# Q&A with Leyla: Is oatmeal healthy?

written by Dr. Ronald Hoffman | April 23, 2026

Is oatmeal healthy? Advice for higher-than-normal carotid artery intima-media thickness and no appreciable plaque; The hepatitis B vaccine; Protocol for 9-11 first responders for addressing toxic burden and immune support; GLP-1 weight loss drugs—help vs harm; And more!