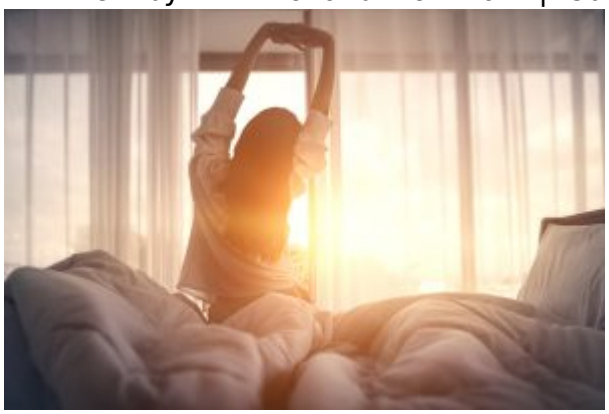
# Q&A with Leyla: Red Light Therapy v. Morning Sunlight

written by Dr. Ronald Hoffman | July 10, 2025



More and more patients are looking for root causes to their ailments; Slowing the progression of PSA levels; Red light therapy device vs. early morning sunlight; The importance of coronary artery calcium scoring in determining the need for a statin; A weedkiller worse than glyphosate being used in the US; “Can I eat one meal a day indefinitely?”