



METABOLIC REVOLUTION

OUR HEALTH, OUR RIGHT

Together, Our Stories Will Inspire Hope and Healing

Dear Timothy,

Thank you for being part of Metabolic Revolution. Your passion, dedication, and willingness to take action will change the way we approach and treat chronic illnesses. I'm honored to do this important work together with you.

During our rally in D.C., we hosted the first-ever Parade of Proof, where volunteers stood up and shared 45-second stories—testimonies of transformation, perseverance, and hope. It was one of the most moving and powerful moments of the event, a reminder that real change is possible when we come together to share our truths, inspire others to take action, and refuse to accept the status quo.

But we know that not everyone who wanted to participate was able to attend. **Now, we want to give you the opportunity to make your mark!**

Here's how:

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.**

There's only one rule: Please don't give medical advice; just share your story!

Submitting is easy. Just follow [this link to Metabolic Revolution's Vocal Video Platform](#).

These videos will be shared to spread awareness and support others who might be navigating their journey alone. They will inspire others to think about the root causes of their health problems and educate them on new treatment approaches.

We're excited to share our own vocal videos – personal stories from Jess and Chérie about how metabolic therapies have transformed our healing journeys!

[Check out Jess's inspiring story](#) of using a ketogenic diet to treat LADA (autoimmune diabetes), and her hope for others to learn about the power of nutrition to improve our health.

[Watch Chérie's story](#) about her family's final attempt to save her sister's life during her childhood battle against cancer—an experience that sparked her conviction in the link between food and health. Chérie now uses a ketogenic diet for its powerful impact on her mental well-being.

We would love to feature as many voices as possible, so if you have a friend or family member who might be interested in sharing their story, please feel free to forward this email!

If you have any questions, please reach out to info@metabolicrevolution.org

Thank you for standing with us, for speaking up, and for being part of someone's healing.

In health and hope,

Jess Apple and Chérie St. Arnould

Co-founder and Executive Director, Metabolic Revolution

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