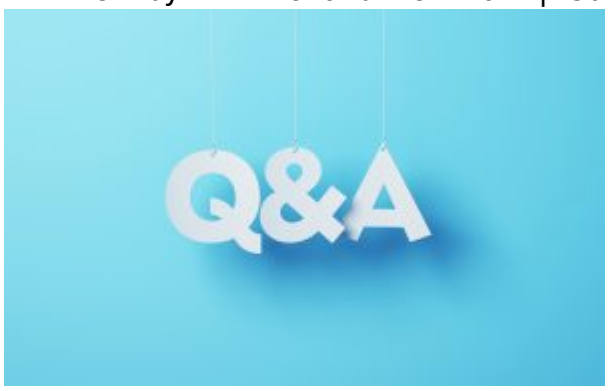
# Q&A with Leyla: Answering Your Questions

written by Dr. Ronald Hoffman | June 5, 2025




## Q&A with Leyla, Part 1: Hava.co – A new way to determine the satiety of your food

- Dr. Hoffman shares his excitement about a new app that helps calculate the satiety of our meals.
- I have hypertrophic cardiomyopathy but don't qualify for weight loss drugs. What natural options do you recommend?
- Are there health risks associated with the amount of taurine in energy drinks?

## Q&A with Leyla, Part 2: Can you explain remnant cholesterol and how it's calculated?

- Can you help me understand more about remnant cholesterol and how it factors into overall cardiovascular risk?
- Should I be taking vitamin D and magnesium together?
- The health benefits of sunlight (in moderation)
- Should I cut down on fish oil before a surgical procedure?