Leyla Weighs In: The Vital Role of Iron—Health, Brain Function, and Immune Support

written by Leyla Muedin MS, RD, CDN | September 19, 2025

Anemia, fatigue, immunity, and cognitive health—all connected by iron! “Leyla Weighs In” on the role of this important mineral in your body’s functions. And don’t miss out on tips for maintaining the perfect iron balance.