



Dear Volunteers,

Thank you so much for joining the Metabolic Revolution! I am grateful that you refuse to stand by while the dietary guidelines harm our health, and the health of our children. And I’m honored that you want to support this movement with me.

Our gathering in D.C. will be a powerful event - not just a rally demanding change and prioritization of metabolic/mental health, but also be celebration of our healing.

Together are building an urgently needed movement.

Here’s how you can get more involved:

We're organizing volunteers into groups based on skills and interests. Please share your unique talents with us by email (info@metabolicrevolution.org) or send us a resume, and we'll connect you with the right team.

Other things you can do:

- **Share your story!** If you've experienced the benefits of metabolic therapies – whether it's through diet, exercise, fasting, sleep hygiene, grounding, light, meditation, etc. – we invite you to **send us a 30-second to 1-minute video testimonial**. Your story can inspire others on our social media platforms. Please don’t give medical advice, just share your story! Email your story to hello@metabolicrevolution.org
- **Amplify Metabolic Revolution's message!** You can download our banners and use them in your social media: <https://www.metabolicrevolution.org/media/>
- **Support the cause!** Your donations will help us make this rally a success: <https://www.gofundme.com/f/support-the-metabolic-revolution-rally>
- **Get creative!** Design eye-catching signs, craft impactful slogans, write songs, choreograph a dance, reach out to local media, invite your friends and colleagues to join you.
- **Help us reach more people!** Outreach and publicity are critical right now. Our initial goal was 1,000 people in D.C., but with your help, we are going to far exceed that!

Thank you again for your passion and commitment.

Best,
Jess Apple
Founder, Metabolic Revolution

Donate

[View email in browser](#)

[update your preferences](#) or [unsubscribe](#)