

# Leyla Weighs In: The Farm-to-Hospital Movement—A New Era in Patient Care

written by Leyla Muedin MS, RD, CDN | April 10, 2026



“Leyla Weighs In” on major nutrition breakthroughs in healthcare. She details efforts to make hospitals prioritize nutrition as essential medicine by connecting them with local farmers for better patient care. Check it out!

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# Leyla Weighs In: How Long-Term Statin Use Affects Muscle Mass and Strength

written by Leyla Muedin MS, RD, CDN | April 10, 2026



Did you know long-term use of statins might impact your muscle health? “Leyla Weighs In” on a UK Biobank study linking statin use to muscle mass loss and strength decline. She details its implications on overall health and diet strategies to combat it. Check it out!

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# Leyla Weighs In: Navigating Menopause

written by Leyla Muedin MS, RD, CDN | April 10, 2026



Did you know that lifestyle interventions like nutrition and exercise can play a crucial role in managing menopause symptoms? “Leyla Weighs In” with key nutritional strategies that promote longevity and reduce menopause-related risks. Check it out!

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## Leyla Weighs In: Drug-Induced Magnesium Depletion

written by Leyla Muedin MS, RD, CDN | April 10, 2026

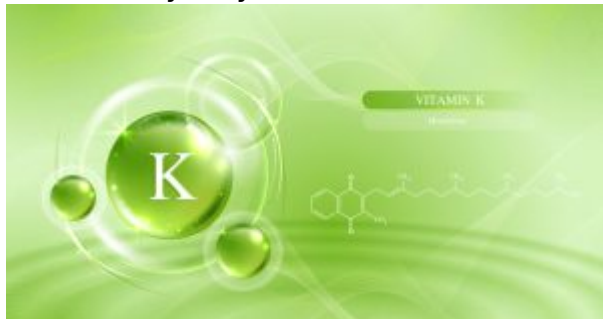


Feeling fatigued or experiencing muscle cramps? It might be your medication. “Leyla Weighs In” on the surprising effects of drug-induced magnesium deficiency. She explores the vital role of magnesium and how common drugs might be depleting this essential mineral.

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

written by Leyla Muedin MS, RD, CDN | April 10, 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!

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## Leyla Weighs In: From Cancer Research to Weight Loss Strategies

written by Leyla Muedin MS, RD, CDN | April 10, 2026



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

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## Leyla Weighs In on Hidden Hunger:

# Navigating Nutrient Deficiencies

written by Leyla Muedin MS, RD, CDN | April 10, 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.

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

written by Leyla Muedin MS, RD, CDN | April 10, 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.

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

written by Leyla Muedin MS, RD, CDN | April 10, 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!

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

written by Leyla Muedin MS, RD, CDN | April 10, 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!