

Q&A with Leyla, Part 2: Fasting Blood Sugar

written by Dr. Ronald Hoffman | February 22, 2023

ENCORE: Q&A with Leyla, Part 1: Gluten Sensitivity

written by Dr. Ronald Hoffman | February 22, 2023

ENCORE: Q&A with Leyla, Part 2: Is the night shift carcinogenic?

written by Dr. Ronald Hoffman | February 22, 2023

Q&A with Leyla, Part 1: Bone Health Protocols

written by Dr. Ronald Hoffman | February 22, 2023

Q&A with Leyla, Part 2: Supplements for Shift Workers

written by Dr. Ronald Hoffman | February 22, 2023

Q&A with Leyla, Part 1: Life Expectancy

written by Dr. Ronald Hoffman | February 22, 2023

Report: US will trail other nations in life expectancy by 2030; Obesity rates a contributing factor to decreased life expectancy in the US; What are your views about the use of AMPK? Click [HERE](#) for part 2.

Q&A with Leyla, Part 2: The Choline in Eggs

written by Dr. Ronald Hoffman | February 22, 2023

Q&A with Leyla, Part 1: Psychedelics

written by Dr. Ronald Hoffman | February 22, 2023

Q&A with Leyla, Part 2: Eradicating SIBO

written by Dr. Ronald Hoffman | February 22, 2023

Q&A with Leyla, Part 1: Children with Obesity

written by Dr. Ronald Hoffman | February 22, 2023