



The Parade of Proof



Brett Smith

The Day Americans Stood Up for Real Food

On October 13, 2024, a significant movement for metabolic health began at the Washington Monument. The Metabolic Revolution's Parade of Proof showcased the experiences of Americans whose health transformations challenge traditional nutritional beliefs.

One by one, participants shared their stories. They spoke with passion and determination, providing firsthand accounts that highlighted the shortcomings of the USDA dietary guidelines. Each story illustrated a journey away from metabolic disease toward improved health. These individuals have achieved what was once thought impossible: reversing chronic conditions.

Metabolic Revolution is hungry for change. We want to share our message that **healing is possible** with everyone. Please help us by subscribing to our brand new YouTube channel ([@MetabolicRev](#)), watching the parade, and sharing the link with your friends and family.



Thank you for being part of Metabolic Revolution.

Best,
Jess Apple, President



Steven Trunce



Kim Platt



Eric Rodgers



Stephen Hussey



Steve Fields



Donika Hristova



Steve F.



Sandra Boland



DeNitra Davis



Sam Davis



Mia Mendez

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Coming soon... Metabolic Revolution volunteers will meet with USDA nutritionists.
Stay tuned!

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