# ENCORE: Q&A with Leyla: Spelt Matzoh v. Traditional Wheat Matzoh

written by Dr. Ronald Hoffman | March 26, 2026

Is spelt matzoh better than traditional wheat matzoh for Passover? Is a dry red wine preferable to sweet wine or grape juice? Liver support supplements for alcoholic issues; What to take for pain and tingling after a shingles outbreak; Is carrageenan a carcinogen? Organic acids test for chronic fatigue? And more!