Q&A with Leyla: Deep, Restful Sleep

written by Dr. Ronald Hoffman | March 27, 2025

Q&A with Leyla, Part 1: Genetic Testing

- The 23 & Me bankruptcy
- The promise of genetic testing in the future
- What are your thoughts on methylene blue? Any benefits?

Q&A with Leyla, Part 2: Deep, Restful Sleep

- How can I treat polycythemia caused by erythropoietin receptor mutation?
- I have chronic anemia—not iron deficiency. What can I do for my foggy head?
- What do you recommend for vestibular migraine?
- Any natural treatments for deep, restful sleep?
- SLIT – Sublingual Immunotherapy treatment