# ENCORE: Q&A With Leyla: Chat GPT

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## ENCORE: Q&A with Leyla, Part 1: Chat GPT

- Chat GPT's response to "what are the benefits of an omnivorous lifestyle?"
- Bone health protocols on Dr. Hoffman's website
- I left my cardiologist's office without a prescription for high blood pressure. Should I be concerned?
- How should I take my testosterone injection? I'm concerned about hitting a nerve or vein.

## ENCORE: Q&A with Leyla, Part 2: Psychopathic Disorder

- My doctor told me I have the beginning of AMD. How much zinc should I take?
- What do you think is the root cause of psychopathic disorder?
- Any supplement suggestions for a complex tear of the meniscus of my knee? Surgery is not recommended.
- What specific supplements should I take as a shift worker to support my health?
- Can I take a probiotic and berberine at the same time?