

HAPPY HOLIDAYS!

Dear Metabolic Revolution Community,

What a remarkable journey these past few months have been. From founding our organization in late September, to hosting a powerful rally in October that brought our community together, to meeting with USDA officials this month - we have launched Metabolic Revolution with clear purpose and unwavering determination.

As we enter 2025, we're kicking off the year with our strongest stance yet: [We do not accept the Dietary Guidelines Advisory Committee's recommendations](#). They fall very short of what our children and our nation's health require. In the coming weeks, we'll need your voices to help us amplify this message.

The speed and force with which this community has come together shows just how ready we all are for real change. What we've accomplished in three months is just the beginning.

We are deeply grateful for your support, your passion, and your commitment to making metabolic health the norm for all.

Wishing you and your loved ones a joyful holiday season.

With gratitude,
Jess Apple, Steve Fields, and Julie King

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REVOLUTION**
OUR HEALTH, OUR RIGHT

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