
Fabulous Fasters Saturday Review

Join us each Saturday for our Fabulous Fasters Saturday Review.

When: Saturday 11 AM Eastern / 10 Central / 9 Mountain / 8 Pacific

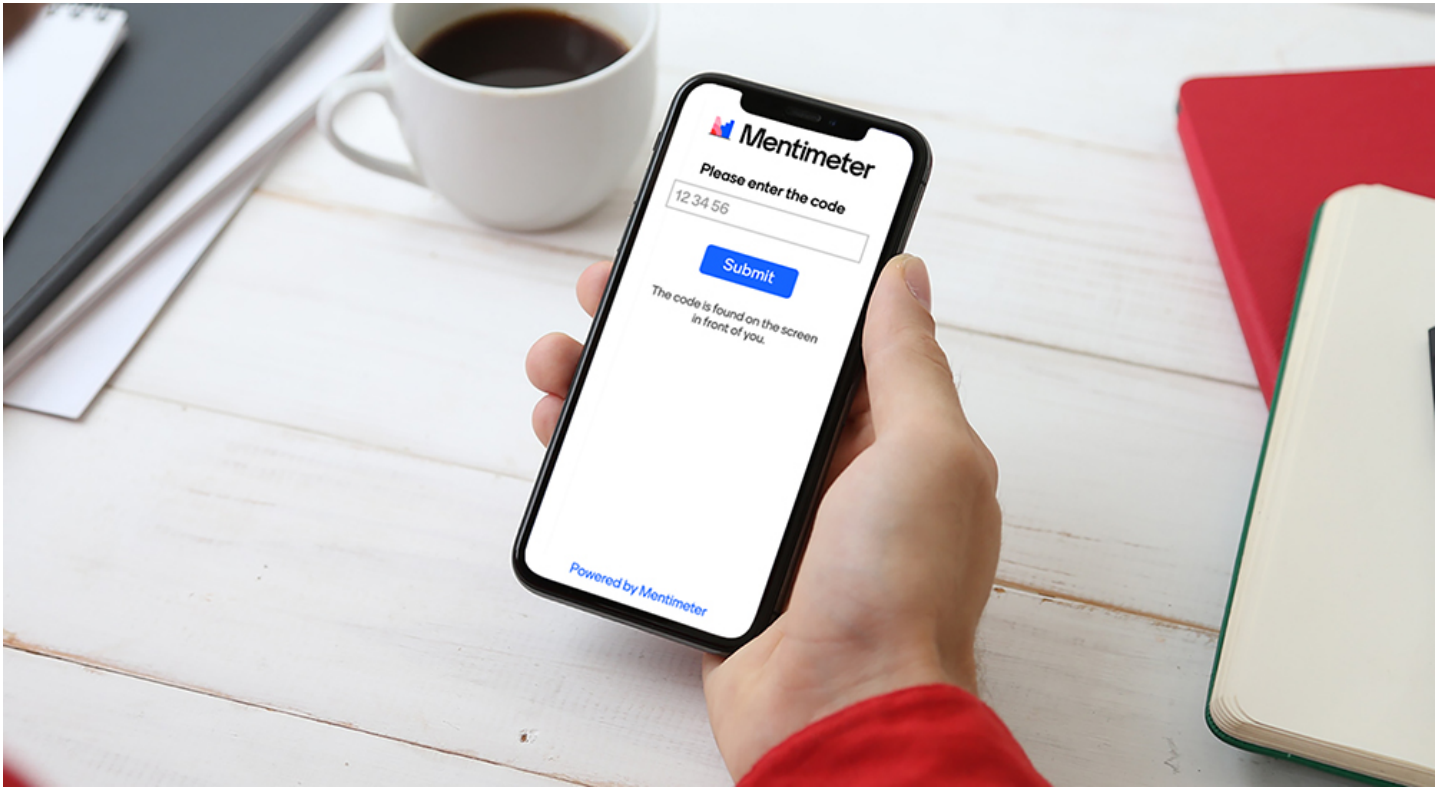
Where: **Zoom Review CLICK HERE →** <https://us02web.zoom.us/j/85220846334?pwd=n1SgD7MBfYlll1YaavhWPN59MbdfVi.1>

What: Review topic list below, and make ready to vote on one or tell about something missed.

Future Topics

- ☒ Blind Spots, Marty Makary MD
- ☐ Brain Energy, Christopher Palmer MD
- ☐ Dark Calories, Catherine Shanahan MD
- ☐ Drop Acid, David Perlmutter MD
- ☒ [Good Energy, Easy Means MD](#) [Completed 1/25/2025]
- ☐ Iodine Why You Need It, David Brownstein MD ¹
- ☐ Keto Continuum, Annette Bosworth MD ¹
- ☐ Lies I Taught in Medical School, Robert Lufkin MD
- ☐ Nature Wants Us To Be Fat, Richard Johnson MD
- ☐ Why We Get Sick, Ben Bickman PhD
- ☐ Why We Sleep, Matthew Walker PhD ¹
- ☐ Others? (let us know)

Click image below to visit the poll to determine our next book:



Meeting format

1. As you join, please say hello, tell us how you are doing, and share your current top goal.
2. We will discuss the book or video casually. Please read or view it, but don't let the lack thereof keep you from attending. We will summarize and review its aspects.

Past Topics

Dates	#	Topic	Comments
10/26/2024		Tucker Carlson interview with Calley & Casey Means MD titled How Big Pharma Keeps Us Sick https://tuckercarlson.com/tucker-show-casey-calley-means	Good conversation on various topics. Also pointed to other interviews (Dr. Boz and Joe Rogan)
11/01/2024 - 01/25/2025		Good Energy, Intro & Chapter 1 thru Chapter 9. Download resources HERE .	Focused discussions. Many factors affecting us. Go thru the checklists. Try the recipes.
02/08/2025		Why We Sleep	

Join Zoom Meeting

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1. High interest [⚡](#) [⚡](#) [⚡](#)