# Q&A with Leyla: Is there any remedy for frequent nighttime urination?

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## Q&A with Leyla, Part 1: Dealing With The Heat

- Dealing with the heat – Europeans’ disdain for air conditioning
- I have scaly and bumpy areas on my scalp that itch!
- Did homeopathic human growth hormone increase my cholesterol?

## Q&A with Leyla, Part 2: Is there any remedy for frequent nighttime urination?

- Which is more effective, vitamin K2 or K4?
- How long can I take L-tryptophan as a sleep aid?  What about 5-HTP?
- Is there any remedy for frequent nighttime urination?
- What are some suitable supplements I can take for exercise recovery?