# Q&A with Leyla Holiday Encore

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## ENCORE: Q&A with Leyla, Part 1: The Impact of Exercise on Dementia

- Study: The impact of exercise on dementia
- Nicotinamide Riboside – does it increase cancer risk and metastasis?

## ENCORE: Q&A with Leyla, Part 2: Cocoa Powder

- How much of the flavanols do I lose by heating cocoa powder?
- My osteoporosis appears to be resolved with bone health nutrients and strontium. Should I continue taking them?
- Is melatonin indicated for osteoporosis? If so, at what dose?
- Is there any way of clearing the spike proteins from one’s body after taking the jabs?
- Any recommendations on reducing the residual stiffness of polymyalgia rheumatica?