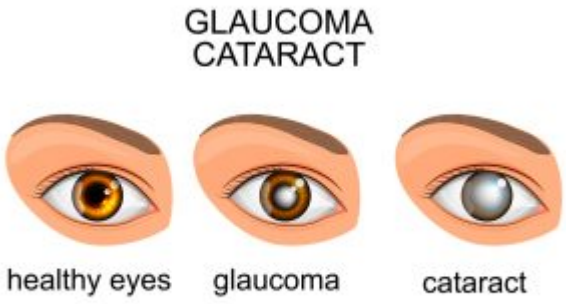
# ENCORE: Q&A with Leyla: Glaucoma v. Cataracts

written by Dr. Ronald Hoffman | May 1, 2025




A handful of almonds before meals promotes weight loss, reduces belly fat, improves blood sugar, lipids, may reverse diabetes; A better alternative to bicarb for GERD; Is the Atkins Diet a healthy way to eat low carb? The differences between glaucoma vs. cataracts.