

**Interview with Dr. Howard Liebowitz on Mind Body Radio  
with Chris Sawyer, November 8, 2019.**

Chris Sawyer: You're listening to Mind Body Radio. This is the Daily Show and up next, calling from Santa Monica in California, we have Dr. Howard Liebowitz on the line. Dr. Liebowitz, thank you for joining us.

Dr. Liebowitz: Thank you. I look forward to talking to you.

Chris Sawyer: Yes, I'm excited to hear about your practice here. And you've been a doctor for some time now and you are involved in a number of different integrative and functional techniques. Why don't you tell us more about yourself?

Dr. Liebowitz: Well, my career initially started out in internal medicine. I trained formally in internal medicine at USC but I spent most of my medical career in emergency medicine, and I worked for approximately 20 years at a Level 1 trauma centre at Cedars-Sinai in Los Angeles.

Then in about 2004-2005, I started getting interested in bio identical hormones and functional medicine. I started attending conferences and became very intrigued with the alternative approach to health. I felt that a lot of the things I was seeing in the emergency room were just return visits where there no progress or improvement in people's health.

I thought there was a better way to approach health and I got interested in functional medicine which seemed to really answer a lot of these questions. So, I attended the Institute for Functional Medicine workshops and ACAM workshops, the American College of Advanced Medicine — those are alternative medicine workshops — and little by little it led me down this path.

I then started meeting new people in the field and networking with people and I got very interested in hormone replacement, which I felt was a big missing link to a lot of people's health, especially as they got older, and they seemed to develop a lot of different types of health problems. It seemed to answer a lot of difficult questions about why people had certain problems.

Then I became very interested also, besides the functional medicine, which is a nutritional approach to health. It tends to help people correct their health from the ground up. Instead of the traditional approach in medicine which tends to treat symptoms mostly, the functional approach looks at the cause of the health problem and tries to correct it from the cause. That ends up being a lot of nutritional manipulation, looking at toxins, looking at mold exposure, looking at gut microbiome issues and things like that. I was able to have an impact on people's health that way.

Then, eventually it led me into looking at ozone therapy which I now have been doing for about ten years. Ozone therapy is a mostly European approach to health, but it has a huge impact on manipulating and positively affecting the immune system.

So I put all of these disciplines together, the hormones, the functional medicine, and the ozone therapy, and I'm able to have big impacts on all sorts of issues that people are dealing with from viral infections, mold and yeast exposures, Epstein-Barr, chronic fatigue, fibromyalgia, Lyme Disease, and even cancers, all sorts of auto-immune disease problems.

I have patients come and see me who've been to many specialists, many traditional doctors, many consults, and not getting better. We approach them from the perspective of toxicity, I look at heavy metals, I look at food intolerance, I look at the gut, and then we look at hormones and then often administer ozone therapy and

most of my patients get better. So, it's been a very interesting journey in health, but I feel like I'm finally making some great progress.

Chris Sawyer: Why do you think it is that many conventional, many traditional kinds of western doctors will often overlook something like nutrition or, like you said, toxins and environmental issues? Why do you think that is?

Dr. Liebowitz: You know, they just don't get any of this training in school. They come out of school — I think when I was in medical school, I had one lecture on nutrition for 30 minutes in four years of medical school. The doctors don't get impressed with the fact that nutrition can have a big impact on people's health. So, when they get out into practice, they have been indoctrinated into making a diagnosis -- we get taught how to make diagnoses -- work up a patient and make a diagnosis, and then the next thought after making a diagnosis is what drug to give the person.

It's become very pharmaceutical and we've gotten away completely from the functional approach to health which is trying to understand why the person has the illness that they have. We're not taught that way. The traditional model is just not that approach.

Chris Sawyer: Now what about if nothing is particularly wrong with me, I'm not ill or anything like that? It sounds like I could still benefit from seeing a functional medicine practitioner or doctor.

Dr. Liebowitz: Well, I think it would help everybody because there's a lot of beneficial preventative things people can do for their health. I make the analogy of saying to someone "Why don't you speak French?" And people go "Well, I don't know how to speak French. How am I supposed to know how to speak French?" Well, it's the same thing. It's like you tell people "Why don't you go get healthy?" People don't know how to get healthy so I think a lot of people

who are healthy or want to stay healthy, they need a coach just like you would need a coach for doing a sport or you would get a teacher to teach you a foreign language, you know. You need someone to help guide you with staying healthy.

A lot of that has to do with nutrition, and exercise, and avoiding toxicities, and supplements, and all sorts of things. And I think it's important to find a professional who really knows what they're doing in those fields and have some consults and get a proper approach to your health. As people get older, it even becomes more critical because things start to change in the body. I mean, when you're young, everything mostly works pretty well, for the most part, although I do see young people who have significant problems. But as you get into your late forties and fifties, you start to have big declines in hormones, all sorts of hormones, not just the sex hormones. You can have effective decline in thyroid, which is, I think, tremendously under diagnosed because people don't know how to look at it the correct way.

There's a lot of things you could do naturally to help boost your hormones. Both for men, women, growth hormone is one of those that I see affected tremendously by lifestyle and even testosterone for men, I see being affected by lifestyle and diet and things like that.

There was an interesting study done, for instance, on men in the military. This was many years ago. And they thought that, you know, men in combat would have high testosterone and they're very aggressive and they're the warriors and all that, but they actually found that the men in combat have the lowest testosterone of anybody in the military. And they found that the stress of being in combat lowers testosterone.

You know, these are things that, when you look at them, you have one assumption that is not necessarily true and when you start to look at some of these issues, you find

out that there are effects on hormones especially that you wouldn't anticipate. Other assumptions have been kind of blown out of the water too.

For instance, again with male hormones, people always thought that testosterone was bad. They thought it caused heart disease. They thought it cause high cholesterol. They thought it caused prostate cancer. And when it was actually looked at and studied, it was found that it does none of those things and it actually is a beneficial hormone. When men don't have their hormone, when they're getting older, and the hormone starts to decline, it's associated with all of those illnesses, even the prostate cancer.

So, sometimes what's assumed and taught isn't really true. We don't have enough information on female hormones but some of this information is being transmitted into female hormones as well. There are big concerns about breast cancer, big concerns about osteoporosis in women as they get older, and big concerns about heart disease in women as they get older. We're finding that by doing hormone replacement for women and doing it conservatively and correctly, we can have an impact on reversing and preventing a lot of those illnesses as well, especially when we start looking at things like auto-immune disease which is very prevalent in society.

Chris Sawyer: Dr. Liebowitz, I hate to cut you short, but we are approaching our deadline here, so we're going to have to wrap things up. I'll let you finish your thought and then we'll have to say goodbye.

Dr. Liebowitz: Okay. So, I was just saying that sometimes what looks like a traditional approach actually could be missing the point. And when you look at things alternatively, you get answers. I find this every day with my patients, and I think it's worthwhile and I think it's an excellent thing to do both for young people and older people.

Chris Sawyer: Alright. And if any of our listeners find themselves in the Santa Monica area or even just want to reach out to find out more about your practice, how could they do that?

Dr. Liebowitz: I'm in Santa Monica. I'm on 6th Street near Broadway. The office phone number is 310-393-2333 or you could go to my website. It's [liebowitzlongevity.com](http://liebowitzlongevity.com). Or just look up my name, Dr. Howard Liebowitz in Santa Monica and you'll find my website.

Chris Sawyer: Alright, excellent. Dr. Liebowitz, thank you for coming on and all the best to you.

Dr. Liebowitz: Okay, thank you. Best of luck. Take care.

Chris Sawyer: And we have more to come after this, so stick around. We'll be right back.