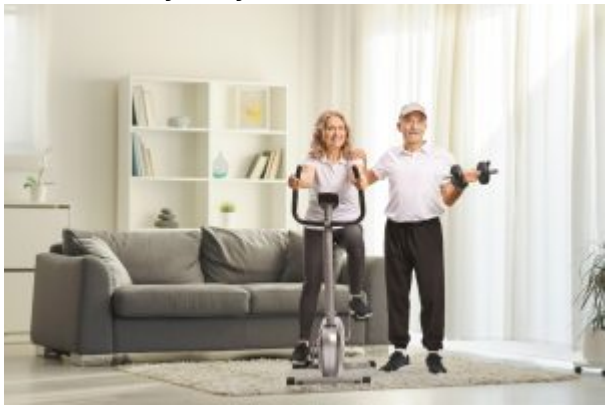
Leyla Weighs In: The Balance of Cardio and Strength—A Path to Healthy Aging

written by Leyla Muedin MS, RD, CDN | September 18, 2026



“Leyla Weighs In” on how concurrent training can transform your aging process. Don’t miss out on these tips for maintaining your independence. Plus, learn why checking your B12 levels could be crucial for preventing neuropathy. Check it out!

Leyla Weighs In: Oolong Tea, Supplement Absorption, and How Gut Signals Shape Memory

written by Leyla Muedin MS, RD, CDN | September 18, 2026

Is your morning tea affecting your health? “Leyla Weighs In” on the pros and cons of drinking tea with supplements. She also has fascinating insights on how nutrient-rich foods impact memory formation. Check it out!

Leyla Weighs In: How Rest and Relaxation Revolutionize Health

written by Leyla Muedin MS, RD, CDN | September 18, 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

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

written by Leyla Muedin MS, RD, CDN | September 18, 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 18, 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!

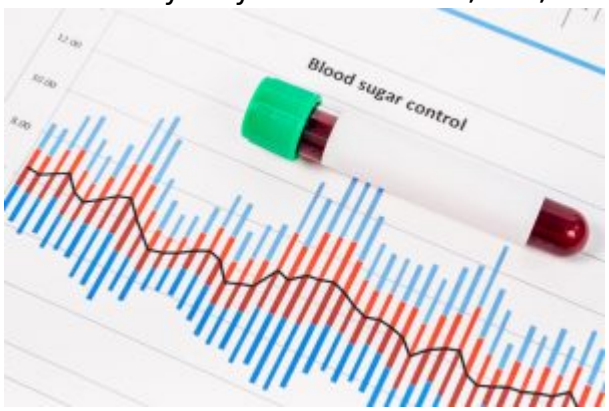
Leyla Weighs In: Genetic Mutations and Health Impacts

written by Leyla Muedin MS, RD, CDN | September 18, 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 18, 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 18, 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 18, 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

written by Leyla Muedin MS, RD, CDN | September 18, 2026

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!