# Leyla Weighs In: How Spirituality Shapes Our Health and Wellness

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Nutritionist Leyla Muedin explores the powerful connection between spirituality and health. Building on the previous episode’s discussion on positive thinking and physical vitality, Leyla delves into the concept of spiritual care in dietetics, highlighting insights from Mary Gannon Kaufman, a registered dietician and board-certified healthcare chaplain. Topics covered include the holistic approach to health, the impact of spirituality on body systems, and practical ways to incorporate spiritual practices like meditation and prayer into healthcare. The episode also emphasizes the importance of empathy, compassion, and a positive mindset in nurturing overall well-being.