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HEALTH & WELLNESS



## Occupy Health: *What's Real and what is not* with Susan Downs, MD

**Occupy Health**  
Friday at 11 AM Pacific  
**November 5th 2021: Weight Loss and the Effects of Toxins on Health**

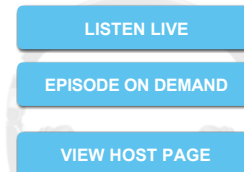
On the path towards optimal health, it is important to find the underlying cause for a chronic ailment. One can support gut health, adrenal health, thyroid and hormones, but till not get to the primary cause of a chronic illness. Hormone optimization is not sufficient as unless deeper, upstream issues can be addressed. Further, deeper causes can include toxins, heavy metals and infections. Also Dr. Pompa will discuss his book, Beyond Fasting: A cellular Solution to Break through Weight Loss Resistance, Slow aging and Get Well. His book recommends adapting the body to burn fats efficie

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### Tune in

Friday at 11 AM Pacific Time  
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### Featured Guest



#### Daniel Pompa, DC

Dr. Daniel Pompa is a global health leader and innovator on a mission to educate practitioners and the public on the origins or inflammation-driven diseases, cellular detoxification, fasting strategies and diet variation principles. Although trained as a chiropractor, his authority comes from the victory within his own battle, having overcome a neurotoxic illness that was rooted in heavy metal poisoning.

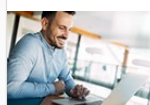
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