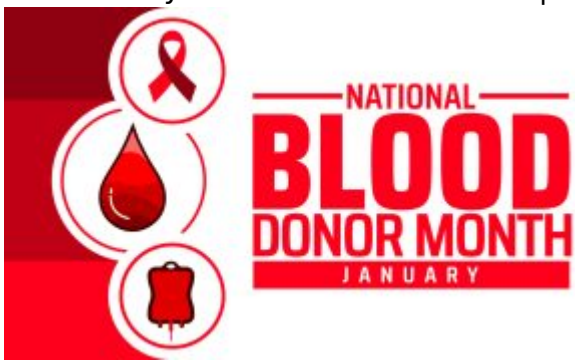
# Q&A with Leyla

written by Dr. Ronald Hoffman | January 30, 2025




## Q&A with Leyla, Part 1: Agave v. Stevia

- Upcoming congressional hearings for RFK, Jr to head HHS
- I sleep four hours a night and feel fine, but is there a sleep supplement you recommend?
- Is agave a better sugar substitute than stevia? Any cautions about using agave?

## Q&A with Leyla, Part 2: Giving Blood

- Do you take all of your supplements when you go on vacation?
- I give blood at least once a year and now my ferritin level is 28. What should it be?
- Long-term use of statins can cause insulin resistance and associated elevations in fasting insulin
- Can anybody recover from primary progressive aphasia?