

Leyla Weighs In: The Essential Guide to Vitamin K and Folate for Heart Health

written by Leyla Muedin MS, RD, CDN | March 13, 2026



It's not all about cholesterol. Low levels of Vitamin K2 and folate are linked to hidden cardiovascular risks. "Leyla Weighs In" on the science behind these crucial nutrients and shares actionable tips for mitigating your risk. Don't miss it!

Leyla Weighs In: From Cancer Research to Weight Loss Strategies

written by Leyla Muedin MS, RD, CDN | March 13, 2026



Grains stalling your weight loss? Can resveratrol and copper prevent cancer? "Leyla Weighs In" with new cancer research and novel nutritional insights.

Leyla Weighs In on Hidden Hunger:

Navigating Nutrient Deficiencies

written by Leyla Muedin MS, RD, CDN | March 13, 2026



Discover the hidden hunger affecting billions worldwide. “Leyla Weighs In” on the importance of micronutrients and their role in our health. Learn about the global burden of micronutrient deficiencies and how to ensure a nutrient-rich diet for you and your loved ones.

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

written by Leyla Muedin MS, RD, CDN | March 13, 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 | March 13, 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 | March 13, 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

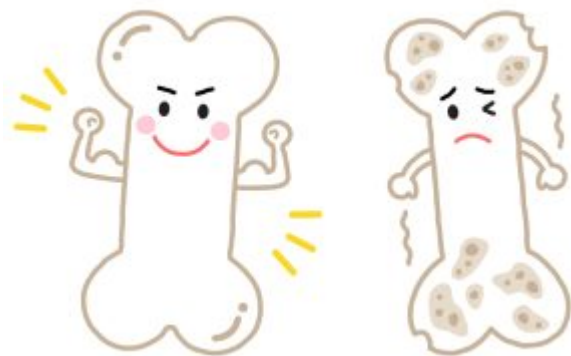
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Did you know that losing weight can also mean losing muscle? “Leyla Weighs In” on how krill oil might help you maintain muscle mass while shedding pounds.

Leyla Weighs In: How Gut Health Affects Bone Density

written by Leyla Muedin MS, RD, CDN | March 13, 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 | March 13, 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 | March 13, 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.