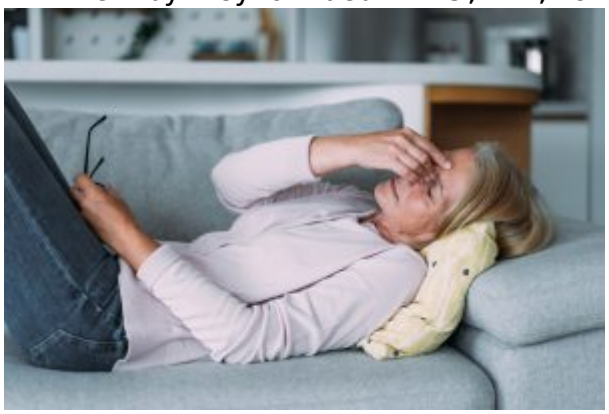
ENCORE: Leyla Weighs In: Minerals, Metals, and Migraines—The Hidden Connection

written by Leyla Muedin MS, RD, CDN | November 27, 2026



“Leyla Weighs In” on heavy metals, mineral deficiencies, and their link to migraines. She underscores the importance of addressing mineral imbalances and toxic metal exposures in migraine management. Check it out!