

Metabolic Revolution!



The Metabolic Revolution rally in Washington D.C. was a resounding success! Esteemed experts and metabolic health advocates united to launch a powerful grassroots movement. We demanded change in the harmful USDA dietary guidelines and an end to the chronic disease epidemic. This landmark event highlighted the crucial link between mitochondrial health and overall well-being. We called for treating the root cause of chronic diseases, not just the symptoms.

Our growing movement is inspiring hope for a healthier future, by spelling out that nutrition is the foundation of health and must be at the forefront of disease prevention and management.

We are honored that you are part of Metabolic Revolution in this pivotal moment, as we aim to reshape our nation's health. Thank you!



Steve Fields Metabolic Revolution <u>Co-founder</u>



Jess Apple Metabolic Revolution <u>Co-founder</u>



Nina Teicholz, Ph.D Author of <u>Big Fat Surprise</u>



Robert H. Lustig, MD, MSL <u>UCSF</u>



Mariela Glandt, MD Metabolic endocrinologist



Ajalah Efem Type 2 diabetes patient





Vinnie Tortorich



Eric C. Westman, MD MHS



Trainer, author, filmmaker

Duke University





Aseem Malhotra, MD Cardiologist



Mark Cucuzzella, MD West Virginia University



Tro Kalayjian, MD

Internal medicine

Christopher M. Palmer, MD Metabolic psychiatrist



Matt Bernstein, MD Metabolic psychiatrist



Martin Picard, PhD Columbia University



Georgia Ede, MD Metabolic psychiatrist

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