

# Leyla Weighs In: Breaking Free—Overcoming Cigarette Cravings

written by Leyla Muedin MS, RD, CDN | September 26, 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!

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

written by Leyla Muedin MS, RD, CDN | September 26, 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.

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# Leyla Weighs In: The Role of Trace Minerals in Health—A Focus on Selenium and Iodine

written by Leyla Muedin MS, RD, CDN | September 26, 2025



“Leyla Weighs In” on the underrated minerals Selenium and Iodine. Learn why they’re crucial for immunity, thyroid health, and more, plus how to source them naturally.

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## Leyla Weighs In: Advances in Alzheimer’s Detection and Prevention

written by Leyla Muedin MS, RD, CDN | September 26, 2025



“Leyla Weighs In” with groundbreaking developments in diagnosing & preventing Alzheimer’s. Hear about the new Lumipulse blood test for Alzheimer’s, and how natural compounds like nicotinamide and EGCG might revolutionize brain health.

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# Leyla Weighs In: The Benefits of a Ketogenic Diet in Neurodegenerative Diseases

written by Leyla Muedin MS, RD, CDN | September 26, 2025



From weight loss to neuroprotection, explore the multifaceted benefits of the ketogenic diet. “Leyla Weighs In” on how the ketogenic diet supports neurological health and longevity.

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## Leyla Weighs In: Impact of Diet on Nightmares and Sleep Quality

written by Leyla Muedin MS, RD, CDN | September 26, 2025



Nightmares after ice cream? You’re not alone. “Leyla Weighs in” exploring the intriguing link between diet, sleep, and dreams. Learn about the hidden connections between food sensitivities and sleep disturbances.

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# Unlocking Restful Nights: “Leyla Weighs In” on Enhancing Sleep Quality through Exercise

written by Leyla Muedin MS, RD, CDN | September 26, 2025



Discover the power of exercise in combating insomnia! “Leyla Weighs In” exploring groundbreaking research on how exercise can help tackle insomnia. Learn why yoga, TaiChi, and jogging might be your best bedtime allies.

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## Leyla Weighs In – Rising Obesity-Related Cancer Rates and Heart Disease Insights

written by Leyla Muedin MS, RD, CDN | September 26, 2025



Did you know obesity is associated with 13 types of cancer? “Leyla Weighs In” exploring the staggering data and how you can make lifestyle changes to reduce risks.

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# “Leyla Weighs In” Analyzing the 2025 Best Diets Report: A Critical Review

written by Leyla Muedin MS, RD, CDN | September 26, 2025



“Leyla Weighs In” breaking down the 2025 Best Diets Report, highlighting the pros and cons of each from Mediterranean to Flexitarian. Discover the truth behind nutritional research and what works best for your health.

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## “Leyla Weighs In” on What You Need to Know About Pesticides in Produce

written by Leyla Muedin MS, RD, CDN | September 26, 2025



Did you know that over 75% of non-organic produce sold in America contains harmful pesticide residues? “Leyla Weighs In” on how you can make informed choices when buying produce.