

ENCORE: Leyla Weighs In on The Alzheimer's Connection: Nutrients and Sleep Habits for Prevention

written by Leyla Muedin MS, RD, CDN | November 28, 2025



“Leyla Weighs In” exploring the vital link between nutrient deficiencies and Alzheimer’s. Learn the benefits of carotenoids for eye and brain health and find out how these nutrients may protect against cognitive decline. Check it out!