# ENCORE: Q&A with Leyla: Deer Antler for increasing HGH?

written by Dr. Ronald Hoffman | December 25, 2025



On this holiday encore of Q&A with Leyla: For dark days, get some sun in your eyes; The misleading vegan diet twin study; Strontium for bone health? Are there alternatives to surgery for aortic valve stenosis? Dry eyes after cataract surgery; Deer Antler for increasing HGH?