Leyla Weighs In: Exploring Yoga’s Impact on Oral Health and Digestion

written by Leyla Muedin MS, RD, CDN | October 3, 2025



Could yoga be the key to better gut and oral health? “Leyla Weighs In” on the unexpected connections between yoga, dental health, and your microbiome. From reducing cortisol to improving gum health, explore how mindfulness and yoga practices can benefit your body from mouth to gut.