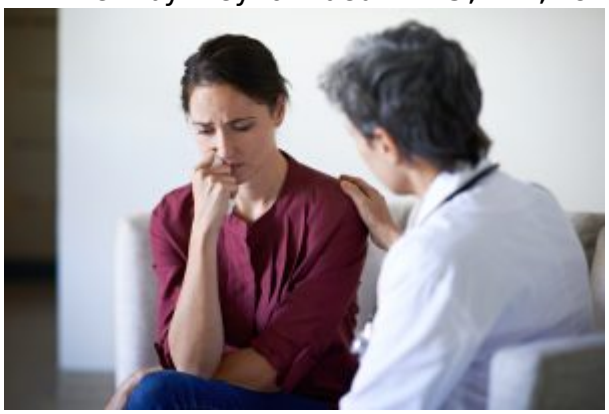
Leyla Weighs In: How to ease health anxiety; the role of diet, exercise and sleep.

written by Leyla Muedin MS, RD, CDN | June 13, 2025



In this episode of Intelligent Medicine, host Leyla Muedin, a registered dietitian nutritionist, discusses the growing issue of health anxiety. She explains how the frequent medical screenings in modern healthcare can contribute to this condition by instilling fear about potential health problems. Leyla offers practical advice for managing health anxiety through intentional lifestyle changes such as eating a balanced diet, engaging in regular exercise, maintaining proper sleep hygiene, and reducing intake of substances like caffeine, alcohol, and processed sugars. She emphasizes the importance of open communication with healthcare providers and shares how controlling the controllables can significantly improve both mental and physical well-being.