Leyla Weighs In: Sperm Quality and Diet—The Role of Ultra-Processed Foods

written by Leyla Muedin MS, RD, CDN | October 4, 2024

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

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: Why Washing Produce Isn’t Enough

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: The Microbiome — A Blueprint for Whole-Body Wellness

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: Tackling Nerve Pain with Essential Micronutrients

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: Ensuring Honest and Reliable Scientific Research

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: Is Your Medication Depleting Your Magnesium?

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: Nourishing Your Brain—The Link Between Diet and Mental Health

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: Medicinal Mushrooms—Nature’s Health Powerhouses

written by Leyla Muedin MS, RD, CDN | October 4, 2024

Leyla Weighs In: A Metabolic Approach to Heart Failure

written by Leyla Muedin MS, RD, CDN | October 4, 2024