Leyla Weighs In with Heart Health Insights: Navigating Calcium Scores and Nutritional Strategies

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Does your diet include enough vitamin K2 and folate? “Leyla Weighs In” on why these nutrients are crucial for cardiovascular health. Plus, she covers calcium scores and how LDL levels and other nutritional deficiencies affect your heart. Don’t miss this important episode.