What's a Circadian Rhythm and Why it Matters // SPARTAN HEALTH ep 015**
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- 9  **Gut Health and Performance // SPARTAN HEALTH 014**
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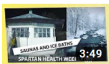
- 10  **Natural Treatments to Boost Immunity // SPARTAN HEALTH 013**
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- 11  **Rhodiola for Energy and Endurance! // SPARTAN HEALTH ep 012**
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- 12  **Two Quick Energy Boosts // SPARTAN HEALTH ep 011**
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- 13  **Nutrients for Rapid Recovery // SPARTAN HEALTH ep 010**
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- 14  **Green Tea for Your Workout? // SPARTAN HEALTH ep 009**
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- 15  **Are Ice Baths and Saunas Really Good for You? // Spartan HEALTH 08**
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- 16  **5 Ways to Prevent Chronic Inflammation // SPARTAN HEALTH ep 007**
Spartan Up 3:40


- 17  **How Meditation will Focus Your Mind // SPARTAN HEALTH ep 006**
Spartan Up 3:02

- 18  **Mental Focus in 5 Easy Steps // SPARTAN HEALTH ep005**
Spartan Up 5:13

- 19  **Sleep and Your Brain // Spartan HEALTH ep 004**
Spartan Up 2:01

- 20  **How Much Caffeine is Too Much? // SPARTAN HEALTH ep 003**
Spartan Up 2:09

- 21  **Are Adaptogens too Good to Be True? // SPARTAN HEALTH ep 002**
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- 22  **Essential Oils For a Natural Workout Boost // Spartan HEALTH ep 001**
Spartan Up