# Q&A with Leyla: Supplements for Broken Wrist

written by Dr. Ronald Hoffman | February 13, 2025

## Q&A with Leyla, Part 1: Organ Meat Supplements?

- Study finds the thyroid gland needs higher vitamin D levels to function optimally
- What are your thoughts on encapsulated organ meat supplements?  Are they bioavailable?
- How much water should you drink per day?  Do other beverages count towards the total?
- I recently had a cardiac cath procedure resulting in no stent!  Phew!

## Q&A with Leyla, Part 2: Early Stage Glaucoma

- What can I take for my recent early-stage glaucoma diagnosis?
- What supplements would be beneficial for immune deficiency?
- I'm 78 years old taking supplements and herbs for many years. Am I wasting my money?
- I recently fell and broke my wrist.  Should I be supplementing with calcium?