Q&A with Leyla

written by Dr. Ronald Hoffman | January 9, 2025



Q&A with Leyla, Part 1: The Anxious Generation

- Update on another supplement: Maca
- A book recommendation: “The Anxious Generation”
- A comment from a listener about Trump’s nomination for Surgeon General
- Hasn’t the vaccine/autism link been thoroughly debunked?
- How much Mitopure should I take to help increase muscle mass?

Q&A with Leyla, Part 2: Vitamins D3 and K2

- My husband’s doctor is recommending a statin even though his lipid panel is great. What say you?
- Anti-vaccine doctor wins bid to resume medical practice in Australia.
- Do I need to take vitamin D3 and K2 together? Can I take them at different times of day?
- My liver function tests are normal but my SMA test remains high. What do I make of this?