# Q&A with Leyla: Leg Cramps

written by Dr. Ronald Hoffman | January 29, 2026



Fish oil linked to reduced risk of atrial fibrillation; Advice for arthritis and leg cramps during the night; “I follow a low-carb diet, why is my Hemoglobin A1c high?” Will there soon be biological criteria for diagnosing clinical depression? What’s with the ongoing battle between low fat and full fat dairy advocates? And more!