



Metabolic Revolution Rally!

Dear Friend,

We are so excited to share the latest updates for the Metabolic Revolution rally! This is a rally for change—real change in how we approach healthcare and nutrition.

Mark your calendars:
Date: October 13, 2024
Time: 3:00-4:45 PM
Location: Sylvan National Theater, Washington D.C.

We're proud to present an incredible line-up of speakers— visionaries including Robert Lustig, MD, Chris Palmer, MD, Tony Hampton, MD, Georgia Ede, MD, and Dr. Martin Picard—who will inspire and inform. These experts, thought leaders, and advocates in metabolic health come from diverse fields—endocrinology, psychiatry, nutrition, and mitochondrial science. With decades of experience and a shared passion for transforming healthcare, they will inspire and educate us all.



MEET THE SPEAKERS



Robert H. Lustig, MD, MSL



Jess Apple



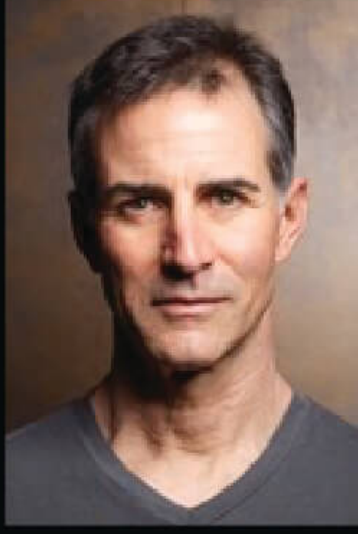
Nina Teicholz, Ph.D.



Mariela Glandt, MD



Tony Hampton, MD



Vinnie Tortorich



Dr. Georgia Ede



Eric C. Westman, MD MHS



Dr. Christopher M. Palmer



Dr. Mark Cucuzzella



Matt Bernstein, MD



Dr. Tro Kalayjian



Ajalah Efem



Martin Picard

Aseem Malhotra, MD
NOT PICTURED

Plus: A Parade of Proof!
We'll celebrate amazing individuals who have reversed chronic conditions using metabolic strategies. These are the voices of hope and healing!

Tune In: Metabolic Health Podcasts
Our passionate volunteers have been busy discussing the power of metabolic strategies in their own lives:

- Low Carb MD Podcast with **Tro Kalayjian, MD** in conversation with Eric Rodgers and Jess Apple
<https://lowcarbmd.com/podcast/episode-358-dr-eric-rodgers/>
<https://lowcarbmd.com/podcast/episode-356-jessica-apple/>
- Boundless Body Radio with Casey Ruff in conversation with Steve Fields
<https://www.buzzsprout.com/1244183/episodes/15824039>
- Reclaim YOUR Health: The Fight to Reverse Chronic Disease – The Metabolic Revolution rally speaker, **Tony Hampton, MD** in conversation with Healing Humanity's Kerry Mann and host Alia Wells



We hope these discussions inspire you — together, we're creating a future where healthcare focuses on root causes of disease rather than managing symptoms. This revolution is about empowering you, your loved ones, and everyone to take control of their health.

Don't miss out on this historic event. You may [sign up here for more information.](#)

Follow us on [social media](#) for all the latest updates, rally details, and more!

In solidarity,
Jess Apple and the Metabolic Revolution Team

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