<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8" />

  <meta name="viewport" content="width=device-width, initial-scale=1.0"/>

  <title>Metabolism Matters with Dr. Shweta</title>

  <link rel="stylesheet" href="styles.css" />

</head>

<body>

  <header>

    <h1>Metabolism Matters with Dr. Shweta</h1>

    <p>Your trusted source for endocrine and metabolic health insights</p>

  </header>

  <nav>

    <ul>

      <li><a href="#about">About</a></li>

      <li><a href="#topics">Topics</a></li>

      <li><a href="#videos">Videos</a></li>

      <li><a href="#contact">Contact</a></li>

    </ul>

  </nav>

  <section id="about">

    <h2>About Dr. Shweta</h2>

    <p>Dr. Shweta is an experienced endocrinologist passionate about educating people on metabolic and hormonal health, with a special focus on young individuals and families.</p>

  </section>

  <section id="topics">

    <h2>Popular Topics</h2>

    <ul>

      <li>Childhood Obesity</li>

      <li>Insulin Resistance & Metabolic Syndrome</li>

      <li>Infertility & Hormonal Health</li>

      <li>Nutrition & Lifestyle</li>

      <li>Thyroid and Parathyroid Disorders</li>

    </ul>

  </section>

  <section id="videos">

    <h2>Watch on YouTube</h2>

    <p>Check out Dr. Shweta’s research-backed video series on childhood obesity and more.</p>

    <a href="[https://youtube.com](https://youtube.com/)" target="\_blank">Visit the Channel</a>

  </section>

  <section id="contact">

    <h2>Contact</h2>

    <p>Email: [contact@metabolismmatters.com](mailto:contact@metabolismmatters.com)</p>

    <p>Instagram: @metabolismmatters</p>

  </section>

  <footer>

    <p>&copy; 2025 Metabolism Matters with Dr. Shweta. All rights reserved.</p>

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