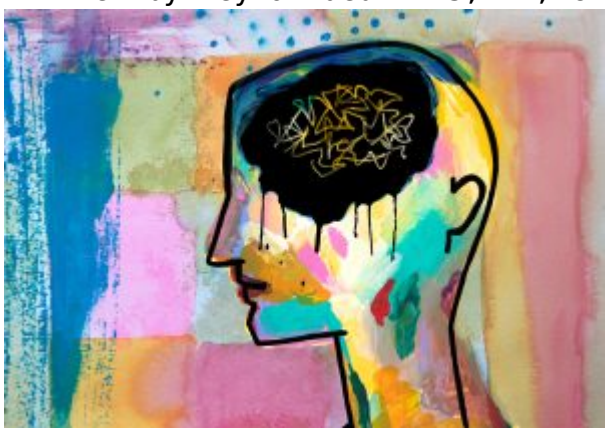
# Leyla Weighs In: Chronic Stress and Its Hidden Effects

written by Leyla Muedin MS, RD, CDN | April 25, 2025



Feeling the weight of stress? Chronic stress doesn’t just impact your mood—it physically alters your brain. On this episode of the Intelligent Medicine Podcast, “Leyla Weighs In” with how our diets can reverse these effects and help boost brain resilience.