

Leyla Weighs In: Rethinking Alzheimer's

written by Leyla Muedin MS, RD, CDN | November 21, 2025



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.

Leyla Weighs In: Exploring

Antinutrients—The Double-Edged Sword in Your Diet

written by Leyla Muedin MS, RD, CDN | November 21, 2025



“Leyla Weighs In” exploring antinutrients and their effects—beneficial or harmful? Discover the double-edged sword of plant compounds and how they impact our health. Are you eating the “rainbow” wisely?

Leyla Weighs In: Part Two of The Gluten and Fructan Intolerance Dilemma

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Unravel the mystery of digestive health and dietary choices in part two of “Leyla Weighs In: Gluten v. Fructans.” From FODMAP diets to Omega-3 levels, Leyla covers it all.

Leyla Weighs In: The Truth About

Gluten-Free Diets; Is Fructan Intolerance the Real Issue?

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Is gluten to blame, or are fructans the hidden cause of your digestive woes? “Leyla Weighs In” on the confusing overlap between gluten sensitivity and fructan intolerance.

Leyla Weighs In on Navigating GLP-1 Medications: Addressing Side Effects and Maintaining Muscle Mass

written by Leyla Muedin MS, RD, CDN | November 21, 2025



“Leyla Weighs In” on new findings on digestion and GLP-1 therapies. She’s got a deep dive into patient experiences and nutraceutical innovations that could make a difference in your wellbeing.

Leyla Weighs In on Staying Hydrated: Why Ice Water Isn't Always the Answer

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Hydration myths busted! “Leyla Weighs In” on why iced water might not always be the refreshing choice you thought it was. Explore the pros and cons of cold drinks.

Leyla Weighs In on The Hidden Dangers of Visceral Fat: Exploring Heart and Health Implications

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Did you know visceral fat could be damaging your heart even if you're fit? “Leyla Weighs In” on how hidden fat affects heart health and aging with a focus on research findings that could change how you think about health and wellness.

Leyla Weighs In: Exploring Yoga's Impact on Oral Health and Digestion

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Could yoga be the key to better gut and oral health? “Leyla Weighs In” on the unexpected connections between yoga, dental health, and your microbiome. From reducing cortisol to improving gum health, explore how mindfulness and yoga practices can benefit your body from mouth to gut.

Leyla Weighs In: Breaking Free—Overcoming Cigarette Cravings

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Discover how everyday foods can curb cigarette cravings! “Leyla Weighs In” revealing her own journey to becoming cigarette-free, and she details dietary hacks to support your quit-smoking journey. Don’t miss it!

Leyla Weighs In: The Vital Role of Iron—Health, Brain Function, and Immune Support

written by Leyla Muedin MS, RD, CDN | November 21, 2025



Anemia, fatigue, immunity, and cognitive health—all connected by iron! “Leyla Weighs In” on the role of this important mineral in your body’s functions. And don’t miss out on tips for maintaining the perfect iron balance.