# ENCORE: Q&A with Leyla: Holiday Stress

written by Dr. Ronald Hoffman | December 31, 2025

On this special holiday edition of Q&A with Leyla: Holiday Stress tops tax season stress; Is berberine truly efficacious? Does alcohol really reduce stress and improve circulation? Is thiamine a treatment for Parkinson’s? Is there a natural thyroid medicine that is not pork-derived? Help for guttate psoriasis; And more!