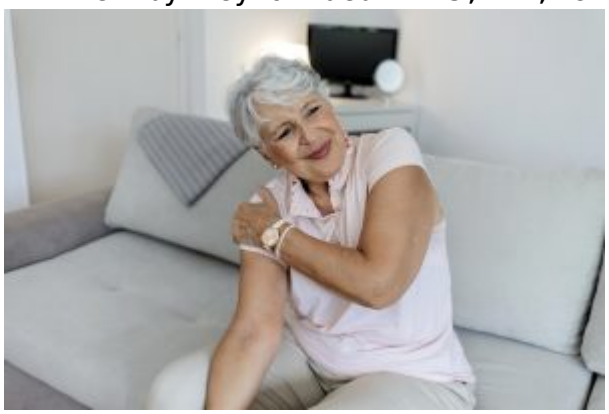
Leyla Weighs In: Insights on Menopausal Pain

written by Leyla Muedin MS, RD, CDN | June 12, 2026



Struggling with joint pain during perimenopause? “Leyla Weighs In” on the link between insulin resistance and musculoskeletal issues. Check it out!