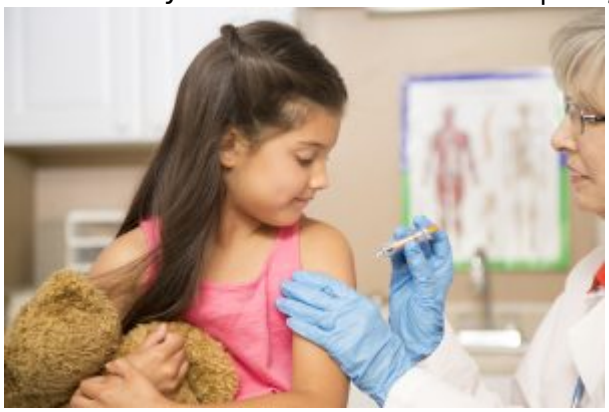
Q&A with Leyla: The New Vaccine Schedule Recommendations

written by Dr. Ronald Hoffman | August 13, 2026



The new vaccine schedule recommendations; My urologist is giving me grief that my vitamin D level is too high; Nattokinase for long covid? Thoughts on Cleveland Clinic’s assessment of fish oil supplements; Natural treatments for anxiety and depression; Is taking Bergamot for cholesterol really effective? And more!