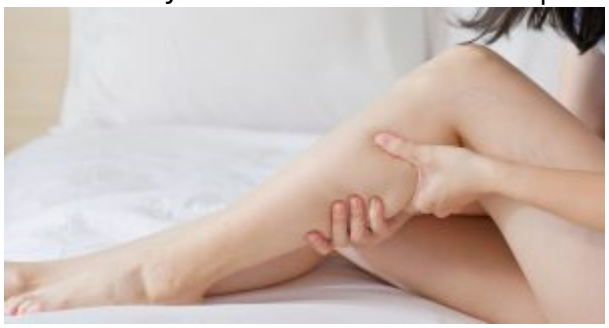
Q&A with Leyla: Restless Legs Syndrome

written by Dr. Ronald Hoffman | October 8, 2026



Folic acid-fortified foods and cancer; Why are calcium and strontium often combined in some supplements when they’re supposed to be taken separately? The benefits of Pycnogenol in lipedema; What can I do about my restless legs syndrome? And more!