

# **Leyla Weighs In: Cutting Out Sugar and Starch for IBS Relief**

written by Leyla Muedin MS, RD, CDN | September 27, 2024

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## **Leyla Weighs In: IBS Treatment Strategies—Dietary Tips and Lifestyle Advice**

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## **ENCORE: Q&A with Leyla, Part 1: Physical Activity and Memory**

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## **Leyla Weighs In: Inflammatory Bowel Disease**

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## **Leyla Weighs In: Food Dye**

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# **ENCORE: Q&A with Leyla, Part 2: SIBO, IBS, Colitis**

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# **Intelligent Medicine Radio for June 11, Part 2: Addiction-Susceptibility**

written by Dr. Ronald Hoffman | September 27, 2024

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# **ENCORE: The Role of the Digestive Tract in Determining Overall Health, Part 1**

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# **ENCORE: Debunking Myths about Irritable Bowel Syndrome, Part 1**

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# **Leyla Weighs In: Inflammatory Bowel Disease Linked to Doubling of Dementia Risk**

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