Q&A with Leyla: Hot Flashes

written by Dr. Ronald Hoffman | September 25, 2025



Q&A with Leyla, Part 1: Hot Flashes

- More on lithium orotate for Alzheimer’s disease
- My sister had cow valve surgery and has to take Jardiance. Are there other alternatives?
- I’m taking BHRT for hot flashes. Are there any other drugs I should consider taking?

Q&A with Leyla, Part 2: Hospital Delirium

- What can help a woman in her mid-40s with breast calcifications? Would taking supplements and enzymes help?
- My husband suffered from hospital delirium and seven months later is still struggling
- Is milk thistle beneficial to take?
- I read an article that curcumin is highly toxic to the liver. What say you?