

Leyla Weighs In: Sleep's Critical Role in Brain Detoxification and Heart Health

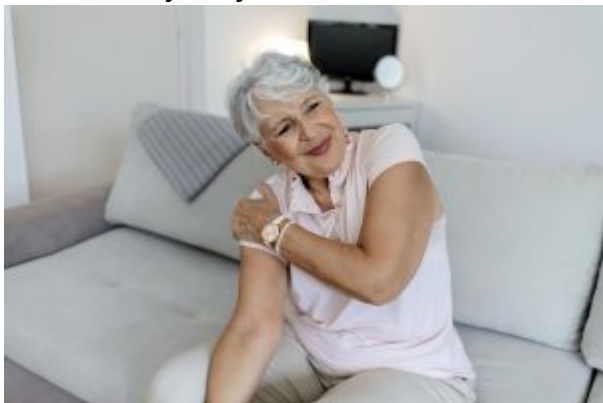
written by Leyla Muedin MS, RD, CDN | June 19, 2026



Sleep deprivation can escalate your risk for Alzheimer's and cardiovascular issues. "Leyla Weighs In" on the essential role of sleep and the glymphatic system in maintaining brain and heart health. Check it out!

Leyla Weighs In: Insights on Menopausal Pain

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Struggling with joint pain during perimenopause? "Leyla Weighs In" on the link between insulin resistance and musculoskeletal issues. Check it out!

Leyla Weighs In: Building Strength Against Frailty—Key to Independent Living

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Did you know that a stronger grip could predict a longer life? “Leyla Weighs In” on how building muscle strength is crucial for healthy aging. She’s got groundbreaking research on muscle strength and longevity. Check it out!

Leyla Weighs In: Biological Age vs. Chronological Age—How Lifestyle Choices Can Slow Aging

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Biological vs. Chronological Age. “Leyla Weighs In” on how your lifestyle choices can slow the aging process. Learn how exercise, diet, and stress management can alter your biological age. Don’t miss it!

Leyla Weighs In: Strength Without Strain – Eccentric Workouts

written by Leyla Muedin MS, RD, CDN | June 19, 2026



What if you could build strength without the exhaustion? On the Podcast, “Leyla Weighs In” on how eccentric exercises can transform your fitness routine. Check it out!

Leyla Weighs In: Agave, Artificial Sweeteners, and the New “Food Noise” Questionnaire

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Nutritionist Leyla Muedin discusses a listener question about whether agave nectar can contribute to obesity like high-fructose corn syrup, arguing that regular use of sweeteners—including agave, honey, monk fruit, stevia, aspartame, sucralose, allulose, and sugar alcohols—can maintain sweet cravings, spike insulin, and contribute to weight-loss plateaus, with added concerns such as microbiome effects, GI upset, and aspartame’s neurotoxicity. She notes insulin’s role in fat storage and blood pressure via sodium retention, and suggests that needing a sweetener in coffee or tea may

indicate dependence on sweetness. She then covers a newly developed, validated Food Noise Questionnaire (FNQ) published in Obesity to measure intrusive food-related rumination, highlighting its five Likert-scale items, study sample characteristics, and the need for further research, including effects of GLP-1 drugs.

Leyla Weighs In: Exploring the Link Between Food Additives and Type 2 Diabetes

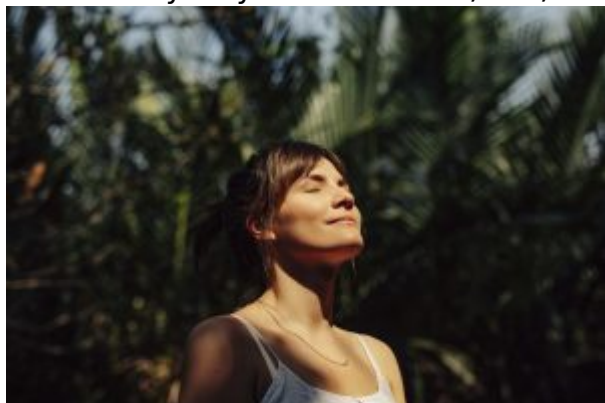
written by Leyla Muedin MS, RD, CDN | June 19, 2026



Discover the truth about food preservatives and their link to diabetes. “Leyla Weighs In” on a new study linking common food preservatives to a higher risk of type 2 diabetes. Are we missing the real culprit?

Leyla Weighs In: How Natural Light Supports Metabolic Health and Blood Sugar Control

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Did you know spending more time in natural light could enhance your metabolic health and sleep quality? “Leyla Weighs In” on a study revealing how exposure to daylight can stabilize blood sugar and improve your metabolism. Don’t miss it!

Leyla Weighs In: Fasting-Mimicking Diet for Crohn’s and Managing Antibiotic-Associated Diarrhea

written by Leyla Muedin MS, RD, CDN | June 19, 2026



New insights on diet & Crohn’s. “Leyla Weighs In” on a study showing how a fasting mimicking diet can improve symptoms & inflammation markers. Plus, she has advice if your antibiotics cause diarrhea. Don’t miss it!

Leyla Weighs In: Conquering Joint Inflammation and Pain

written by Leyla Muedin MS, RD, CDN | June 19, 2026



Suffering from joint pain and inflammation? “Leyla Weighs In” with root causes and natural remedies. Learn how you can tackle painful joints effectively. Don’t miss it!