Leyla Weighs In on Matcha Magic: Green Tea’s Impact on Menopausal Health and Well-Being

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

Did you know that adding matcha to your daily routine might support both mind and body during menopause? “Leyla Weighs In” on how this green tea powerhouse offers more than just a boost of energy—it’s a nourishing act of self-care.