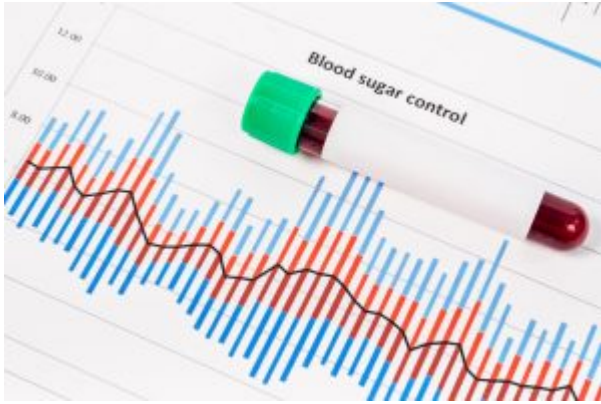


Leyla Weighs In: Effective Strategies for Blood Sugar Control

written by Leyla Muedin MS, RD, CDN | August 7, 2026



Don't let sugar take control! "Leyla Weighs In" with insightful advice on managing prediabetes with a low-carb diet. Check it out!