Q&A with Leyla Holiday Encore

written by Dr. Ronald Hoffman | December 31, 2024



ENCORE: Q&A with Leyla, Part 1: Cooking With Coconut Oil

- Highlights from Dr. Hoffman’s trip to Lithuania
- Is there a brand of Boswellia you recommend?
- I would like to start cooking with coconut oil. What do you recommend?
- What is the guide to taking strontium for bone health safely?
- Should I get the Shingrix vaccines after 4 covid shots and the annual flu shot?
- I’ve always had my T3 and T4 checked for my thyroid but never T2. How does it work?

ENCORE: Q&A with Leyla, Part 2: Seasonal Affective Disorder

- Do I have to replace minerals when using a reverse osmosis water purifier?
- Is anyone tracking whether vaccinated or unvaccinated people are getting long covid?
- What supplements should not be taken with low-dose aspirin?;
- Can you talk about chelation therapy and cardiovascular disease?
- I want to get the right lamp for Seasonal Affective Disorder. What do you recommend?