

Leyla Weighs In: Strength Without Strain – Eccentric Workouts

written by Leyla Muedin MS, RD, CDN | May 22, 2026



What if you could build strength without the exhaustion? On the Podcast, “Leyla Weighs In” on how eccentric exercises can transform your fitness routine. Check it out!

Leyla Weighs In: Agave, Artificial Sweeteners, and the New “Food Noise” Questionnaire

written by Leyla Muedin MS, RD, CDN | May 22, 2026



Nutritionist Leyla Muedin discusses a listener question about whether agave nectar can contribute to obesity like high-fructose corn syrup, arguing that regular use of sweeteners—including agave, honey, monk fruit, stevia, aspartame, sucralose, allulose, and sugar alcohols—can maintain sweet cravings, spike insulin, and contribute to weight-loss plateaus, with added concerns such as microbiome effects, GI upset, and aspartame’s neurotoxicity. She notes insulin’s role in fat storage and blood pressure via sodium retention, and suggests that needing a sweetener in coffee or tea may

indicate dependence on sweetness. She then covers a newly developed, validated Food Noise Questionnaire (FNQ) published in Obesity to measure intrusive food-related rumination, highlighting its five Likert-scale items, study sample characteristics, and the need for further research, including effects of GLP-1 drugs.

Leyla Weighs In: Exploring the Link Between Food Additives and Type 2 Diabetes

written by Leyla Muedin MS, RD, CDN | May 22, 2026



Discover the truth about food preservatives and their link to diabetes. “Leyla Weighs In” on a new study linking common food preservatives to a higher risk of type 2 diabetes. Are we missing the real culprit?

Leyla Weighs In: How Natural Light Supports Metabolic Health and Blood Sugar Control

written by Leyla Muedin MS, RD, CDN | May 22, 2026



Did you know spending more time in natural light could enhance your metabolic health and sleep quality? “Leyla Weighs In” on a study revealing how exposure to daylight can stabilize blood sugar and improve your metabolism. Don’t miss it!

Leyla Weighs In: Fasting-Mimicking Diet for Crohn’s and Managing Antibiotic-Associated Diarrhea

written by Leyla Muedin MS, RD, CDN | May 22, 2026



New insights on diet & Crohn’s. “Leyla Weighs In” on a study showing how a fasting mimicking diet can improve symptoms & inflammation markers. Plus, she has advice if your antibiotics cause diarrhea. Don’t miss it!

Leyla Weighs In: Conquering Joint Inflammation and Pain

written by Leyla Muedin MS, RD, CDN | May 22, 2026



Suffering from joint pain and inflammation? “Leyla Weighs In” with root causes and natural remedies. Learn how you can tackle painful joints effectively. Don’t miss it!

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

written by Leyla Muedin MS, RD, CDN | May 22, 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!

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

written by Leyla Muedin MS, RD, CDN | May 22, 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!

Leyla Weighs In: Navigating Menopause

written by Leyla Muedin MS, RD, CDN | May 22, 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!

Leyla Weighs In: Drug-Induced Magnesium Depletion

written by Leyla Muedin MS, RD, CDN | May 22, 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.