

# Leyla Weighs In: The VERY Necessary Nutrition Consult



## ☒ CELEBRATING NATIONAL NUTRITION MONTH

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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