



METABOLIC REVOLUTION

OUR HEALTH, OUR RIGHT

Creating Access to Psychiatric Recovery: Brain Fog Recovery Source

Dear Friends,

At Metabolic Revolution, we're thrilled to highlight the transformative work being done by **Brain Fog Recovery Source**.



BRAIN FOG RECOVERY SOURCE

Since its founding in 2022, this innovative nonprofit has rapidly expanded from serving just one participant in its first year to enrolling 29 individuals already in 2025, bringing their total served to 74 people worldwide. Participants come from diverse global regions, including the United States, Canada, the United Kingdom, New Zealand, India, Sri Lanka, and beyond.

The population served by Brain Fog Recovery Source—individuals with serious psychiatric challenges seeking alternative paths to wellness—is directly aligned with our mission as the program expands access to therapeutic metabolic strategies for brain health. Many have endured years, even decades, of unsuccessful psychiatric treatments.

Brain Fog Recovery Source's core program provides structured ketogenic metabolic therapy (KMT) education and dedicated support to individuals verified as either low-income or disabled. Through their online platform, participants gain access to the knowledge and strategic guidance of a ketogenic professional on their treatment teams, leading to remarkable outcomes.

After assisting with the widely publicized recovery of Lauren Kennedy West, creator of the **Living Well After Schizophrenia YouTube Channel**, interest in KMT surged dramatically. In response, the nonprofit launched a targeted initiative on April 30th to accelerate access to KMT for up to 120 individuals with verified government disability status and their support persons by the end of 2025. Enrollments are already underway, with additional candidates at various stages of document verification, application processing, enrollment call scheduling, and onboarding. Consistent with their value of doing their best not to turn people away, others are also being evaluated for low-income access.

Since launching their nonprofit page publicly in early April, Brain Fog Recovery Source has received 48 inquiries, resulting in 12 new enrollments, averaging just 12 days from initial inquiry to active participation. Impressively, there is currently no waitlist, but demand continues to rise. To sustainably meet this growing need and avoid initiating a waitlist, fundraising has begun in earnest both through grant writing and public support.

Operating independently, providing education and support outside of traditional healthcare systems, they provide quick access with an approach that bypasses systemic delays to serve individuals who cannot afford to wait.

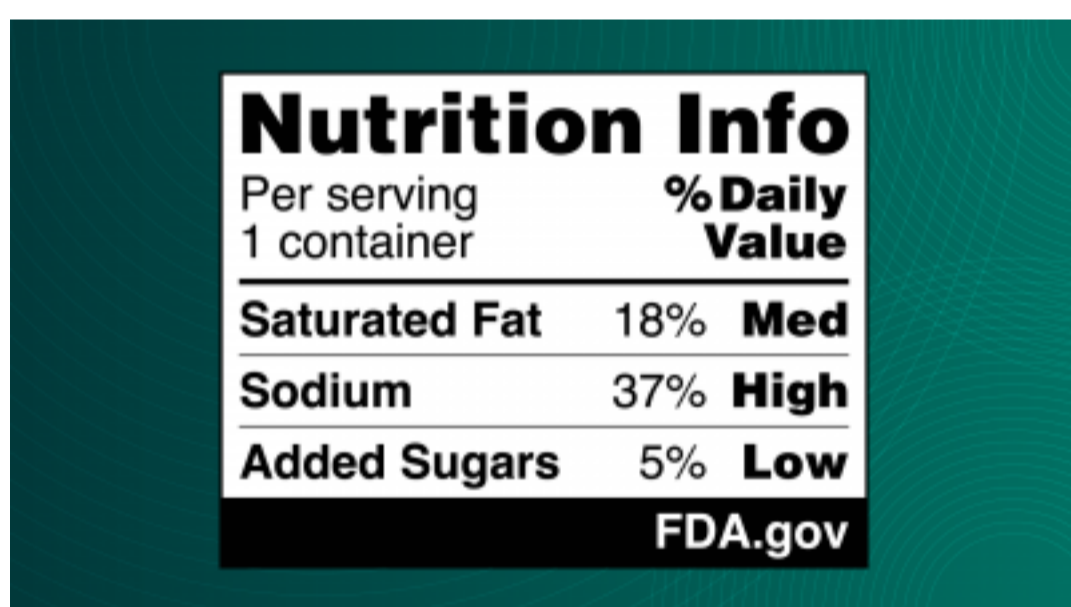
Brain Fog Recovery Source isn't trying to fix a broken system; for now, they are bypassing it. By creating an independent path to metabolic psychiatric recovery, they're giving people on disability access to tools and education they can't get anywhere else. With each enrollment, they're proving what's possible.

The momentum is real. The need is growing. And with your one-time or continued support, they're ready to meet it.

Click here to learn more about Nicole Laurent, LMHC's Brain Fog Recovery Source, and support her critical work!

FDA Front-of-Package Labeling Rule – Deadline Extended: Submit Your Comment by July 15, 2025

The FDA has extended the public comment deadline on its proposed front-of-package labeling rule to July 15th, 2025.



The FDA's proposed label. Source: [fda.gov](https://www.fda.gov)

This label is a product of our flawed Dietary Guidelines—the proposed rule continues to vilify saturated fat and sodium, despite a growing body of evidence showing these essential nutrients are not the culprits they've been made out to be.

If this rule goes forward, nutrient-dense, whole foods like cheese, whole milk, yogurt, and red meat may be further stigmatized, while ultra-processed food "products" might appear as the healthier choice.

The FDA must revise its labeling criteria to reflect current science and support whole-food nutrition.

Use the links below to learn more and make your voice heard:

- **FDA Proposal Overview**
- **Submit a Comment via the Federal Register**
- **New FDA Labels Will Only Make Americans Sicker By Nina Teicholz**

How Have You Benefited from Ketogenic Metabolic Therapies? Share Your Story!

In this short video, I share how just a minute or two of morning light—even on cold, misty days—has had a powerful impact on my overall well-being.



PARADE OF PROOF

Metabolic Revolution

Use this link to share your own! Your insights could inspire others on their journey.

Together, we can spread awareness about the powerful healing that metabolic therapies can provide.

In health and hope,

Chérie St. Arnauld
Executive Director, Metabolic Revolution

