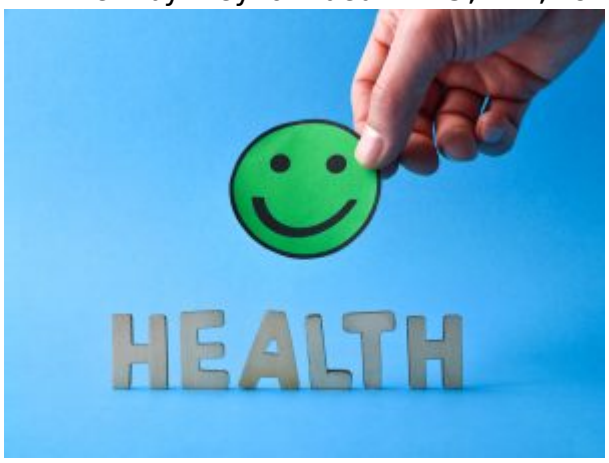
# Leyla Weighs In: How Positive Thinking Fuels Physical Vitality

written by Leyla Muedin MS, RD, CDN | April 4, 2025




Nutritionist Leyla Muedin explores the connection between positive thinking and physical health. She discusses how a positive mindset can improve heart health, immunity, and energy levels, while reducing stress and fatigue. Leyla also shares practical habits to boost positivity and overall well-being, emphasizing the holistic approach to mental and physical health. The episode is backed by scientific research and provides actionable tips for enhancing daily life through optimism.