

Leyla weighs in: The VERY necessary nutrition consult

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 also 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 habits. 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.



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 we get at the Hoffman Center. Many of our fans listen to every podcast and read every newsletter and feel very much a part of this family of staff and practitioners. 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 at the Hoffman Center or remotely by phone if you live far away or just can't make it into Manhattan. Prospective patients who are unable to afford a visit with Dr. Hoffman can have a consult with me at a fraction of the cost. During my weekly rounds where I discuss my patients' cases with Dr. Hoffman, I get the benefit of his insights and recommendations. All that transfers to you as my patient. Just call (212) 779-1744 to set up your appointment.

To your health!