

Leyla Weighs In: Holistic Healing—Integrating Mind, Body, and Spirit

written by Leyla Muedin MS, RD, CDN | July 31, 2026



From sleep and nutrition to relationships and purpose, your holistic health matters! “Leyla Weighs In” with the essentials of a complete wellness strategy. Discover why integrating wellness practices with clinical treatments can transform your health journey. Check it out!

Leyla Weighs In: Suppressing Belly Fat

written by Leyla Muedin MS, RD, CDN | July 31, 2026



Ever wondered why belly fat seems to sneak up as we age? “Leyla Weighs In” on groundbreaking research about belly fat and its link to new stem cells as we age. Could a shift in our nutrition be the answer? Check it out!

Leyla Weighs In: The Hidden Impact of B12 Deficiency on Aging

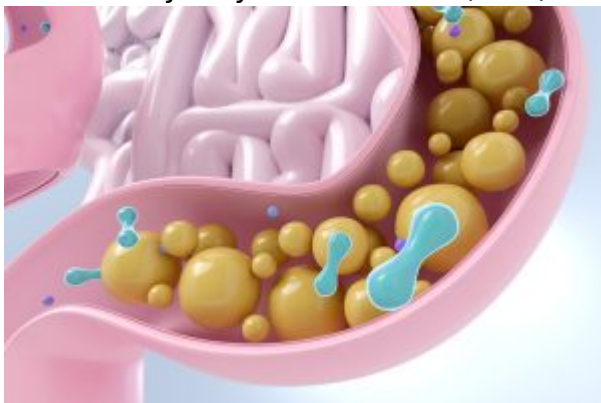
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Curious about why you might feel fatigued or have ‘brain fog’? It could be a vitamin B12 issue! “Leyla Weighs In” with the signs of deficiency and how to address them. Find out why this nutrient is crucial and how to ensure you’re meeting your needs. Check it out!

Leyla Weighs In: Do Probiotics Hold the Key to Detoxifying Heavy Metals?

written by Leyla Muedin MS, RD, CDN | July 31, 2026



Can probiotics really detoxify heavy metals? “Leyla Weighs In” with research suggesting they can. Explore this fascinating topic.

Leyla Weighs In: Beyond Calcium—Unraveling Nutritional Insights for Bone Strength

written by Leyla Muedin MS, RD, CDN | July 31, 2026



Are you taking the right steps for your bone health? “Leyla Weighs In” on why vitamin D, K, and a balanced diet are crucial for strong bones—it’s more than just about calcium. Learn about essential nutrients, exercises, and how to maintain bone density. Don’t miss it!

Leyla Weighs In: Vitamin K2—The Heart’s Unsung Hero

written by Leyla Muedin MS, RD, CDN | July 31, 2026



78% of statin users in a study still faced increased calcification—but could MK-7, a form of Vitamin K2, be a game-changer? “Leyla Weighs In” exploring the potential role of Vitamin K2 (MK-7) in addressing vascular calcification. Check it out!

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

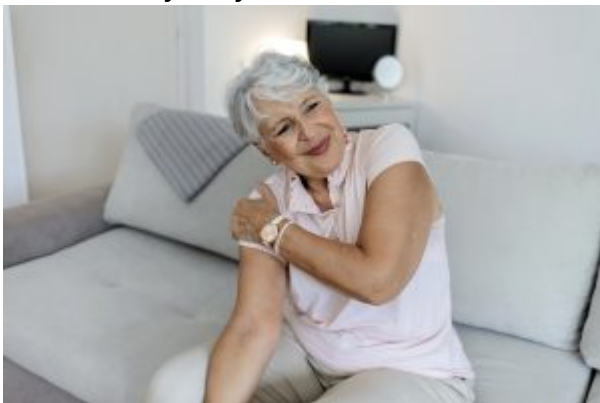
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Sleep deprivation can escalate your risk for Alzheimer's and cardiovascular issues. "Leyla Weighs In" on the essential role of sleep and the glymphatic system in maintaining brain and heart health. Check it out!

Leyla Weighs In: Insights on Menopausal Pain

written by Leyla Muedin MS, RD, CDN | July 31, 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 | July 31, 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 | July 31, 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!