

# ENCORE: Leyla Weighs In: Navigating Detox—Key Foods and Nutrients for Liver Health

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Feeling sluggish or moody? It might be your liver's plea for support! "Leyla Weighs In" with the essentials of detox with natural foods and supplements. Discover how you can support your liver and boost detox pathways naturally!

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## Leyla Weighs In: The Root Causes of Fatigue

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Feeling sluggish? It might be more than just a lack of sleep. "Leyla Weighs In" with the surprising reasons behind fatigue and how to combat it.

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# Leyla Weighs In: Strategies for Diet Success

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Struggling to stick to your diet plan? “Leyla Weighs In” with tips and practical strategies to keep you on track, even while traveling.

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## Leyla Weighs In: How to ease health anxiety; the role of diet, exercise and sleep.

written by Leyla Muedin MS, RD, CDN | July 4, 2025



In this episode of Intelligent Medicine, host Leyla Muedin, a registered dietitian nutritionist, discusses the growing issue of health anxiety. She explains how the frequent medical screenings in modern healthcare can contribute to this condition by instilling fear about potential health problems. Leyla offers practical advice for managing health anxiety through intentional lifestyle changes such as eating a balanced diet, engaging in regular exercise, maintaining proper sleep hygiene, and reducing intake of substances like caffeine, alcohol, and processed sugars. She emphasizes the importance of open communication with healthcare providers and shares how

controlling the controllables can significantly improve both mental and physical well-being.

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## **Q&A with Leyla: Nutrition, Health, and Medical Insight**

written by Leyla Muedin MS, RD, CDN | July 4, 2025



- Why isn't nutrition taught in medical schools?
- Is there a place for Culinary Medicine in medical schools?
- I'm taking all the supplements you recommend for osteoporosis. Since I'm a man, is there a more unique treatment?
- Does Dr. Ohhira's Probiotics cover the oral microbiome?
  
- I know the importance of morning sun for setting circadian rhythms. How do I safely get midday sun?
- I'm getting mitral valve and aortic valve repair with biological valves. What are your thoughts on this?
- Would hyperbaric oxygen help with surgical recovery even if I don't have complications?
- Please comment on the study of dairy reducing absorption of polyphenols in

blueberries

–I've been taking warfarin for 18 years and read it may cause osteoporosis—which I have. Should I switch to Eliquis?

–Should I be concerned about my high ferritin level?

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## Leyla Weighs In: The Art of Natural Skincare

written by Leyla Muedin MS, RD, CDN | July 4, 2025



In this episode of 'Leyla Weighs In' on the *Intelligent Medicine Podcasts*, Leyla discusses the importance of natural and holistic skincare. She emphasizes the value of good nutrition, sufficient sleep, and stress management for radiant skin. Leyla shares insights on effective, low-cost skincare practices such as lymphatic drainage, cold water toning, and the use of coconut oil. Additionally, she highlights the benefits of natural ingredients like aloe, shea butter, and CBD, and underscores the necessity of mindful eating as it impacts skin health. Leyla also touches on the positive effects of sunlight, proper pillowcase hygiene, and a mindful approach to skincare routines.

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## **Leyla Weighs In: Insomnia Solutions**

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Is insomnia robbing you of a good night's sleep? "Leyla Weighs In" sharing insights on sleep hygiene, the role of nutrition, and how yoga can transform your sleep quality.

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## **Leyla Weighs In: The Benefits of Locally Sourced Produce**

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Boost your health with farm-fresh deliveries! "Leyla Weighs In" on how local produce enriches our bodies and local economies.

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# **Leyla Weighs In: Exploring Our Taste Buds—From Olfactory Insights to Nutrition Connection**

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Did you know your sense of taste is intricately linked to your sense of smell? “Leyla Weighs In” with insights on how to optimize your sensory pleasures and the surprising effects of ultra-processed foods on mood.

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# **Leyla Weighs In: Innovations in Stem Cell Therapy—A Mitochondrial Breakthrough**

written by Leyla Muedin MS, RD, CDN | July 4, 2025



Exciting news from the world of regenerative medicine! “Leyla Weighs In” on

how a breakthrough in stem-cell-based methods can mass-produce human mitochondria, potentially transforming the way we approach health and aging.