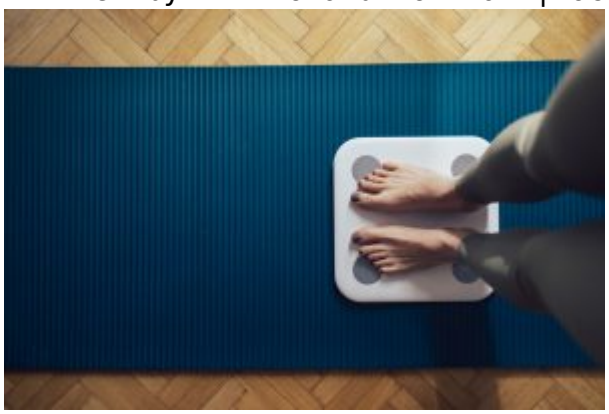
# Q&A with Leyla: Determining Your Healthy Weight

written by Dr. Ronald Hoffman | October 9, 2025



Dealing with post-exercise pain and fatigue; A closer look at plasmalogens; Determining your healthy weight; Painful cramps in thighs while sleeping, is this from dehydration? Exercise—for those who hate exercise; Dealing with post exercise pain and fatigue; And more!