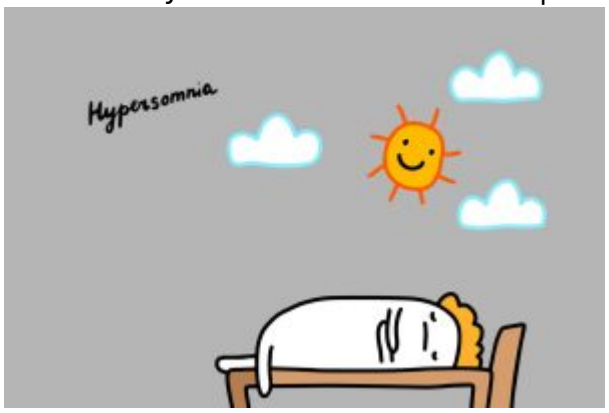
Q&A with Leyla

written by Dr. Ronald Hoffman | December 5, 2024



Q&A with Leyla, Part 1: Imprecision Nutrition?

- Imprecision Nutrition? Intraindividual variability of glucose responses
- A comment on RFK Jr’s proposed plans
- My lower vitamin D level requires a higher dose of insulin. What gives?

Q&A with Leyla, Part 2: Light Therapy Patches

- I have bronchiectasis. Should I take the pneumonia and RSV vaccinations?
- A friend has hypersomnia and low sodium causing confusion and whole-body tiredness. Your thoughts?
- My husband has been getting a lot of bruising lately since starting Xarelto. Should he reduce his fish oil dose?
- I’m doing everything right and I still can’t bring my blood pressure down. What more can I do at 84?
- What are your thoughts on light therapy patches? Do they work? Are they safe to use?