

Leyla Weighs In: The VERY Necessary Nutrition Consult





CELEBRATING NATIONAL NUTRITION MONTH

You will find the following quote clearly displayed on the wall in my office:



The patient who doesn't pay attention to diet is wasting the physician's time – Chinese Proverb

When we use the term 'diet', it isn't always about weight loss. There is the therapeutic diet, which is known as *Medical Nutrition Therapy*. You may not know that qualified nutritionists are indeed, medical nutrition therapists.

Consider that most of our chronic diseases are caused by poor nutrition status and sedentary lifestyle. Aside from obesity, type two diabetes is defined as a condition of carbohydrate intolerance. Heart disease, with its origins in inflammation, is propagated by high blood sugar, insulin, triglycerides and

small dense LDL cholesterol particles—**all influenced by diet choices.**

Autoimmune disease, which has been on the rise lately, is propagated by a leaky gut. This condition requires expert MNT along with lifestyle changes for a resolution.

Moreover, more than 50 percent of all cancers may be prevented by diet alone.

A comprehensive nutrition assessment and plan is critical to ensuring the successful outcome of your health objectives.

Here are *just a few* more examples of what *MNT* can successfully treat:

ADD/ADHD

Adrenal exhaustion/stress

Arthritis

Alzheimer's disease

Autoimmune diseases

Candida overgrowth

Celiac disease

Crohn's disease

Fatty liver disease

Food allergies

Gastritis

GERD

Gut dysbiosis

Infertility

IBS

Inflammatory Bowel Disease

Interstitial cystitis

Kidney disease

Leaky gut syndrome

Metabolic syndrome

Migraine

Nutrient deficiencies

Parkinson's disease

PCOS

Peptic ulcer disease

Premenstrual syndrome

Psoriasis

Rosacea

SIBO (Small Intestinal Bacterial Overgrowth)

Ulcerative colitis

"I feel like I know you" is a repeated refrain of the myriad emails Dr. Hoffman and I get.

Many of our fans listen to every podcast and read every newsletter and feel very much a part of the *Intelligent Medicine* tribe. But not everyone realizes that it is not necessary to become a medical patient of Dr. Hoffman's to consult with me as a nutrition client.

You can visit with me here in midtown Manhattan or remotely by phone if you live far away. Prospective patients who are unable to afford a visit with Dr. Hoffman can have a consult with me at a fraction of the cost. Just call (212) 779-1744 to set up your appointment.

To your health!

Leyla Muedin, MS, RD, CDN

Email your questions to RadioProgram@aol.com.