# Q&A with Leyla: Burning Mouth Syndrome

written by Dr. Ronald Hoffman | September 3, 2026



Highlights from Dr. Hoffman’s vacation; What can my friend take for burning mouth syndrome? Would peptides like BPC-157 protect my knees? The Salad and Salmon Diet is the best of both worlds in a whole-foods eating plan; I’ve been told to avoid red meat and instead take an iron supplement, but it’s causing constipation; And more