

# Q&A with Leyla Holiday Encore

written by Leyla Muedin MS, RD, CDN | December 25, 2024



## ENCORE: Q&A with Leyla, Part 1: Health Trackers

- Study: Benefits of the combination of cardio and weight training
- What is your opinion on health trackers?
- My heart rate comes down quickly after exercise. Is that good or bad?
- What do you think about infrared mats? I have fibromyalgia and enjoy the heat.

## ENCORE: Q&A with Leyla, Part 2: Eczema and Psoriasis

- Save our supplements!
- My dermatologist told me to moisturize my rash with Crisco! Isn't that hydrogenated?
- Are there natural ways to treat eczema and psoriasis?
- Can I stop taking statins or do I have to wean myself off?
- Is there a natural way to treat hyperparathyroidism?
- My friend just told me to stop taking vitamin D because it's toxic. What say you?

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# Leyla Weighs In: Exploring Vitamin D and Immune Health

written by Leyla Muedin MS, RD, CDN | December 25, 2024



Nutritionist Leyla Muedin discusses the significance of vitamin D, especially during the winter months in northern regions. She explains how the lack of sunlight exposure from October to April can lead to vitamin D deficiency, which is linked to various health issues including autoimmune diseases. Leyla emphasizes the importance of vitamin D for immune function, bone health, and overall well-being. She also offers practical tips on obtaining sufficient vitamin D through supplementation and dietary sources, as well as by safely getting sunlight exposure. The episode highlights recent research on the effects of vitamin D deficiency during childhood development and its potential long-term impacts on health.

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## Leyla Weighs In: Exploring Yoga's

# Therapeutic Role in Neurological Disorders

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Harnessing Yoga's Potential in Neuro Rehabilitation and the Gut-Brain Connection: Nutritionist Leyla Muedin discusses a pilot study from Germany highlighting the benefits of integrating yoga into inpatient neuro rehabilitation for conditions like multiple sclerosis and stroke. The study shows significant improvements in pain, spasticity, anxiety, and overall quality of life. Additionally, Leyla explores the expanding research on the gut-brain axis, revealing how a healthy gut microbiome influences mental resilience and stress response. She emphasizes the importance of addressing both physiological and psychological factors to manage anxiety and improve mental health.

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## Leyla Weighs In: The Importance of Posture and Core Strength

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The Importance of Posture and Core Strength for Health: Nutritionist Leyla Muedin discusses the critical role of posture and core strength in overall health and well-being. She provides practical advice on improving posture, from standing and sitting techniques to exercises like planks and balance-focused activities such as yoga and Tai Chi. Leyla emphasizes the impact of good posture on physical comfort, mobility, and even mental well-being. Additionally, she offers tips for setting up an ergonomic workspace and highlights the importance of taking breaks to minimize strain and promote better circulation. The episode underscores the significant benefits of incorporating intentional posture improvements and core-strengthening exercises into daily routines.