# Q&A with Leyla: Coffee v. Tea

written by Dr. Ronald Hoffman | December 4, 2025

The best water filter? Vagus nerve therapy benefits; With so many benefits of drinking coffee, should we drink more of it instead of tea? Nutritional strategies for treating Barrett’s Esophagus; Mitigating the side effects of Merkel cell carcinoma therapy; Is beet root powder beneficial for nitric oxide production? And more!