Achieving Metabolic Health

written by Dr. Ronald Hoffman | January 14, 2025

Guest Dr. Stephen Hussey, a chiropractor and functional medicine practitioner, discusses the importance and impact of a metabolic revolution. Dr. Hussey shares his personal journey of overcoming inflammatory conditions and managing type 1 diabetes through lifestyle changes, focusing on diet and functional medicine principles. The discussion highlights the flaws in conventional medical approaches to chronic diseases and the need for a holistic view of health. Emphasizing the benefits of a low-carb diet and the potential detrimental effects of excessive insulin, the episode explores the benefits of metabolic flexibility. The conversation also introduces the initiative MetabolicRevolution.org, which aims to demand better health guidelines from government agencies, urging a focus on research-based recommendations and reducing industry influence. Dr. Hussey’s insights underscore the potential for personal health transformations and advocate for systemic changes to improve public health.