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Online Summit: Metabolic Makeover Summit

Are you struggling to get a handle on your health issues? The problem might be your metabolism. Join us to discover simple solutions to help you finally makeover your metabolism for life.

Metabolism is the process your body uses to turn food into usable energy. Because every cell in your body requires energy, a disruption in your metabolic function causes

dysfunction throughout the entire body.

Before metabolic disease fully shows as diabetes, obesity, high cholesterol and high blood pressure, it often goes undetected. In the U.S. alone, almost 90% of Americans are metabolically unhealthy, and most don't even know it.

Metabolism dysfunction impacts every body system and can cause sleep problems, unexplained weight gain, hormone disruption, abnormal menopause, depression, mood swings, brain fog, frequent headaches, food intolerances, food cravings and more. It can contribute to chronic inflammation and illnesses like Alzheimer's disease, heart disease and autoimmune disorders.

Get the information you need to stop the progression of chronic disease and the endless loop of medications!

At Metabolic Makeover, you'll learn:

- Origins of metabolic dysfunction & its health impacts
- Methods for diagnosing & treating common metabolic diseases
- The ways metabolic disease manifests in different body systems
- How addressing metabolic dysfunction prevents other end-stage diseases
- How to implement daily interventions, set goals & stay accountable
- Strategies for working with your healthcare team

Our health and wellness experts will teach you about the essential role metabolism plays in the function of every body system, and share strategies for lowering your risk of metabolic disease, addressing dysfunction and transforming your metabolic health. Along with daily tips, you'll gain simple, powerful tools for feeling your best, achieving your weight-loss goals, finding joy in the everyday and living a meaningful life.

For more information, [click here](#).

Green Owl Pharmacy is not involved or associated with this event. For more information, please visit the website listed below.

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Cumberland Cannabis Company

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Green Owl Farmacy

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