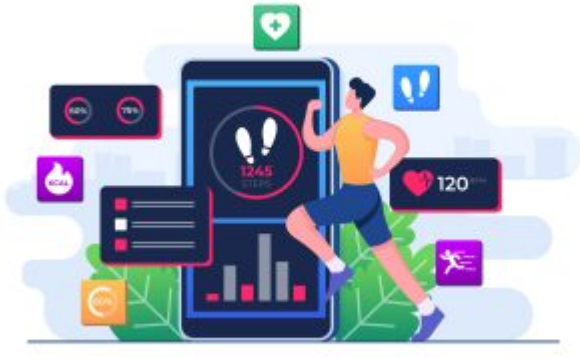


# Q&A with Leyla: Fitness Trackers

written by Dr. Ronald Hoffman | July 3, 2025



Fitness trackers; friend or foe? Is a reverse osmosis water filtration system the best way to go? Possible causes for low ejection fraction; Does levothyroxine affect heart function? Mitochondria and heart health; How long can one fast safely? And more!