# Q&A with Leyla: Farmed v. Wild Caught Seafood

written by Dr. Ronald Hoffman | April 2, 2026



Highlights from my New Zealand bike trip; Is it possible to get enough protein from plants only? What about the downsides to animal protein? Thoughts on peptides; Is it true that the nutritional value of farmed seafood is the same as wild-caught? Milk thistle for elevated liver enzymes? And more!