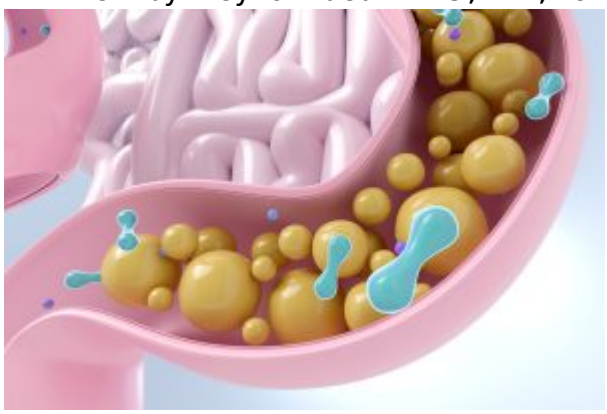
# Leyla Weighs In: Do Probiotics Hold the Key to Detoxifying Heavy Metals?

written by Leyla Muedin MS, RD, CDN | July 10, 2026



Can probiotics really detoxify heavy metals? “Leyla Weighs In” with research suggesting they can. Explore this fascinating topic.