# ENCORE: Q&A with Leyla: The Holiday Season in NYC

written by Dr. Ronald Hoffman | December 30, 2025



On this special holiday edition of Q&A with Leyla: The Holiday Season in NYC; Peanut allergies cause and effect; Can saw palmetto replace prostate medications? Does traction help bulging discs? Thoughts on green powder supplements; Serrapeptase for reducing coronary plaque? Supplements to reduce negative effects of x-rays? And more!