Leyla Weighs In: Exploring Yoga’s Therapeutic Role in Neurological Disorders

written by Leyla Muedin MS, RD, CDN | December 13, 2024

Harnessing Yoga’s Potential in Neuro Rehabilitation and the Gut-Brain Connection: Nutritionist Leyla Muedin discusses a pilot study from Germany highlighting the benefits of integrating yoga into inpatient neuro rehabilitation for conditions like multiple sclerosis and stroke. The study shows significant improvements in pain, spasticity, anxiety, and overall quality of life. Additionally, Leyla explores the expanding research on the gut-brain axis, revealing how a healthy gut microbiome influences mental resilience and stress response. She emphasizes the importance of addressing both physiological and psychological factors to manage anxiety and improve mental health.