# Q&A with Leyla: “Wintering” – How to Optimize your Winter Experience

written by Dr. Ronald Hoffman | January 22, 2026

“Wintering” – how to optimize your winter experience; What we’re eating for dinner; An overview of the Dietary Guidelines for Americans; Rectifying scar tissue; Natural supplements for neuropathy in the legs and feet; Supplements for prostate health; Famotidine for GERD?