# ENCORE: Q&A with Leyla

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## ENCORE: Q&A with Leyla, Part 1: Life Expectancy

- Report: US will trail other nations in life expectancy by 2030
- Obesity rates a contributing factor to decreased life expectancy in the US
- What are your views about the use of AMPK?

## ENCORE: Q&A with Leyla, Part 2: The Choline in Eggs

- What dosage of Nicotinamide Riboside is optimal in increasing mitochondrial biogenesis?
- I've been treated for SIBO in the past but haven't yet tried rifaximin. Do you recommend it?
- Is the choline in eggs causing thousands of people to suddenly form blood clots?
- Is the EBCT still the most accurate, least-radiation-exposure test for coronary calcification?
- How many milligrams of SAMe do you recommend for depression?