# Q&A with Leyla: Should we all be using unbleached toilet paper?

written by Dr. Ronald Hoffman | May 21, 2026

Highlights from my Scandinavian trip; Should nightshades be eliminated? Could acid reflux be caused by using a reverse osmosis water filtration system? Should we all be using unbleached toilet paper? Minoxidil and finasteride for hair growth? Festoons? And more!