

Leyla Weighs In: The Role of Trace Minerals in Health—A Focus on Selenium and Iodine

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



"Leyla Weighs In" on the underrated minerals Selenium and Iodine. Learn why they're crucial for immunity, thyroid health, and more, plus how to source them naturally.