Q&A with Leyla

written by Dr. Ronald Hoffman | January 23, 2025



Q&A with Leyla, Part 1: Shingles Vaccine

- Highlights from Dr. Hoffman’s west coast bike trip
- Study: Light flickering promotes sleep and may protect the brain from dementia
- Could a person be low in omega-6 fats?
- Do you recommend my husband and I get the latest shingles vaccine?

Q&A with Leyla, Part 2: Demodex Mite Infestation

- What is your take on DMSO?
- I’m taking Zetia and Crestor and have familial hypercholesterolemia. Can I eat saturated fat?
- I think I have demodex mite infestation. My doctor says almost everyone has it and they don’t cause issues. What say you?
- Why do I have to stop taking my supplements before hip replacement surgery?