

# Leyla Weighs In: Omega-3s and Expressive Fitness—A Guide to Heart Health

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Did you know a low Omega-3 index is a heart risk factor? “Leyla Weighs In” on the latest research on Omega-3s. She has simple ways to boost your Omega-3 intake. Plus, she offers tips on making fitness enjoyable through activities like hiking, swimming, roller skating, dancing, and playing sports.

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## Leyla Weighs In: Chronic Stress and Its Hidden Effects

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Feeling the weight of stress? Chronic stress doesn’t just impact your mood—it physically alters your brain. On this episode of the Intelligent Medicine Podcast, “Leyla Weighs In” with how our diets can reverse these effects and help boost brain resilience.

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# Leyla Weighs In: Key Window for Brain Health Intervention

written by Leyla Muedin MS, RD, CDN | May 2, 2025



“Leyla Weighs In” detailing why ages 44-67 are crucial for preventing Alzheimer’s and more. Find out how diet and lifestyle can impact your brain’s future.

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# Leyla Weighs In: How Spirituality Shapes Our Health and Wellness

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Nutritionist Leyla Muedin explores the powerful connection between spirituality and health. Building on the previous episode’s discussion on positive thinking and physical vitality, Leyla delves into the concept of spiritual care in dietetics, highlighting insights from Mary Gannon Kaufman, a registered dietitian and board-certified healthcare chaplain. Topics

covered include the holistic approach to health, the impact of spirituality on body systems, and practical ways to incorporate spiritual practices like meditation and prayer into healthcare. The episode also emphasizes the importance of empathy, compassion, and a positive mindset in nurturing overall well-being.

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## Leyla Weighs In: How Positive Thinking Fuels Physical Vitality

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Nutritionist Leyla Muedin explores the connection between positive thinking and physical health. She discusses how a positive mindset can improve heart health, immunity, and energy levels, while reducing stress and fatigue. Leyla also shares practical habits to boost positivity and overall well-being, emphasizing the holistic approach to mental and physical health. The episode is backed by scientific research and provides actionable tips for enhancing daily life through optimism.

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# Leyla Weighs In on Unlocking Longevity: Tips for Living Beyond 100

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Biohacking for Longevity: Extending Your Health Span. In this episode of “Leyla Weighs In,” registered dietitian and nutritionist Leyla Muedin discusses the concept of biohacking and its potential to extend lifespan and health span. Leyla explores various biohacking strategies such as diet optimization, regular physical activity, stress management, enhancing sleep quality, and maintaining strong social connections. She emphasizes the importance of epigenetics, targeted lifestyle changes, and advanced medical interventions like stem cell therapy. You will learn practical biohacking tips, including the benefits of intermittent fasting, the significance of exercise, and how to use wearable technology for health tracking. Leyla also highlights the role of supplements and personalized nutrition in promoting longevity, alongside maintaining good dental health and a sense of purpose. Through these combined efforts, Leyla aims to inspire listeners to not only live longer lives but to enjoy better health and vitality.

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# Leyla Weighs In: Smart Shopping and Kitchen Habits for Better Nutrition

written by Leyla Muedin MS, RD, CDN | May 2, 2025



It's National Nutrition Month! So nutritionist Leyla Muedin details how to spring clean your kitchen. She emphasizes the importance of organizing and cleaning your kitchen, from replacing old utensils and sharpening knives to checking expiration dates on spices and canned goods. She offers practical advice for grocery shopping, food storage, and meal prep to help listeners make healthier choices. The episode encourages listeners to streamline their kitchen environment to make nutritious cooking easier and more efficient.

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# **“Leyla Weighs In” on Lethargy in America: Nutritional and Lifestyle Interventions**

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Nutritionist Leyla Muedin discusses the pervasive issue of chronic fatigue in America, focusing on the impact of diet, lifestyle choices, and essential nutrient deficiencies. Leyla highlights a national survey revealing that nearly 14% of adults experience daily fatigue, with women aged 18 to 44 being the most affected. She explores the role of poor sleep hygiene, lack of physical activity, poor diet, stress, and excessive alcohol and caffeine consumption in contributing to fatigue. The episode emphasizes the importance of correcting deficiencies in Vitamin B12, Omega-3 fatty acids, and Vitamin D to combat fatigue, offering practical advice on improving sleep habits, diet, exercise, and stress management to boost energy levels and overall health.

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## **“Leyla Weighs In” on Menopause &**

# Metabolism: Understanding the Connection

written by [Leyla Muedin MS, RD, CDN](#) | May 2, 2025



Nutritionist Leyla Muedin, a registered dietitian nutritionist, discusses insightful findings from a University of Colorado Boulder study linking later onset menopause to healthier blood vessels and lower heart disease risk. The study, published in the American Heart Association Journal Circulation Research, reveals that women who experience menopause at age 55 or later have a significantly lower risk of heart attacks and strokes in their postmenopausal years compared to those who go through it earlier. Leyla explains the physiological benefits of later menopause, focusing on better mitochondrial function and lower metabolic abnormalities, and emphasizes the potential impact of dietary interventions on women's heart health. The episode highlights the importance of metabolic health and suggests that addressing metabolic abnormalities through a low-carb diet can delay menopause and improve overall vascular and heart health.

# Leyla Weighs In: Honey Therapy—A Sweet Solution to Seasonal Allergies

written by Leyla Muedin MS, RD, CDN | May 2, 2025



Nutritionist Leyla Muedin discusses the potential benefits and considerations of using local raw honey as an immunotherapy for seasonal allergies and allergic rhinitis. Leyla explains how small amounts of local pollen in raw honey might help desensitize the immune system to allergens over time. She reviews various studies, highlighting both promising and inconclusive results, and cautions about the variability of pollen in honey and the risk of allergic reactions. Leyla also addresses the potential side effects of long-term antihistamine use, including an increased risk of dementia, and advocates for exploring natural alternatives. The episode is informative for individuals considering natural remedies and provides guidance on the safe use of honey for allergy relief.