Leyla Weighs In with Heart Health Insights: Navigating Calcium Scores and Nutritional Strategies

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Does your diet include enough vitamin K2 and folate? “Leyla Weighs In” on why these nutrients are crucial for cardiovascular health. Plus, she covers calcium scores and how LDL levels and other nutritional deficiencies affect your heart. Don’t miss this important episode.

Leyla Weighs In: Rethinking Cancer Therapy—The Role of Resveratrol and Copper

written by Leyla Muedin MS, RD, CDN | February 20, 2026

What if the path to curing cancer lies in healing tumors rather than destroying them? “Leyla Weighs In” on revolutionary research out of Mumbai suggesting a simple supplement mix could change the future of cancer treatment. Check it out!

Leyla Weighs In: The Link Between Sugar Substitutes and Liver Health

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Could your go-to sweeteners be doing more harm than good? “Leyla Weighs In” on a shocking study on sugar substitutes. Discover why alternative sweeteners might not be the ‘healthy’ solution you thought. Learn how they could impact your liver health. Check it out!

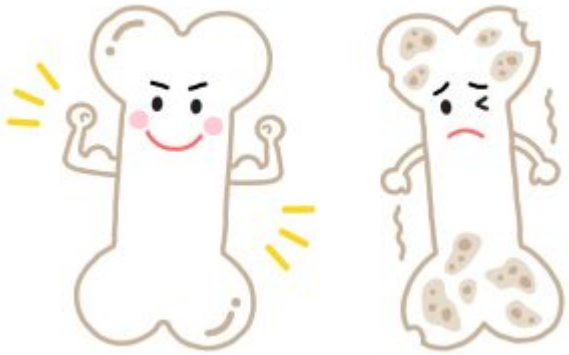
Leyla Weighs In: Weight Loss Without Muscle Loss—A Look into Krill Oil Benefits

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Did you know that losing weight can also mean losing muscle? “Leyla Weighs In” on how krill oil might help you maintain muscle mass while shedding pounds.

Leyla Weighs In: How Gut Health Affects Bone Density

written by Leyla Muedin MS, RD, CDN | February 20, 2026



Did you know that your digestive system affects your bone strength? “Leyla Weighs In” with groundbreaking research on the gut-bone link. Find out how you can enhance your bone health by improving your gut function.

Leyla Weighs In: Beyond Quick Fixes in Weight Management

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Weight loss drugs like Ozempic show promise, but can they replace a healthy diet and lifestyle? “Leyla Weighs In” on why real food should always be at the core of our health strategy. Discover the truth behind weight regain and why real food matters more than ever.

Leyla Weighs In: The Omega-3 Effect—Boosting Mental and Cardiovascular Wellness

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Did you know Omega-3s might hold the key to improving your mental health, as well as your heart health? “Leyla Weighs In” on groundbreaking studies linking these essential fats to lower risks of self-harm and heart problems.

ENCORE: Leyla Weighs In: Breaking Down Fatty Liver Myths and Olive Oil Facts

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Fatty liver disease is reversible! “Leyla Weighs In” on how a low-carb diet can turn the tide on metabolic dysfunction. Plus, discover how to spot authentic olive oil and why it matters to your health.

ENCORE: Leyla Weighs In With an Essential Guide for Navigating Supplements

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Ever wondered why your supplements are giving you a bright yellow surprise in the bathroom? “Leyla Weighs In” on the secrets to effective supplementation. She breaks down the myths and truths of vitamins & supplements and shares how custom supplement plans can support your unique needs.

Leyla Weighs In on Matcha Magic: Green Tea’s Impact on Menopausal Health and Well-Being

written by Leyla Muedin MS, RD, CDN | February 20, 2026

Did you know that adding matcha to your daily routine might support both mind and body during menopause? “Leyla Weighs In” on how this green tea powerhouse offers more than just a boost of energy—it’s a nourishing act of self-care.