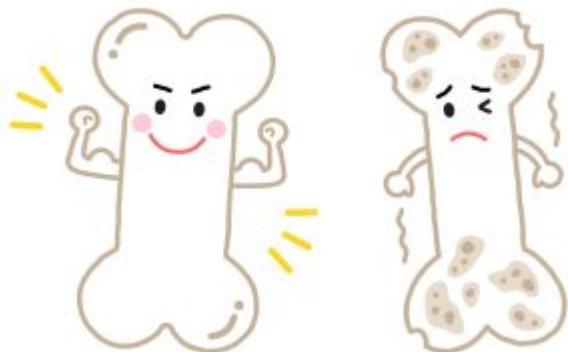


# Leyla Weighs In: How Gut Health Affects Bone Density

written by Leyla Muedin MS, RD, CDN | January 23, 2026



Did you know that your digestive system affects your bone strength? “Leyla Weighs In” with groundbreaking research on the gut-bone link. Find out how you can enhance your bone health by improving your gut function.

---

# Leyla Weighs In: Beyond Quick Fixes in Weight Management

written by Leyla Muedin MS, RD, CDN | January 23, 2026



Weight loss drugs like Ozempic show promise, but can they replace a healthy diet and lifestyle? “Leyla Weighs In” on why real food should always be at the core of our health strategy. Discover the truth behind weight regain and why real food matters more than ever.

---

# Leyla Weighs In: The Omega-3 Effect—Boosting Mental and Cardiovascular Wellness

written by Leyla Muedin MS, RD, CDN | January 23, 2026

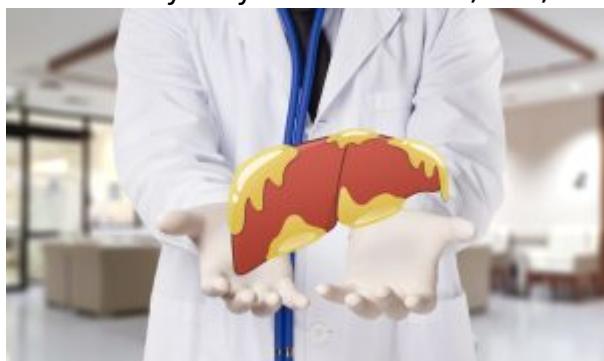


Did you know Omega-3s might hold the key to improving your mental health, as well as your heart health? “Leyla Weighs In” on groundbreaking studies linking these essential fats to lower risks of self-harm and heart problems.

---

## ENCORE: Leyla Weighs In: Breaking Down Fatty Liver Myths and Olive Oil Facts

written by Leyla Muedin MS, RD, CDN | January 23, 2026



Fatty liver disease is reversible! “Leyla Weighs In” on how a low-carb diet can turn the tide on metabolic dysfunction. Plus, discover how to spot authentic olive oil and why it matters to your health.

---

# ENCORE: Leyla Weighs In With an Essential Guide for Navigating Supplements

written by Leyla Muedin MS, RD, CDN | January 23, 2026



Ever wondered why your supplements are giving you a bright yellow surprise in the bathroom? “Leyla Weighs In” on the secrets to effective supplementation. She breaks down the myths and truths of vitamins & supplements and shares how custom supplement plans can support your unique needs.

---

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

written by Leyla Muedin MS, RD, CDN | January 23, 2026



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 | January 23, 2026



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 | January 23, 2026



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 | January 23, 2026



"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 | January 23, 2026



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.