# ENCORE: Q&A with Leyla: Thanksgiving and Overindulgence

written by Dr. Ronald Hoffman | November 27, 2025

Thanksgiving and overindulgence; A food poisoning incident; Thoughts on online sites offering prescriptions for hair loss; Suggestions for menstrual cramps; “I’ve been on Ozempic for a year and have diarrhea every morning!” Bergamot for fatty liver? And more!