

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](https://www.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.