Q&A with Leyla: Gingivitis

written by Dr. Ronald Hoffman | August 28, 2025

How reliable is nutrition science? Listerine for gingivitis? “I take a diuretic for high blood pressure, is it okay to stop drinking water by 8pm, or will I dehydrate?” Leucine to regain muscle? Creatine for cognitive benefits? Preventing ganglion cyst recurrence; Should you brush your teeth with fluoride toothpaste if there’s no fluoride in your drinking water; And more!