



METABOLIC HEALTH DAY

CHANGE YOUR CELLS, CHANGE YOUR LIFE

OCTOBER 10, 2024

Register online at
www.metabolichealthday.life

LIVE PANEL DISCUSSION - 12:00 p.m. ET

Real-Life Success Stories: Patients Who Have Transformed Their Health with the Metabolic Approach

Chris Joseph is an eight-year thriver of third-stage pancreatic cancer. With a village of support, Chris healed himself using the principles of the Metabolic Approach to Cancer and Radical Remission. Chris utilizes these same concepts in teaching and coaching cancer patients how to take charge of their health and to find their path of healing. Chris is the author of the best-selling memoir "Life is a Ride: My Unconventional Journey of Cancer Recovery," is writing his next book "The Kitchen Sink Approach to Cancer (And Why You SHOULDN'T Always Listen to Your Doctor)." Learn more at <http://www.terrainnavigators.com>.



Maria Wilson is a Certified Oncology Nutrition Consultant and Metabolic Terrain Advocate. Originally from Caracas, Venezuela, she moved to Vancouver in 1998. Married to her soulmate and a mom to two beautiful girls, she was diagnosed with Stage IIIC ovarian cancer two years ago, which deepened her understanding of love, community, and inner strength. Through meditation, nature, and Dr. Nasha Winters' teachings on 'The Metabolic Approach to Cancer,' she found healing. Now, she's dedicated to guiding others through their cancer journeys with compassion, addressing the whole person—mind, body, and soul.

Don Henig, born in Brooklyn, NY, began his entrepreneurial journey at 11 as the top newspaper salesman on Long Island. He built successful companies in finance, publishing, real estate, entertainment, and more, financing over \$150 billion in mortgages and creating the hit Broadway show, Rock of Ages. Diagnosed with a tumor in his inner ear, Don sought alternative treatments and successfully reduced its threat. Now semi-retired, he's happily married for 42 years, with a wonderful family and his first grandchild born in August.





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Joanne Holt has been a personal trainer specializing in women's health for 20+ years, Block Therapy Instructor, Group Fitness, and Resistance Training Instructor helping women mix mindfulness and movement. In 2012 Joanne was diagnosed with Melanoma and wanted to dig deeper to find out the "whys" of her cancer. Finding Dr. Nasha Winters and The Metabolic Terrain Advocate Program has been such a gift. As a graduate in 2023, I am now sharing what I have learned with others in this incredible space. To learn to teach patients to be empowered in this journey and trust the process has been life-changing. You will be seen, heard, and always have an individual experience with the test, assess, address model of healing.



Amy Price Neff, MD, has seen firsthand the transformative impact of the metabolic approach on her patients' lives. After earning her medical degree from UT Memphis and her Family Medicine residency at the University of Virginia, she furthered her expertise with Fellowships in Integrative Medicine at the Andrew Weil Center for Integrative Medicine, Psychedelic Assisted Psychotherapy with the Integrative Psychiatry Institute in Boulder, and in Integrative Oncology through MTIH. Based in Nashville, Dr. Neff and her colleagues at [MindStream Integrative Medicine](#) help achieve a greater sense of well-being. Dr. Neff serves on the board of A Greener World, the premier international farm certification non-profit focused on a world where farming benefits people, animals and the environment.

Trish Kifer lives in Fort Collins CO. with her husband of 17 years and two kids 12, and 15. She is the founder of HOPE Journey, a cancer THRIVER who knows firsthand the challenges that come with this disease. She is a Metabolic Terrain Advocate through MTIH, and has a passion to help others, especially guiding them to optimal health. She is a believer of HOPE! The word itself and her acronym... Healing=Healed, Optimism=Opportunity, Perseverance= Purpose, Educate=Empowerment. Her unwavering dedication is infectious and has a mission to impact the lives of others facing cancer worldwide. Learn more at <https://hopejourney.life>.

