# Q&A with Leyla: Lavender Oil to Relieve Itching

written by Dr. Ronald Hoffman | June 4, 2026

The types of doctors to avoid; A case study of lavender oil helping to relieve itching; Dairy sensitivities and whey protein; Is high blood pressure genetic? A critique of the study asserting fish oil supplements elevate the risk of atrial fibrillation; And more!