

Leyla Weighs In: The Surprising Benefits of Good Cholesterol for Brain Health

written by Leyla Muedin MS, RD, CDN | January 17, 2025



The cholesterol conundrum: Nutritionist Leyla Muedin discusses recent research suggesting that HDL, or ‘good’ cholesterol, may protect against brain atrophy and dementia. The study from UT Southwestern Medical Center, published in the Journal of Clinical Medicine, found that higher concentrations of small particle HDL are linked to better cognitive function and greater gray matter volume. Leyla emphasizes the importance of understanding cholesterol’s role beyond just heart health and challenges common misconceptions. She also highlights the benefits of dietary fats and criticizes outdated medical advice that promotes low-fat diets. This episode encourages a more nuanced view of cholesterol and its significant impact on overall health.

Leyla Weighs In: Kickstart 2025 with Protein-Packed Breakfast Ideas

written by Leyla Muedin MS, RD, CDN | January 17, 2025



Nutritional Insights for a Healthy New Year: Breakfast Ideas and Metabolic Health: Nutritionist Leyla Muedin discusses the importance of a protein and fat-rich breakfast to stabilize blood sugar levels. She emphasizes the metabolic benefits of avoiding carbohydrate-heavy meals in the morning and shares various breakfast ideas that are convenient and nutritious, such as protein shakes, cottage cheese, hard-boiled eggs, and leftovers from previous meals. Leyla also highlights the impact of diet on menstrual health, citing studies showing how ketogenic diets can regulate menstrual cycles and treat conditions like polycystic ovarian syndrome (PCOS). Listeners are encouraged to adopt these dietary habits for better overall health and well-being in the new year.

ENCORE: Leyla Weighs In: From Soil

Health to Food Security—The Role of Regenerative Agriculture

written by Leyla Muedin MS, RD, CDN | January 17, 2025



The Importance of Regenerative Agriculture: Nutritionist Leyla Muedin discusses the concept of regenerative agriculture in response to a listener's question. She explains how regenerative agriculture goes beyond organic practices by enhancing soil quality and promoting a healthier ecosystem. Leyla covers various methods such as composting, crop rotation, and water management, emphasizing the importance of soil health in producing nutrient-dense food and combating global warming. She also highlights the economic advantages of regenerative practices and encourages listeners to support local farmers engaged in sustainable agriculture.

ENCORE: Leyla Weighs In: From Autophagy to Weight Loss—The Power of

Intermittent Fasting

written by Leyla Muedin MS, RD, CDN | January 17, 2025



Nutritionist Leyla Muedin discusses intermittent fasting, specifically addressing whether skipping morning coffee affects metabolism. She explains different approaches to intermittent fasting, including Bulletproof Coffee and time-restricted eating (TRE). Leyla also delves into a study on the effectiveness of TRE in weight loss and cardiometabolic health, highlighting that eating within a specific time window (7am-3pm) led to greater weight loss and improved mood compared to a broader eating period. She emphasizes the importance of a minimum nightly fast of 12 hours for autophagy and overall health benefits.

Q&A with Leyla Holiday Encore

written by Leyla Muedin MS, RD, CDN | January 17, 2025



ENCORE: Q&A with Leyla, Part 1: The Impact of Exercise on Dementia

- Study: The impact of exercise on dementia
- Nicotinamide Riboside – does it increase cancer risk and metastasis?

ENCORE: Q&A with Leyla, Part 2: Cocoa Powder

- How much of the flavanols do I lose by heating cocoa powder?
- My osteoporosis appears to be resolved with bone health nutrients and strontium. Should I continue taking them?
- Is melatonin indicated for osteoporosis? If so, at what dose?
- Is there any way of clearing the spike proteins from one's body after taking the jabs?
- Any recommendations on reducing the residual stiffness of polymyalgia rheumatica?

Q&A with Leyla Holiday Encore

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ENCORE: Q&A with Leyla, Part 1: Health Trackers

- Study: Benefits of the combination of cardio and weight training
- What is your opinion on health trackers?
- My heart rate comes down quickly after exercise. Is that good or bad?
- What do you think about infrared mats? I have fibromyalgia and enjoy the heat.

ENCORE: Q&A with Leyla, Part 2: Eczema and Psoriasis

- Save our supplements!
- My dermatologist told me to moisturize my rash with Crisco! Isn't that hydrogenated?
- Are there natural ways to treat eczema and psoriasis?
- Can I stop taking statins or do I have to wean myself off?
- Is there a natural way to treat hyperparathyroidism?
- My friend just told me to stop taking vitamin D because it's toxic. What say you?

Leyla Weighs In: Exploring Vitamin D and Immune Health

written by Leyla Muedin MS, RD, CDN | January 17, 2025



Nutritionist Leyla Muedin discusses the significance of vitamin D, especially during the winter months in northern regions. She explains how the lack of sunlight exposure from October to April can lead to vitamin D deficiency, which is linked to various health issues including autoimmune diseases. Leyla emphasizes the importance of vitamin D for immune function, bone health, and overall well-being. She also offers practical tips on obtaining sufficient vitamin D through supplementation and dietary sources, as well as by safely getting sunlight exposure. The episode highlights recent research on the effects of vitamin D deficiency during childhood development and its potential long-term impacts on health.

Leyla Weighs In: Exploring Yoga's

Therapeutic Role in Neurological Disorders

written by Leyla Muedin MS, RD, CDN | January 17, 2025



Harnessing Yoga's Potential in Neuro Rehabilitation and the Gut-Brain Connection: Nutritionist Leyla Muedin discusses a pilot study from Germany highlighting the benefits of integrating yoga into inpatient neuro rehabilitation for conditions like multiple sclerosis and stroke. The study shows significant improvements in pain, spasticity, anxiety, and overall quality of life. Additionally, Leyla explores the expanding research on the gut-brain axis, revealing how a healthy gut microbiome influences mental resilience and stress response. She emphasizes the importance of addressing both physiological and psychological factors to manage anxiety and improve mental health.

Leyla Weighs In: The Importance of Posture and Core Strength

written by Leyla Muedin MS, RD, CDN | January 17, 2025



The Importance of Posture and Core Strength for Health: Nutritionist Leyla Muedin discusses the critical role of posture and core strength in overall health and well-being. She provides practical advice on improving posture, from standing and sitting techniques to exercises like planks and balance-focused activities such as yoga and Tai Chi. Leyla emphasizes the impact of good posture on physical comfort, mobility, and even mental well-being. Additionally, she offers tips for setting up an ergonomic workspace and highlights the importance of taking breaks to minimize strain and promote better circulation. The episode underscores the significant benefits of incorporating intentional posture improvements and core-strengthening exercises into daily routines.