clinical services

non-clinical support

information and resources

# Health information should be free

Reliable

Useful

Accessible

### www.metabolichealth.guide



#### www.healthtolife.org



1

#### Who can say yes?

What are you doing that is useful for them?

Can you collaborate with them?

2

Keep focused on what matters.

3

Avoid unnecessary obstacles and barriers.

## 4 Do it