Leyla Weighs In: Minerals, Metals, and Migraines—The Hidden Connection

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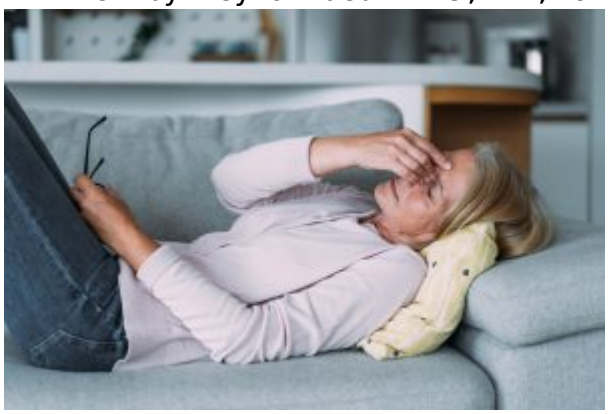

Heavy Metals and Mineral Deficiencies: Their Link to Migraines. In this episode of Intelligent Medicine, Nutritionist Leyla Muedin discusses the correlation between heavy metals, trace mineral deficiencies, and migraines. Recent studies from researchers in the Netherlands and Turkey highlight significantly higher levels of lead and cobalt, and lower levels of zinc and selenium in migraine sufferers compared to healthy controls. Leyla explains the impact of neurotoxicity, oxidative stress, hormonal disruption, and impaired detoxification pathways on migraines. She also explores the benefits of zinc and selenium supplementation in reducing the frequency and severity of migraines. Overall, the episode underscores the importance of addressing mineral imbalances and toxic metal exposures in migraine management.