



“METABOLICAL YOU”

Join us for a special evening

with Dr. David Ludwig and Dr. Robert Lustig, two best-selling authors and doctors, who have a metabolic plan to transform your health.

June 15, 2018, 5:30-8:30 p.m.

Plymouth Church, United Church of Christ

1217 6th Ave., Seattle

FREE



Dr. David Ludwig, author of "Always Hungry?" and "Always Delicious," shares his views on why traditional diets don't work. His groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. Hear about his radical approach to help you lose weight without hunger, improve your health, and feel great.



Dr. Robert H. Lustig, author of "Fat Chance" and "The Hacking of the American Mind" specializes in the field of neuroendocrinology. He has fostered a global discussion of metabolic health and nutrition, exposing some of the leading myths that underlie the current pandemic of diet-related disease. He believes the food business, by pushing processed food loaded with sugar, has hacked our bodies and minds to pursue pleasure instead of happiness. Hear how focusing on real food can help you beat the odds against sugar, processed food, obesity and disease.

Books will be available for sale at the event, made possible by the Elliott Bay Book Company.

Attendance is free, but please reserve your seat:

<https://metabolicsyou.eventbrite.com>



Extraordinary **care.** Extraordinary **caring.**SM