Leyla Weighs In: Rethinking Alzheimer’s

written by Leyla Muedin MS, RD, CDN | November 21, 2025

Nutritionist Leyla Muedin focuses on a new perspective in Alzheimer’s research, particularly the role of microglial cells. She reveals insights from integrative neurologist Dr. David Perlmutter’s presentation at the Integrative Healthcare Symposium, emphasizing the significance of microglial cells in Alzheimer’s disease. The discussion highlights the traditional focus on beta amyloid plaques and introduces the importance of shifting from the M1 pro-inflammatory phenotype to the M2 anti-inflammatory phenotype of microglial cells. Dr. Perlmutter advocates for addressing systemic metabolic and inflammatory issues, pointing out factors like poor diet, lack of sleep, and high blood sugar, which are crucial in preventing Alzheimer’s. The episode delves into lifestyle interventions such as ketogenic diets, fasting, and nutritional impacts to manage and potentially reverse the detrimental shift in microglial behavior.