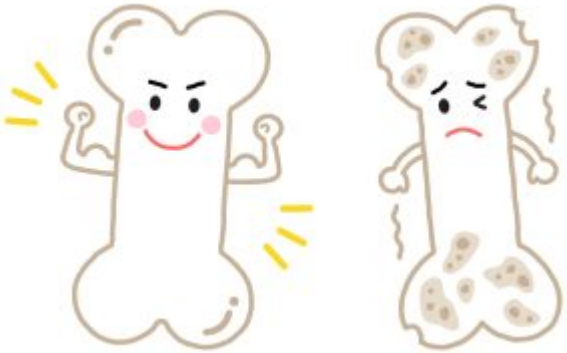
Leyla Weighs In: How Gut Health Affects Bone Density

written by Leyla Muedin MS, RD, CDN | January 23, 2026



Did you know that your digestive system affects your bone strength? “Leyla Weighs In” with groundbreaking research on the gut-bone link. Find out how you can enhance your bone health by improving your gut function.