

Leyla Weighs In on Matcha Magic: Green Tea's Impact on Menopausal Health and Well-Being

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Did you know that adding matcha to your daily routine might support both mind and body during menopause? “Leyla Weighs In” on how this green tea powerhouse offers more than just a boost of energy—it’s a nourishing act of self-care.

Leyla Weighs In: Rethinking Healthy Drinks—The Sugary Reality

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Surprising fact: Your favorite ‘healthy’ drinks might pack more sugar than soda! “Leyla Weighs In” on hidden sugar in our daily beverages. You could be consuming way more sugar than you think! Discover eye-opening insights.

Leyla Weighs In: Enhancing Strength—Vitamin C & E’s Role in Muscle Health for Seniors

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Does your hand grip strength say something about your longevity? “Leyla Weighs In” on how a combo of Vitamin C & E can improve muscle mass and strength. Learn how to boost your muscle health with insights from a groundbreaking study.

ENCORE: Leyla Weighs In on The Alzheimer’s Connection: Nutrients and Sleep Habits for Prevention

written by Leyla Muedin MS, RD, CDN | December 19, 2025



“Leyla Weighs In” exploring the vital link between nutrient deficiencies and Alzheimer’s. Learn the benefits of carotenoids for eye and brain health and find out how these nutrients may protect against cognitive decline. Check it

out!

Leyla Weighs In: Rethinking Alzheimer's

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Nutritionist Leyla Muedin focuses on a new perspective in Alzheimer's research, particularly the role of microglial cells. She reveals insights from integrative neurologist Dr. David Perlmutter's presentation at the Integrative Healthcare Symposium, emphasizing the significance of microglial cells in Alzheimer's disease. The discussion highlights the traditional focus on beta amyloid plaques and introduces the importance of shifting from the M1 pro-inflammatory phenotype to the M2 anti-inflammatory phenotype of microglial cells. Dr. Perlmutter advocates for addressing systemic metabolic and inflammatory issues, pointing out factors like poor diet, lack of sleep, and high blood sugar, which are crucial in preventing Alzheimer's. The episode delves into lifestyle interventions such as ketogenic diets, fasting, and nutritional impacts to manage and potentially reverse the detrimental shift in microglial behavior.

Leyla Weighs In: Exploring Antinutrients—The Double-Edged Sword in Your Diet

written by Leyla Muedin MS, RD, CDN | December 19, 2025



“Leyla Weighs In” exploring antinutrients and their effects—beneficial or harmful? Discover the double-edged sword of plant compounds and how they impact our health. Are you eating the “rainbow” wisely?

Leyla Weighs In: Part Two of The Gluten and Fructan Intolerance Dilemma

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Unravel the mystery of digestive health and dietary choices in part two of “Leyla Weighs In: Gluten v. Fructans.” From FODMAP diets to Omega-3 levels, Leyla covers it all.

Leyla Weighs In: The Truth About Gluten-Free Diets; Is Fructan Intolerance the Real Issue?

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Is gluten to blame, or are fructans the hidden cause of your digestive woes? “Leyla Weighs In” on the confusing overlap between gluten sensitivity and fructan intolerance.

Leyla Weighs In on Navigating GLP-1 Medications: Addressing Side Effects and Maintaining Muscle Mass

written by Leyla Muedin MS, RD, CDN | December 19, 2025



“Leyla Weighs In” on new findings on digestion and GLP-1 therapies. She’s got a deep dive into patient experiences and nutraceutical innovations that could make a difference in your wellbeing.

Leyla Weighs In on Staying Hydrated: Why Ice Water Isn't Always the Answer

written by Leyla Muedin MS, RD, CDN | December 19, 2025



Hydration myths busted! “Leyla Weighs In” on why iced water might not always be the refreshing choice you thought it was. Explore the pros and cons of cold drinks.