

MERYL: Welcome back everybody to the Rebel Nutritionist podcast today. Special treat. I am thrilled to have Dr. Leigh, Erin Connealy with us. She is a specialist integrative medicine specialist. I loved what you said Dr. Connealy about human optimization. That was amazing. So we're gonna talk about that today. But, and thank you so much for being here.

LEIGH: Absolutely. It's my privilege.

MERYL: Let's talk a little bit about your story. I mean, it is all over there on, on, on your site and on your Instagram in terms of your. Own individual experience with being exposed to these harmful chemicals when you were in utero and so forth.

But I'd love to hear a little bit about your, your story and really how that morphed into doing how that led you to do what you do today.

LEIGH: Right. So I was born in the fifties and my mother started bleeding and she went to the doctor and she, they said, oh, we're gonna give you this medicine that's going to prevent you losing the baby and stop the bleeding.

And that drug was called DEDB. And so she, 16 years later. She receives a letter and they say, well, that drug caused hormone problems, anatomical problems, infertility problems, predisposition to cancer, all kind of things. So I started going to MD Anderson when I was 16 to get workups and. Evaluations and all kinds of things.

And then I luckily wanted to become a doctor because I love science and I love talking with people. I didn't wanna be in a lab with Bunsen burners, and so I said, okay, I can be a doctor. So I went and got my degree in biology and then I went to Uni, university of Texas School of Public Health. And then I went to medical school and after medical school training and I decided, okay, the system here is.

this is not a way to take care of patients. So I started my practice 37 years ago in Los Angeles, and I started out with weight loss because everybody needs to lose weight. And so I hired a registered dietician and we really started getting people healthy and, and we looked at their metabolism at the time.

And so because everybody thinks it's not their fault that they have a weight problem, right? It's always something else. So anyway, so I started my practice and I was so busy that I opened up another practice in Orange County like three months later, and I commuted back and forth.

And so then of course, as you go along your journey all these other things come into your life.

And so **when you see a patient, the puzzle is huge**, right? And so you have to know so many things about the human mind and body and you know, for example, I didn't even study stress and emotional imbalances until much later, because that's not something they even talk about at all in medical school.

But that's probably one of the biggest things in someone's life is, is their emotional attunement. And so, so I, so it's, it's been an interesting journey. Plus I've had my own curve balls in life that cuz everybody has. . And so I am here today because of really not only my academic understanding of how the mind and body works, but also like **we have to change the way medicine and healthcare is delivered.**

You know, US ranks 43rd in the world in healthcare. And if you look, we spend two and a half times more than any other country. Insurance rates have only gotten higher and people have only gotten sicker in our system. So **it's not a healthcare system, it's a sick care system, and there's nothing about prevention, early detection.**

How do we create health and prevent the patient from having a heart attack, from having cancer, from having autoimmune, from having any chronic illness. Then in the last, I would say 30, 40 years. The environment of our world has incredibly changed with more chemicals, more EMFs, more endocrine disruptors, more air pollution, more what I mean.

Everything is not **the environment in the Petri dish we're living in is not conceiving healthy people.** And all you have to do is look around and **60% of young people, meaning young, I'm talking grade school, have one or more chronic illnesses.** our babies. One in 37 is autism. All diseases have increased, so obviously it's like, it's, it's clear to everyone.

I mean, come on, this is, the system is broken and we must change, but it's so contrived with either a drug or a surgery and you know, take care of the earthquake once it happens. But no, **we should be creating and teaching people how to live excellent Harmonious lives.** That's what we should be doing. And if we do it in community, **we need to do it in community to help each other be the best that we can be.**

So I'm trying to do that. You're trying to do that. Lots of people now, they see how broken, but I've been doing this for 37 years trying to transform the system and I am. And, and the patients are, the patients are partnering with us. They're changing it. They're telling people just like you, your podcast and all the podcasts out there today.

We're trying to create phenomenal existences for people and educate and inspire them to change their lives.

MERYL: Absolutely. Wow, you said that, I mean, and everything you said resonates because it's the work that we do here too. It is exactly that and you know, screaming out loud enough and getting enough people on board.

It's definitely, I mean, you've been doing it longer. It's definitely an uphill battle, and I think that's part of this issue is the noise from drug companies or whatever, big food, big pharma, which is what we all talk about, is so loud that it drowns out. It almost feels like it drowns out what we're trying to do.

And so yeah, you talk a lot on, on your Instagram also about **being your own advocate**. You know, you, you actually hear you talking to, to existing patients and how do we really get, because people come in to me and we say, here's the prevention, here's the thing, here's the things that we need to be doing.

And I look, I wish I was doing more prevention than, than, than sick care. Right. But, but we, we get people by the time they're pretty, pretty ill. What, what is being your own advocate, how do you, how do you drown out the noise of, of the companies and the, even the physicians people will come in here and say, well, my doctor said this, so I need to go with what they're saying.

LEIGH: Right, exactly. Well, I, cuz if it's a serious diagnosis like cancer, they're scared. And sometimes we, here at the clinic we'd use conventional western medicine, okay?. So for example, **a history and physical is part of conventional medicine, right? Of course. And then blood work is part of the conventional system.**

Scans, imaging, ultrasound, that's all part of the conventional system. but our plan for treatment is what's going to really be different. Our blood work is different, okay? So cuz like the blood work we order is very expensive. Whereas a conventional doctor, they just order a few little things and, and they don't look at the miracle of the patient that, that you, we have, there's many, many things to look at, okay?

And so, . So it, it's conventional and western. So I think people are really more resolute that we do do all that. Okay. But our platform appealing is what's going to be drastically different. Okay. And so, and we may have to use medications. **I always tell people medications. Maybe a bridge, but if you use medications, if you do anything, you must counterbalance and build health on the other side at the same time.**

Hmm. And that's where the, that's where the system, so if you're gonna order a PET scan, wait, pet scan is 600 times the radiation as a chest xray. So that means we need to give the patient. , these detox masks to detox that we need to give them superoxide dismutase to counteract radiation. I mean, we have to do these counterbalancing so they're not damaged by the radiation.

So and so that's not what they do at all in conventional medicine. And then when they get a cancer patient or any. , what you eat doesn't matter. Even diabetics, like at Kaiser, I had a patient, they, they go, oh, okay here's your drug. I'll see you in three or four months. And never told them, how do you sleep?

How do you eat, how do you move, et cetera. And then they come here and I tell 'em what to do. And the biggest thing with patients, as you know, is execution. But this patient made changes, so forth and so on, went back to Kaiser and. . Wow. What are what are you doing?

And because your blood sugar's like perfect now and so forth, and that should have been done the first visit.

Okay. And, and so they can, and they should have created some kind of, they can create Kaiser's all about a system and affordability, but they could afford things better if they would create communities of health. And they put people together to help each other and to inspire one another. and so it's like, come on, this is a no-brainer, and we could really change medicine just like that.

Yeah, just like that. By, first of all, **teaching parents to be how to have a healthy baby.** Okay. **So three to six months of preparing the patient emotionally and physically,** and then **teach that baby from in utero. How to receive nutrients and eat right,** et cetera, et cetera, from here on out.

So we would have an excellent society. And why we aren't esteeming that first and foremost, cuz I tell people, if you don't have your health, your health has to be your number one value because, everything hinges on that.

MERYL: absolutely. Like I said, singing to the choir and I, and you know, we need to be shouting all of this from the rooftops and, and getting more people on board.

I mean, have you seen a difference in terms of this in this gaining traction in the past whatever, 30 years? I mean, where, where do you, where do you sit on the fence on this?

LEIGH: Yeah. I think it's rapidly changing and what's changing is I think, . **Young people are changing things,** all right?

Because they're saying, no, I saw my mother, brother, sister, uncle, whatever, go through rigorous things. So the older people are a little bit more set on this existing paradigm, but even those people are looking for something else. But the young people, the 20 year olds, 30 year olds, 40 year olds, they're really incited to change the system.

So I do see it more and more and more. It just needs to be bigger. And so we just have to really imagine, imagine that, if you know what I'm saying?
And we all need, and we all need to be cooperative and collaborative and really, cuz we need lots of people to change the thing.

It's not, it's not just me, it's not just you. It's many, many people working collaboratively together to help, uh resurrect the, the humanity. Because I'm telling you, it's not, it's not good. Yeah. So, and, and you see all these people horribly. Suffer because of it. And you know, **the American system is great for an emergency if you fall a broken leg or something like that, but for chronic management of disease, we, we are failing miserably.**

MERYL: Oh yeah. Oh yeah.

So, so I'm gonna flip the switch on that, right? We talk about prevention and, and you and I had mentioned that, I know you speak about that. and something that you also say, right? That, well, two things, right? We, **a lot of people think that cancers and these diseases are genetic, are mostly genetic, and that there's little that they can do**, right?

And then **how they practice prevention because we know these diseases don't develop overnight**. So, so can you, because I I, I have heard you speak about, right, that the addressing the genetic piece, so let's start with. again, cause you and I are on the same page on that, but But talk about, is cancer all genetic?

LEIGH: Right? Well, **really most diseases aren't genetic**, so I'll give people a classic example. First of all, they took 47,000 identical twins and they followed them for years and they found out what **the biggest difference with 47,000 identical twins was lifestyle and environment**. Okay? So we know that's number one.

Those are identical twins. The other example is **if a woman is BRCA positive, or a man is BRCA positive, 50% of those patients don't develop cancer. So that's a genetic predisposition**. . And so, and when I, there's studies now that you can order on a patient. Do they have any genetic issues? Well, I've been doing those for years.

Okay. Even though when it wasn't popular, but I thought, okay, it's one piece of the puzzle. We know, well, most of those tests when I see patients, I would say 1% come out positive. Okay. That they have a genetic predisposition, but **the literature shows about 5% of cancer is genetic**. Okay. So in, in everything now, and if you look at it, **it's all about your exposome**.

What is your exposome? Ex exposome is everything that you've been exposed to so and so. **Genetics is not triggered unless you have the exposome that has offended the genetics. To trigger a disease**. So again, it's very, very, very, very little, okay. That cancer is genetic. So people need to stop thinking, not, they need to stop thinking, oh, my mom had this, my dad had this, and so I'm gonna get it.

So they all must have a self-fulfilling prophecy, right? So, no, **it's good to know your genetics so you know how not to get something**, And so, and take all the preventive measures and the way that medicine and technology is growing, you can figure out lots of, I mean, amazing things for patients. I mean, amazing things.

So I know because we do it here and we see it and we see how our patients, like, for example, heart attack is, heart attack is very, very, heart disease is the number one killer. Well, I don't think I have one heart attack a year, so, so in fact, I know I don't. . And so why, because we do, part of Western medicine is doing a heart scan looking at calcifications.

All right? So, because when anyone come, **your job as a physician is to teach patient optimal self-care**, because that's how they, that's how we win, is if we teach them how to take

care of themselves. And that's why I said we're going back to the advocate. The patient needs to master self-care and people have to be, they have to get educated.

They gotta read, they gotta listen, they gotta go study. And when you see a hundred books or more saying the same thing, there must be some validity to it. Okay. And so people have got to go down the rabbit hole. of studying and researching. And then **how is this drug, if it's, if I take it, how is it going to manifest?**

And then what are the possible natural alternatives to taking this medication? Okay. Yeah. So, so, so here we are all. educating. And the problem is, is that people are overwhelmed with life. And then I tell 'em, **we're not gonna fix you in one day. This is not a drive through clinic. This is a, this is talking about making a paradigm shift.**

in your whole existence, mentally, emotionally, and physically. Okay? And that takes time because the recordings you have in your brain are from in utero. They were good and bad and indifferent. Everybody has something. Okay? No one, no one comes out perfect cuz your parents weren't perfect. Okay? Your life wasn't perfect.

And so, but you've got to change these recordings. And then unfortunately people look for the quick fix. Okay, well there's no quick. You know, and **discipline is the foundation for progress**, okay? And it's **how to do things very very well on a regular basis, not perfection, but on a regular basis.** And, and people need to understand that this is something that you, **you're helping your self.**

you're helping your family and your loved ones, and you're helping your community because we're, we're all inter and interconnected. And so how you live affects me and how I live affects you. So if people think about it like that, that **I am literally helping society, I'm helping my family. I'm helping my kids by mastering my own self care.**

and in today's world, we must do that because the Petri dish we're living in today with air pollution, water pollution, chem trails and, and toxicity and EMFs and everything, it's not, this is not a healthy Petri dish, right? And so we've got to learn how to do this because it's the world we're living in and you're not going to, we can't change the plastic industry.

They've already tried to sue there. There's so many lawsuits on different things, but nothing changes because money trumps what's correct and Right.

MERYL: Absolutely. Again, couldn't, couldn't have said it any better. Right. We talk about consistency and, and, but it is, it's one thing, people come in and, and they're overwhelmed and they're going, wait, I, this is another thing I need to add to my plate.

How do, and we've been talking about, one thing that we do here is we have a, **we started at Facebook community page. We've started that whole. Sense of really supporting and creating community for our clients, for the people that we serve, because we recognize it**

is so important and that we are not meant to live life alone, be alone, and manage our health alone.

So it's so important. But, um again, it's having people slow down. So I said this morning, as a matter of fact, I did, I did a quick like walking video and I'm like, self-care, that's what we've been talking about. Make the time for you. Five minutes, whatever it is. And that's right.

Yeah. I think it's, it's we need to, like you said, we have to just have people stop, take. Take inventory of what they're doing and make the time to do these things. And I think that's the hard part for people is being able, right? Like you said, well, we all live in a society. Everything is quick, everything is fast.

And to say, well, I'm gonna go educate myself or I'm gonna do this. People don't wanna take the time to do that. I that's what I mean. Theones that are really invested in their health start to do that. But like you said how do we make this a cultural phenomenon instead of, instead of the one-offs.

LEIGH: No, it's so true. But I think it's becoming, we, we need to work on more of the contagious phenomenon. You're right.because it's still not like the deal, but it is getting better. So that's the good thing, you know? So that just, we gotta just keep, because I see, because, um Jeff Bezos just, uh is working with the company to create this.

The secret of age, anti-aging. Well unfortunately people are always looking for this drug and so forth, but, and then they talked about like these companies, tech companies are talking about the supplements they take. So it is getting better that didn't happen 10 years ago. Yeah.

So so at least now they are, and they've got to create companies where they're creating. Health and, and make people really accountable. We have to, we have to make people accountable. Right.

MERYL: But it can't just be, you know, I always say **you can't biohack your way into health and longevity.** Right.

It's, it's, it's a lot of things. Exactly. It's a lot of things. And that's where I, I even fear that some of the tech stuff that goes on, it's not just **you can't supplement away a poor diet, you can't supplement away stress.** Right. All of that has to come back to the work that we put in on our own, so.

That's right. You know, I'd hate for it to then, and that industry is all about making money too. I mean, let's face it. Look, we all wanna make money. I get that right. at some point when it's just, okay, now you're really trying to sell this bill of goods. That it's not that, that I have, I take issue with.

So one other another thing I, I wanna talk about, um we do a lot of work as I'm sure that you do looking at gut health, looking at detoxing, looking at all of, looking at all that, and one of the things that you talk about, **Is how things like infections and toxicity and stress and lifestyle play a major role in these diseases?**

And I think we don't often connect those dots. Obviously you and I do because that's the work that we do, but I'd love for people to understand that if people come in and I, and, and they're like, well, I don't, I don't have any GI problems, why are you doing a stool test on me? I'm like, well, because we gotta look at your microbiome first.

Right? So can you talk a little bit about that? Cuz I, I think people need to hear it from someone other than me all the time. . Right.

LEIGH: Well, **all diseases probably have some infectious components.** So look at, let's look at worst case scenarios. So look at head and neck cancer. Over 50% is H P V, right? Epstein Barr.

Epstein Barr is a major contributor to cancer. So **there's lots of infections that are contributors. Why? Because they drag the immune system.** So we have bacterial infections, we have viral infections, we have fungal infections, which are on the rise. Then we also have parasites. And so those are the reason why those infections are so important cuz they drag the immune system.

Why we have 'em? Well, people take antibiotics, people don't eat right. People are under stress. People are drinking chemicals and eating chemicals that change the microbiome. Everything. **Medicines change the microbiome, everything changes the microbiome. So you've gotta work on that because why your intestinal gastrointestinal can.**

Is what is going to feed every single organ in your system. And so if you don't take over the microbiome, first and foremost, the rest of the system isn't going to work. And so, and then you, so you just gotta clean everything. You gotta do a cleanse because if you don't do a cleanse of some sort first, then because the bugs.

They eat off dead decaying material, whether it's parasites, whether it's yeast or anything. So you've gotta **do the cleanse so that you can effectively get rid of the yeast.** Okay? And if you **look at cancer patients, 85% of them have. Yeast, candida,** and people are always like surprised. Oh wow. You know? And so, uh, so you have to get rid of it.

So we kind of, okay, **first do the cleanse, then get rid of the candida, which usually takes a couple of months.** It's not something overnight. Sometimes we use medications to enhance the natural things, but it's not something you're on forever. And then parasites, which you know, people in the world do not believe in the United States, don't believe that parasites can exist.

Well, Parasites do exist in a lot of people. One, because we have a compromised GI system, so they take home to it. I know because I personally had parasites myself and I really follow a healthy existence. And then parasites are stealth organisms. And so and a lot of times we have to implement, we try to do things naturally, but sometimes we have to use old anti parasitic medications.

A lot of the parasite meds have been around forever and ever and ever, and so, so we may have to use that, but. Infections are a huge, huge part of the system. And the problem is, is I think with **so many environmental things changing the microbiome, it makes us a reservoir for a growing infection.** and like you said nothing can outsmart what you're putting and eating in your body.

Absolutely. You know, if you are not **consciously living and thinking about how you're going to nourish, strengthen, and heal your body with nutrition.** You can't go forward, all right? And so, and unfortunately there's the food that we're getting. If you're not buying organic, you're not buying real food and you're not buying hormone-free all the, all the buzzwords of really clean food.

And it's probably impossible to get completely clean food. Okay? So that's why unfortunately you have to cleanse regularly because there's nothing perfect. Okay. You know, there's you just try to do the best job you can, but **probably what even trumps all of that is what is our, how are we addressing stress and emotional attunement?**

And, and we've gotta work on that. Probably number one. **Because your body keeps score of everything.** All right? And, and so we, we have. . You know, I tell people's **stress starts in the head and ends in the body.** and so, so we've got to really teach people how to emotionally. Live their new life.

And that's not something that's turned around overnight because you're talking about years and years and years of habits and thinking and so forth. And so we always believe on any patient to do emotional work most of the time. So because the emotions can change the whole gastrointestinal system, endocrine system, everything.

And so stress trumps a lot of things. And so we don't get people to be meditating, doing we, we do special emotional work here. I mean, it, it's for everyone, everyone. It's, and it doesn't mean you're a bad person, right? It just means that you need to go to that level of an emotional attunement.

MERYL: Yes. And I love that. I love that phrase, emotional attunement. I mean, and it, and it is so true. I always say what goes on in the mind is felt in the body. So again, right? Same thing. . So, so it's so important, and that is the work that we do here as well. You know, I'm, I have health coaches who work with me and understanding the psychology of the food that they're doing.

We work with life coaches, right? Because that is such, if they can't get over those things that are stressing them and that are complicating everything in their head, then their system is gonna be just as complicated. So, it is so important. I mean, we could probably spend two podcasts on that whole conversation.

So another question cuz then I kind of wanna switch it to some of the food part, but **hormones, let's talk about that because that is another so controversial in terms of do we do bioidenticals, do we not do, are they, do they cause cancer?** And I, and look, there's no absolute on any of it, right?

Of course not. But what is your feeling on that in terms of the safety, the efficacy? Because we know that that estrogen plays such a role, right? Especially for women. And I'm speaking about that brain health, heart health, bone health, libido, mental, emotional health. Right. So

what's your take on on that whole hormone piece?

LEIGH: Well, **hormones are my favorite thing in the whole world to fix.** And so I know a lot about hormones because of my journey, number one. Number two, I'm at an age where I've already gone through everything. Number three, I had infertility. Number four, I never had two menstrual cycles in my life. And so when, so I was forced to learn about hormones very, very, very early on.

And **hormones are probably the most powerful, significant thing that you need to fix and balance in your system,** okay? And today because of endocrine disruptors and all the chemicals, they're changing the hormones in almost every single person. So you think a 25 year old can have good hormones? Well, in this day and time, it's probably not happening.

Okay. So we can take, for example, a male that's 28, 30 years old and you check all their hormones and probably 80% will have hormonal problems. So why does that matter so much? Just like you said. **Hormones are the natural chemical messengers in your body.** They're supposed to be there, so you're supposed to have good hormones.

All right, number one. Number two, **how they affect the entire system.** And probably the biggest thing is the mental emotional. So if you don't have hormones, for example, a male, a 30 year old who doesn't have testosterone, they're gonna feel like a sloth. Well, that's not good for them, and it's not good for society, right?

Right. So, So wait, so it's something you, you absolutely have to address and fix. And so, but there's hundreds of hormones. The main system, so first of all, **the hormones start from the hypothalamic pituitary oxy.** So the hypothalamus is the brains brain, and that stimulates down to pituitary. And the **pituitary makes stimulating hormones to stimulate the main systems** in the.

You have your **thyroid, which is the battery to your body**. So if you don't have a good thyroid, the voltage of every single one of your cells is not working for you. Mm-hmm. . Then you have your pancreas. **Your pancreas is making insulin and glucagon**. And if you have stress, if your eating's not right, chemicals aren't.

If chemicals are in your body, you're, this system is not going to be working. Then you have the **adrenal systems**, the adrenal or little glands that sit on top of your kidneys like little. , they make over a hundred hormones while we have so much stress today. So that means mo a lot of people are gonna have adrenal, unfortunately, uh imbalances.

And then **in males you have testicles that make testosterone and women make. Estrogen, progesterone, testosterone for your ovaries**. And so we need to get this orchestra working for all of us, okay? Because **hormones determine how you think you feel. You move every single minute of every single day**.

So do hormones cause cancer? Absolutely not. They do not cause cancer. Okay. Do women have estrogen dominance that maybe has to deal with because of environment or medicines they're taking or whatever? Yes. That has to be addressed. Okay. Because there's estrogen receptor-positive patients with breast cancer and other cancers. So, but a lot of it has to do, why would your body be designed to self-destruct?

Right. Okay. So, it's because of the environment that we're living. , we have all these endocrine hormonal disruptors. So that is probably causing this problem, this issue. All right? So if you don't have hormones, there goes your brain, your heart, your bones, your immune system, et cetera.

Every single thing is hinged cuz **hormones affect every single cell in your body**. You have on one of your cells, you have 30,000 receptor sites for everything, for hormones, for nutrition, for e messages. Okay? So **if you don't have the hormones, the cell can't work for you and take care of you**. Okay? So I think it's absolutely critical.

A hormonal workup should be part of every single person after 18 because of the world we're living in. I remember, I'll tell you a story. Years ago, 25 years ago, I had this 19 year old come in, the mother was my patient and this boy had an anxiety disorder. And I'm like, and you know, this was serious. So anyway, I do, I've always been doing hormonal.

I mean forever. Okay. It's not something that I know it's a kind of buzzword for, but Right. I've been doing it forever and ever and ever. Okay. And so anyway I did his testosterone, well, he had a testosterone of an 80-year-old. Okay, well, course no wonder he can't function. Okay? So if you restore hormonal harmony in each patient, You, the patient is going, their whole outlook on life will change.

Okay. And so, uh, and I've lived it, so I've even had a pituitary transplant. So I know I had delivered twins 28 years ago. . It was a complicated delivery. I went through shock to the

pituitary and then I went to doctors and doctors and doctors and doctors, and of course no one. They look at you and then luckily I was a physician, they would've probably dismissed me.

Okay. Cuz they just think you're crazy or something. And so anyway, I, through lots of things I figured out what was going on with me and I got a pituitary transplant. And so, and in 24 hours I was like a brand new person. So I was like, so you must restore hypothalamic pituitary and the whole cascade of hormones because they're going to determine.

how you think, how you feel, how you move, how you eat, like everything okay? Yep. So, hormones are a huge, I would say probably one of the biggest things we're dealing with today and not, you don't think about an old man or old woman. You gotta think about today we gotta look at these young people.

Look at, look at all. I mean, I am just absolutely, and I've been, I've been checking people for a long time, so I know what's happening out there.

MERYL: Oh, I know. We see it. I mean, the young Yes. People coming in, the, the women with menstrual disorders, P C O S, all these imbalances. It's crazy. So, right.

LEIGH: but estrogen dominance is real. Yeah. And has to be addressed because that's the opposite problem of low estrogen. Okay. And so we, I do things to not medically, I don't give drugs to do that. But you, if **you've gotta change the foundation of why this is occurring and cleaning them out, and then maybe using things to change the way the estrogen is metabolized due to external exposure.**

MERYL: Absolutely. Absolutely. So I wanna take, thank you for that. Like I said, I mean, yeah, we could probably do a million of that, but I love, yes, I love that conversation on hormones. Maybe we'll get you back one of these days to talk a little bit more about that, cuz I definitely have questions, but I want to flip it a little bit because one of the things that you also do on your Instagram is you show the food you eat and **you eat a traditional diet.**

And I love it. I love it. I love it. So I would love for you to just take the little bit of time that we have. and talk about why you're doing that and, and addressing. I think the biggest part of that is

people are like, oh my God, she's eating meat. What about heart disease? , right, right. What about that cholesterol?

So why **can you tell us a little bit about why are you following that diet** and, and that there really is good science to say, okay, well this stuff does not cause heart disease, or and that cholesterol certainly is not the only, only issue here, but I'm gonna let you take it away from there.

LEIGH: Right. Well, first of all **people for thousands of years have been eating an ancestral eating program.** Okay? It wasn't until the last, I'd say 50, 70 years that people have changed from an ancestral where people went and hunted. You know, people went and, but since we've gotten and developed, processed foods, that's when disease has occurred.

Alright. Right, right. So, so if you look at the history of men over thousands of years, you look right now, it's really the last 80 years where people have completely, they've gotten sick, heart disease, increased, every disease has increased. Okay? So obviously what we're eating, cuz that's the cornerstone of existence really is what are you putting in your mouth?

Food is information, it's. It's like a QR code to turn on your body. Okay. So fats, good fats, not bastardized fats. Okay, so good fats. You've got to, why? Because, okay, you have, I talked about the cell. **The cell wall is made up of fats and phosphorylcholine, so the fats. Are the bricks of the wall and the futo choline is the cement.**

So where, where would you get futo choline? Well, you get that from eating liver. You get that from eating eggs. You get that from eating glassen. So that's why eggs need to be eaten. Liver needs to be eaten periodically because you have natural source of futo choline, and then you have **essential fatty acids.**

They're called essential because you have to have them, and fat is how you have long lasting. So that's why people are hungry. They eat a bowl of cereal or a bagel for breakfast. Their insulin goes up, okay, because the sugar is high. And then you crash and then you're hungry again. So if you eat like that, you're gonna be starving in an hour and then you have this constant rollercoaster and develop insulin resistance and or diabetes later on.

So, and then if you don't eat, protein means utmost importance. So you have to eat protein. So **what is protein? Good meat, chicken, not as much because of the omega sixes. And then you've got lamb, and then you have Turkey, and then you have fish.** But the problem with fish, fish used to be great, but it's not great anymore because of the mercury and the nanoplastics in the fish.

And now what I see, cuz we do heavy metals on almost every, the Mercury's high with people who eat fish. Yeah, I love fish. It used to be a great protein. All right. But unfortunately it's all intoxicated. And then people go, well, what if I buy wild caught? I go, unfortunately, even the wild caught is, is contaminated.

So, and then **you need to eat fruits and vegetables.** You need to eat an array of fruits and vegetables. **And if you eat like that, you will notice that you good. And you feel balanced.** You're not like, you're not going through this day-to-day rollercoaster. You're hungry, you're this, you're that. Right? So the more processed foods you eat, **carbohydrates only give you a spurt of energy.**

But you can't, you've got to keep your, you've gotta keep your insulin glu on levels normal. Okay? And you do that with eating. Fat, Protein and a mixture of fruits and vegetables cuz fruits and vegetables, like fruits have a very high vibration. Vegetables are, are good. And it depends though. You know, there are patients who have, um they, they have too much oxalates, okay?

There's some people who can't eat vegetables because the oxalates now they can eat fruits, but they have to watch. I have several patients who have very sensitive levels of oxalates and they have to be very, very careful about their intake. **You'll know how you eat determines on how you feel. And your energy level.**

Like I had a patient that I was seeing last night from Pennsylvania, and she said, oh my God, she, I put her on a Candida diet. Well, the candida diet is just what I'm talking about. Okay. Right, right. . And so she's like, oh my God, I feel so great on this eating. And then every patient always tells you, oh, I don't have any more bloating anymore.

I'm not swollen anymore. I'm not this, I'm not that. So, and I always tell people like, there are variations. Okay. And people, there are variations because some people say I feel best on a vegetarian diet. Well, I tell people. If you eat vegetarian and you create a B12 deficiency, that's probably not the best eating program.

Okay. So if you create a deficiency, you need to be very careful. But there's people that are die-hard on the vegetarian. Eating way. Okay. And I tell people that if you create. A deficiency and you're not, your muscles aren't growing, your energy's not fantastic then this is probably not the best eating program.

So, but what I've found over all these years that I've been **we've been telling people how to eat for 37 years and it's not complicated. You need to stay away from anything with chemicals and process and it has a complicated label.** Okay, now I will. , there are some food companies out there that are getting really creative with making some phenomenal products.

Okay. So for the years they have, here in California, they always have that big food expo, right? That you treat that big. It's vague, it's wonderful. It's incredible. And you there's so many creative things that are, they've come out with. So you just have to know you have to, **we have to live Consciously.**

All right. We have to know what we're eating, what we're putting in our body, how we're living every single day. And **I think people are unconscious in the world today because they're so in with all these other distractions.** But the first and foremost is how is your nest? What does your nest look like?

How do you live every single day from your sleep to the water you drink, to the food you eat, to the movement, to the thoughts. We need to think about let's create this conscious living existence.

MERYL: Absolutely. Bingo right there, . That's amazing. Thank you. I wanna be conscious of your time cuz I know you have to get ready to go see some patients

Right. And thank you so much for this conversation. I really appreciate all your knowledge and your experience, your expertise. It's been amazing.

LEIGH: Well, thank you. It's been a privilege and honored to be here with you. And I just we have to stick together because we've got to change more and more and more lives and awaken them and educate them and inspire them to be the best version of themselves.

MERYL: Absolutely.

And and thank you for doing that every day, the work that you do, helping so many people. And I hope to see you again sometime in the near future.

LEIGH: Okay, great. Thank you.

MERYL: All right. Take care. This is your a Rebel nutritionist. Everybody. That was just, I'm gonna leave it there. I got nothing else to say. Great conversation. So you make it a great day. This is your rebel nutritionist signing off.