

5 things to know about metabolic health

*****SOT*****

Dr. Philip Ovadia [oh-VAY-dee-ah], OSF HealthCare cardiothoracic surgeon

“When we are metabolically healthy, our bodies are properly utilizing the inputs we are giving it. The primary input we give our body is the food we eat.” (:11)

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Dr. Philip Ovadia, OSF HealthCare cardiothoracic surgeon

“Most of the chronic conditions people suffer from today can be tied back to the metabolic syndrome and underlying problems with their metabolic health.” (:13)