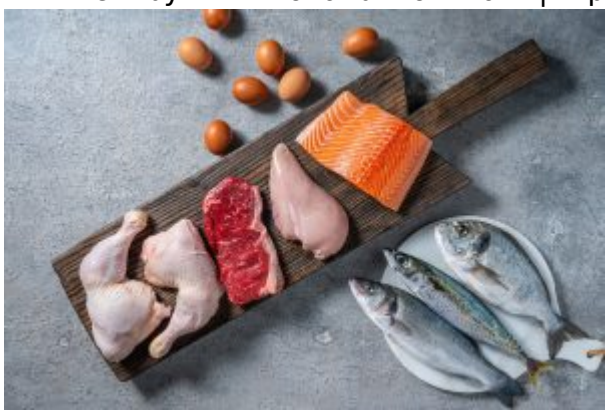
# Q&A with Leyla: Are diets containing meat dangerous?

written by Dr. Ronald Hoffman | April 16, 2026



Are diets containing meat dangerous? The best assisted living models; Are butyrate supplements beneficial? Is iron overload a risk factor for heart attack? Nattokinase for blood pressure? Is there a danger of clot relocation when taking systemic enzymes? And more!