

Leyla Weighs In: How Rest and Relaxation Revolutionize Health

written by Leyla Muedin MS, RD, CDN | September 4, 2026



“Leyla Weighs In” with the secret to healthy aging through exercise, recovery, and intentional relaxation. Learn how recovery and relaxation can improve your well-being. Check it out

Leyla Weighs In: From Prescription to Plate—Embracing Food as Clinical Care

written by Leyla Muedin MS, RD, CDN | September 4, 2026



Did you know that a healthy diet can reduce hospitalizations by 31%? “Leyla Weighs In” on food as medicine and how it’s saving billions in healthcare costs. Learn more about the power of diet in managing chronic conditions. Check it out!

Leyla Weighs In: Morning Coffee and Supplements—What Not to Mix

written by Leyla Muedin MS, RD, CDN | September 4, 2026



Did you know your morning coffee might be blocking vitamin and mineral absorption? “Leyla Weighs In” with tips on optimizing your nutrition intake without giving up your caffeine fix. Learn to tweak your breakfast routine for better health. Check it out!

Leyla Weighs In: Genetic Mutations and Health Impacts

written by Leyla Muedin MS, RD, CDN | September 4, 2026



“Leyla Weighs In” exploring the complexities of genetic mutations like MTHFR and their impact on health. She’s got practical advice and insights on managing homocysteine levels effectively. Discover how MTHFR mutations and vitamin C levels play crucial roles in maintaining health. Check it out!

Leyla Weighs In: Effective Strategies for Blood Sugar Control

written by Leyla Muedin MS, RD, CDN | September 4, 2026



Don't let sugar take control! "Leyla Weighs In" with insightful advice on managing prediabetes with a low-carb diet. Check it out!

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

written by Leyla Muedin MS, RD, CDN | September 4, 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 | September 4, 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

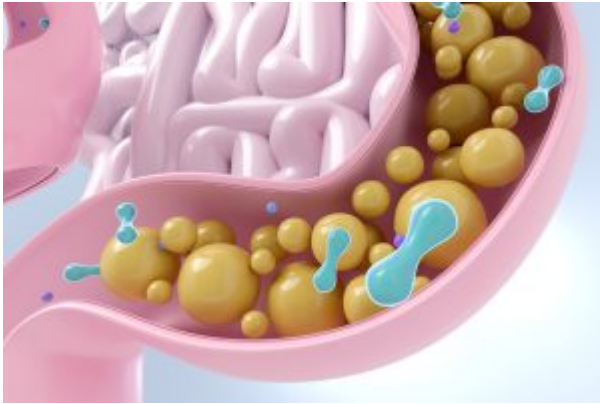
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Curious about why you might feel fatigued or have ‘brain fog’? It could be a vitamin B12 issue! “Leyla Weighs In” with the signs of deficiency and how to address them. Find out why this nutrient is crucial and how to ensure you’re meeting your needs.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

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

written by Leyla Muedin MS, RD, CDN | September 4, 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 | September 4, 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!