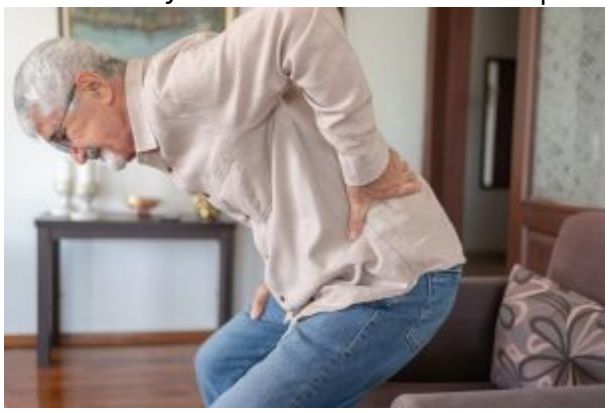
# Q&A with Leyla: Back Pain

written by Dr. Ronald Hoffman | March 12, 2026



Want to reverse the declines of ageing? Check your attitude; Can vitamin E increase the risk of hemorrhagic stroke? How do I know which ingredients to avoid in my shampoo and soaps? Lower back pain; And more!