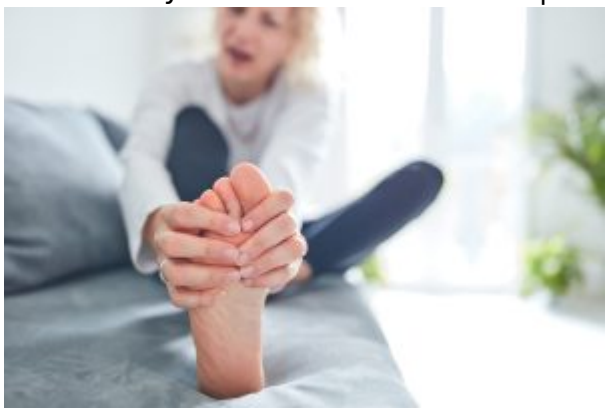
# Q&A with Leyla: Sore Feet and Toes

written by Dr. Ronald Hoffman | October 30, 2025



Will Truheight vitamins really make your kids grow? “The balls of my feet are sore, along with my toes. Is this a vitamin deficiency?” Keeping an aortic aneurysm from enlarging; Thoughts on whole-body scans; “Can I take magnesium L-threonate while also taking magnesium glycinate?” And more!