

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

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

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

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# **Leyla Weighs In: Why Washing Produce Isn't Enough**

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# **Leyla Weighs In: The Microbiome – A Blueprint for Whole-Body Wellness**

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# **Leyla Weighs In: Tackling Nerve Pain with Essential Micronutrients**

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# **Leyla Weighs In: Ensuring Honest and Reliable Scientific Research**

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# **Leyla Weighs In: Is Your Medication Depleting Your Magnesium?**

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

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# **Leyla Weighs In: Medicinal Mushrooms—Nature's Health Powerhouses**

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# **Leyla Weighs In: A Metabolic Approach to Heart Failure**

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