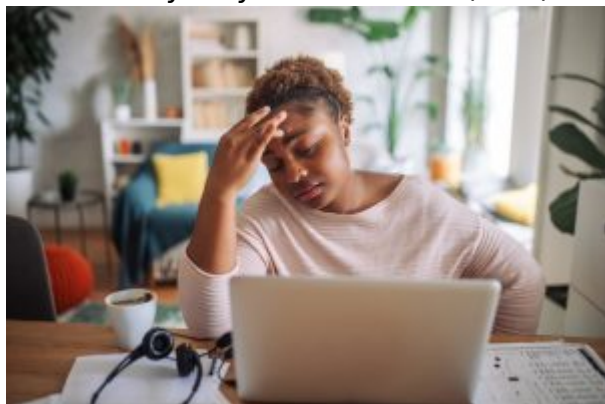


Leyla Weighs In: The Root Causes of Fatigue

written by Leyla Muedin MS, RD, CDN | June 27, 2025



Feeling sluggish? It might be more than just a lack of sleep. “Leyla Weighs In” with the surprising reasons behind fatigue and how to combat it.