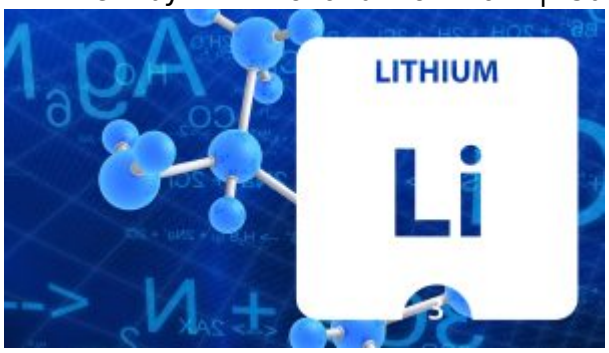
# Q&A with Leyla: Lithium Orotate for Therapeutic Benefit

written by Dr. Ronald Hoffman | July 23, 2026




Nature or nurture—which is more important when it comes to health conditions? Nattokinase vs. statins on coronary artery health; Lean Mass Hyper-responders on low carb diets explained; What is the best dose of lithium orotate for therapeutic benefit? Must I exercise fasted? And more!