# Q&A with Leyla: Seed Oils

written by Dr. Ronald Hoffman | March 13, 2025



## Q&A with Leyla, Part 1: Protocol for Coming Off Weight Loss Medications

- When to get follow-up labs after starting your diet Rx
- Xlear is exonerated!
- I've been taking tirzepatide and am within range of my desired weight. What is the protocol for coming off this medication?

## Q&A with Leyla, Part 2: Seed Oils

- How can I better avoid seed oils in my diet, especially when it comes to choosing non-dairy milks?
- Study: Plant-based oils better for health than butter
- Where can I find a holistic urologist?
- Is iodized salt still necessary in our daily diets?
- What do you think about the idea of formulating probiotics based on one's personal genome?