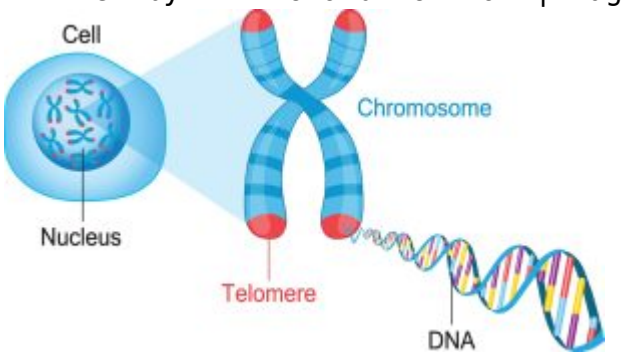
# ENCORE: Q&A with Leyla: Reducing Food Waste

written by Dr. Ronald Hoffman | August 7, 2025




Reducing food waste; Controversies about the significance of telomere length; Causes of high B6; Can nocturia be associated with dehydration? Allulose, is it too good to be true? And more!