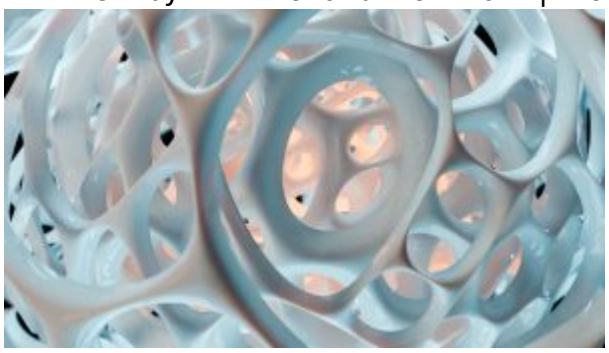
# Q&A with Leyla: Melatonin for Bone Mineral Density?

written by Dr. Ronald Hoffman | November 6, 2025



Advice for a small pericardial effusion; Is melatonin beneficial for bone mineral density? Mitopure’s impact on immune parameters; What are the most important blood tests? Coffee enemas for liver detox? Could a recent dental implant be causing clogged ears and a hissing noise? And more!