



METABOLIC REVOLUTION

OUR HEALTH, OUR RIGHT

With Gratitude

Dear Metabolic Revolution Community,

When I was young, my sister Gina struggled for years with a rare form of cancer. When her diagnosis became terminal, rather than Gina spending her final days sick from chemotherapy, my family made a decision that changed everything—they built her diet around locally grown, whole foods.

Her cancer shrank. She lived in good health for another decade.

Gina's recovery forever shaped my understanding of health. When my parents saw how my sister healed, my diet, rich in ultra-processed foods, was flipped upside down, and my life changed as a result. I experienced health, vitality, and vibrancy that I had never felt before.

This Thanksgiving, I'm thinking about Gina—and about all of you who've joined this journey. There are countless stories like hers: people who have healed with food, sunlight, movement, and other metabolic therapies.

I'm deeply grateful to be building Metabolic Revolution together with you.

Wishing you and your loved ones a happy and healthy Thanksgiving.

With gratitude,

Chérie St. Arnould
Executive Director, *Metabolic Revolution*

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