

Leyla Weighs In: Healthy Hair as You Age—Nutrition's Key Role

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



Nurturing Hair Health: Nutrition, Habits, and Aging: Nutritionist Leyla Muedin highlights the importance of nutrition and proper care for maintaining healthy hair, especially as we age. She discusses how aging impacts hair growth and quality, the role of essential nutrients like iron, protein, and vitamins, and offers practical tips for hair care. Leyla advises on dietary choices, beneficial foods, and the importance of reducing stress and avoiding damaging hair practices. She emphasizes eating a rainbow of fruits and vegetables, avoiding pro-inflammatory foods, and adopting healthy lifestyle habits to improve overall hair health.

Leyla Weighs In: Beyond Medication—Dietary Solutions for IBS

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Low FODMAP and Low Carb Diets Outperform Drugs for IBS Treatment: In this episode of Intelligent Medicine, Nutritionist Leyla Muedin discusses a study published in the Lancet Gastroenterology and Hepatology Journal examining the effectiveness of diet versus drug interventions in managing irritable bowel syndrome (IBS). The study presents findings from a single-blind, randomized control trial comparing low FODMAP, low carbohydrate diets, and pharmacological treatments. Results indicate that both diet groups significantly outperformed drug treatments in symptom severity reduction, with specific benefits observed in patients suffering from constipation and diarrhea-dominant IBS. Leyla highlights the advantages of dietary interventions as first-line treatments for IBS, the practical aspects of implementing these diets, and the study's broader implications for improving quality of life for IBS sufferers.

Leyla Weighs In: Minerals, Metals, and Migraines—The Hidden Connection

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Heavy Metals and Mineral Deficiencies: Their Link to Migraines. In this episode of Intelligent Medicine, Nutritionist Leyla Muedin discusses the correlation between heavy metals, trace mineral deficiencies, and migraines. Recent studies from researchers in the Netherlands and Turkey highlight significantly higher levels of lead and cobalt, and lower levels of zinc and selenium in migraine sufferers compared to healthy controls. Leyla explains the impact of neurotoxicity, oxidative stress, hormonal disruption, and impaired detoxification pathways on migraines. She also explores the benefits of zinc and selenium supplementation in reducing the frequency and severity of migraines. Overall, the episode underscores the importance of addressing mineral imbalances and toxic metal exposures in migraine management.

Leyla Weighs In: The Integration of Culinary Medicine in Modern Healthcare

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In this episode of Intelligent Medicine, Nutritionist Leyla Muedin discusses the rising importance of integrating culinary medicine in modern healthcare. Leyla emphasizes the need for blending ancient dietary wisdom with contemporary scientific practices to improve overall health and prevent disease. She highlights how convenience foods laden with preservatives and additives are detrimental to our gut health and advocates for a more thoughtful approach to nutrition. Traditional practices from Chinese and Ayurvedic medicine are revisited, stressing the importance of addressing root causes rather than relying purely on pharmacological solutions. Leyla calls for a healthcare approach that includes nutrition professionals to provide personalized dietary advice, ultimately leading to a proactive, holistic, and sustainable health management system.

Leyla Weighs In: Foods to Lower Blood Pressure

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



Foods and Lifestyle Changes to Manage High Blood Pressure: Nutritionist Leyla Muedin discusses effective ways to manage high blood pressure through simple lifestyle changes and dietary choices. She highlights the importance of achieving a healthy weight and outlines how foods like beets, celery, pistachios, asparagus, sweet potatoes, and salmon can support healthy blood pressure levels. Leyla also emphasizes the need to avoid processed foods, excess sodium, and alcohol, presenting a comprehensive approach to improving cardiovascular health.

Leyla Weighs In: The Surprising Benefits of Good Cholesterol for Brain Health

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



The cholesterol conundrum: Nutritionist Leyla Muedin discusses recent

research suggesting that HDL, or ‘good’ cholesterol, may protect against brain atrophy and dementia. The study from UT Southwestern Medical Center, published in the Journal of Clinical Medicine, found that higher concentrations of small particle HDL are linked to better cognitive function and greater gray matter volume. Leyla emphasizes the importance of understanding cholesterol’s role beyond just heart health and challenges common misconceptions. She also highlights the benefits of dietary fats and criticizes outdated medical advice that promotes low-fat diets. This episode encourages a more nuanced view of cholesterol and its significant impact on overall health.

Leyla Weighs In: Kickstart 2025 with Protein-Packed Breakfast Ideas

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



Nutritional Insights for a Healthy New Year: Breakfast Ideas and Metabolic Health: Nutritionist Leyla Muedin discusses the importance of a protein and fat-rich breakfast to stabilize blood sugar levels. She emphasizes the metabolic benefits of avoiding carbohydrate-heavy meals in the morning and

shares various breakfast ideas that are convenient and nutritious, such as protein shakes, cottage cheese, hard-boiled eggs, and leftovers from previous meals. Leyla also highlights the impact of diet on menstrual health, citing studies showing how ketogenic diets can regulate menstrual cycles and treat conditions like polycystic ovarian syndrome (PCOS). Listeners are encouraged to adopt these dietary habits for better overall health and well-being in the new year.

ENCORE: Leyla Weighs In: From Soil Health to Food Security—The Role of Regenerative Agriculture

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



The Importance of Regenerative Agriculture: Nutritionist Leyla Muedin discusses the concept of regenerative agriculture in response to a listener's question. She explains how regenerative agriculture goes beyond organic practices by enhancing soil quality and promoting a healthier ecosystem. Leyla covers various methods such as composting, crop rotation, and water management, emphasizing the importance of soil health in producing nutrient-dense food and combating global warming. She also highlights the economic advantages of regenerative practices and encourages listeners to support

local farmers engaged in sustainable agriculture.

ENCORE: Leyla Weighs In: From Autophagy to Weight Loss—The Power of Intermittent Fasting

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



Nutritionist Leyla Muedin discusses intermittent fasting, specifically addressing whether skipping morning coffee affects metabolism. She explains different approaches to intermittent fasting, including Bulletproof Coffee and time-restricted eating (TRE). Leyla also delves into a study on the effectiveness of TRE in weight loss and cardiometabolic health, highlighting that eating within a specific time window (7am-3pm) led to greater weight loss and improved mood compared to a broader eating period. She emphasizes the importance of a minimum nightly fast of 12 hours for autophagy and overall health benefits.

Q&A with Leyla Holiday Encore

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



ENCORE: Q&A with Leyla, Part 1: The Impact of Exercise on Dementia

- Study: The impact of exercise on dementia
- Nicotinamide Riboside – does it increase cancer risk and metastasis?

ENCORE: Q&A with Leyla, Part 2: Cocoa Powder

- How much of the flavanols do I lose by heating cocoa powder?
- My osteoporosis appears to be resolved with bone health nutrients and strontium. Should I continue taking them?
- Is melatonin indicated for osteoporosis? If so, at what dose?
- Is there any way of clearing the spike proteins from one's body after taking the jabs?
- Any recommendations on reducing the residual stiffness of polymyalgia rheumatica?