# Q&A with Leyla: Top Stories of 2025

written by Dr. Ronald Hoffman | January 8, 2026

The Top stories of 2025; Does use of statins lead to muscle loss? GABA for insomnia and sleep support? What impact does a cocktail of pharmaceutical drugs have on the microbiome? In light of the recent EPA proposal to double permissible formaldehyde emissions, how does this jibe with MAHA? And more!