Leyla Weighs In: The Hidden Impact of B12 Deficiency on Aging

written by Leyla Muedin MS, RD, CDN | July 17, 2026

Curious about why you might feel fatigued or have ‘brain fog’? It could be a vitamin B12 issue! “Leyla Weighs In” with the signs of deficiency and how to address them. Find out why this nutrient is crucial and how to ensure you’re meeting your needs. Check it out!