# Q&A with Leyla Holiday Encore

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## ENCORE: Q&A with Leyla, Part 1: Health Trackers

- Study: Benefits of the combination of cardio and weight training
- What is your opinion on health trackers?
- My heart rate comes down quickly after exercise. Is that good or bad?
- What do you think about infrared mats? I have fibromyalgia and enjoy the heat.

## ENCORE: Q&A with Leyla, Part 2: Eczema and Psoriasis

- Save our supplements!
- My dermatologist told me to moisturize my rash with Crisco! Isn’t that hydrogenated?
- Are there natural ways to treat eczema and psoriasis?
- Can I stop taking statins or do I have to wean myself off?
- Is there a natural way to treat hyperparathyroidism?
- My friend just told me to stop taking vitamin D because it’s toxic. What say you?