Q&A with Leyla: Insomnia

written by Dr. Ronald Hoffman | May 22, 2025



Is it a good idea to take Metformin for its anti-aging benefits? Homeopathic therapies for insomnia; “I’m 78 and have been sober for 43 years, are CBD products appropriate for me to take?” “Should I be concerned about unnecessary additives in coated, extended-release aspirin preparations? And more!