Q&A with Leyla: Chronic Fatigue

written by Dr. Ronald Hoffman | February 27, 2025



Part 1: Chronic Fatigue

- Dr. Hoffman’s scuba diving adventure!
- Chronic fatigue in America
- Do I have osteoporosis?

Part 2: Pneumonia Vaccine

- How do you evaluate which osteoporosis medicine is best for whom?
- The Clean Label Project finds 79% of pea protein powders contain some amount of lead
- Should I take the once-in-a-lifetime pneumonia vaccine?
- Is there a difference between MitoQ and ubiquinol?
- What to do about a complicated case of histamine intolerance