

Leyla Weighs In: Exploring Yoga's Therapeutic Role in Neurological Disorders

written by Leyla Muedin MS, RD, CDN | December 13, 2024



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

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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.