

Metabolic Health Reversing the Pandemic



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How do we all achieve
health and wellbeing
for us all?

- **1. Know what is possible**
- 2. Empower people with knowledge
- 3. Empower ourselves with knowledge
- 4. Collaboration
- 5. Supporting the journey
- 6. Take unrelenting action

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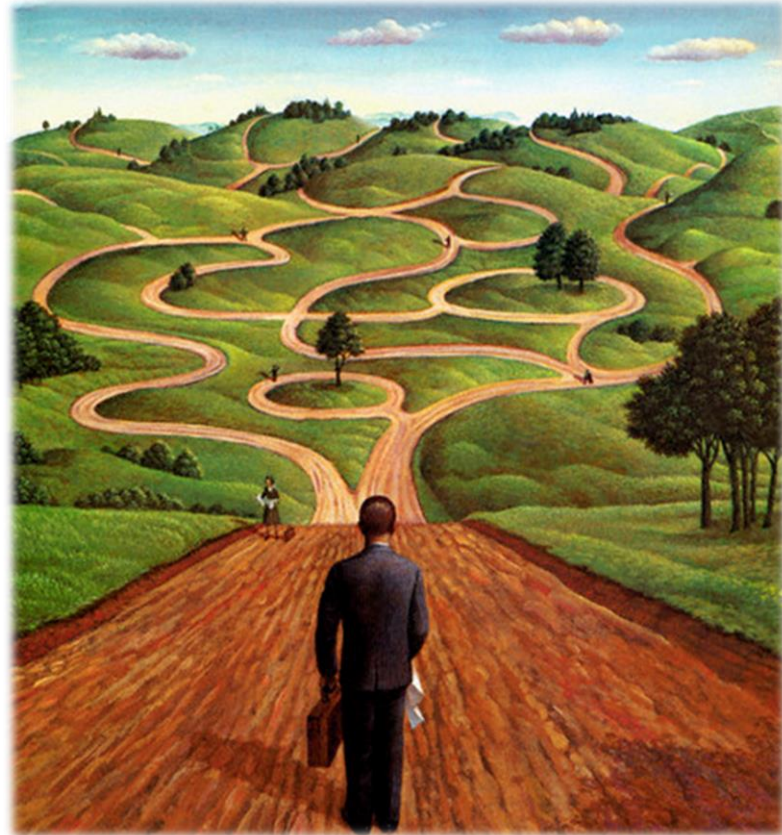
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The journey?



Vs



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The difference between who you
are and who you want to be, is
what you do.

Bill Phillips