# Q&A with Leyla: Quinoa—NOT a Grain

written by Dr. Ronald Hoffman | March 5, 2026

Quinoa is not a grain—it’s a pseudograin; When did poisoning our food fall under ‘defense’? How does MAHA reconcile this? Avoiding glaucoma; Can long-term effects of chemo cause insomnia and nausea? “I avoid red meat. Would I still get the same benefits from seafood and turkey?” And more!