Leyla Weighs In: Beyond Quick Fixes in Weight Management

written by Leyla Muedin MS, RD, CDN | January 16, 2026

Weight loss drugs like Ozempic show promise, but can they replace a healthy diet and lifestyle? “Leyla Weighs In” on why real food should always be at the core of our health strategy. Discover the truth behind weight regain and why real food matters more than ever.