“Leyla Weighs In” on Lethargy in America: Nutritional and Lifestyle Interventions

written by Leyla Muedin MS, RD, CDN | March 14, 2025

Nutritionist Leyla Muedin discusses the pervasive issue of chronic fatigue in America, focusing on the impact of diet, lifestyle choices, and essential nutrient deficiencies. Leyla highlights a national survey revealing that nearly 14% of adults experience daily fatigue, with women aged 18 to 44 being the most affected. She explores the role of poor sleep hygiene, lack of physical activity, poor diet, stress, and excessive alcohol and caffeine consumption in contributing to fatigue. The episode emphasizes the importance of correcting deficiencies in Vitamin B12, Omega-3 fatty acids, and Vitamin D to combat fatigue, offering practical advice on improving sleep habits, diet, exercise, and stress management to boost energy levels and overall health.