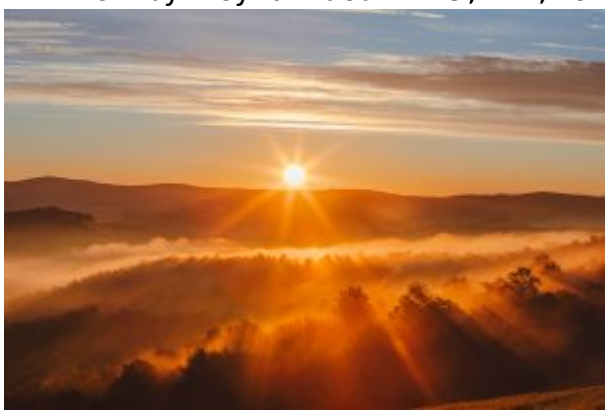
Q&A with Leyla: Nutrition, Health, and Medical Insight

written by Leyla Muedin MS, RD, CDN | June 12, 2025



–Why isn’t nutrition taught in medical schools?
–Is there a place for Culinary Medicine in medical schools?
–I’m taking all the supplements you recommend for osteoporosis. Since I’m a man, is there a more unique treatment?
–Does Dr. Ohhira’s Probiotics cover the oral microbiome?

–I know the importance of morning sun for setting circadian rhythms. How do I safely get midday sun?
–I’m getting mitral valve and aortic valve repair with biological valves. What are your thoughts on this?
–Would hyperbaric oxygen help with surgical recovery even if I don’t have complications?
–Please comment on the study of dairy reducing absorption of polyphenols in blueberries
–I’ve been taking warfarin for 18 years and read it may cause osteoporosis–which I have. Should I switch to Eliquis?
–Should I be concerned about my high ferritin level?