# Leyla Weighs In on Navigating GLP-1 Medications: Addressing Side Effects and Maintaining Muscle Mass

written by Leyla Muedin MS, RD, CDN | October 24, 2025

“Leyla Weighs In” on new findings on digestion and GLP-1 therapies. She’s got a deep dive into patient experiences and nutraceutical innovations that could make a difference in your wellbeing.