DrBrettOsborn.com and Former Navy Seal Ray Care Announce a Special Upcoming Live Event in Jupiter FL Titled "SuperCharge Your Metabolism for Optimal Health"

December 29, 2016

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JUPITER, FL - Board-Certified Neurosurgeon Dr. Brett Osborn of DrBrettOsborn.com will be teaming up with former Navy SEAL Ray ?Cash? Care of the History Channel?s show, The Selection, and bringing a focused half-day seminar on Metabolic Optimization. The event will take place on Saturday January 7th at Dr. Osborn? office in Jupiter.

Dr. Osborn will be discussing the genesis of modern day diseases and their common underpinnings, namely metabolic dysregulation, fueled by the overconsumption of simple carbohydrates (sugars). ?Even diseases like cancer have their basis in metabolism and more specifically metabolic disarray,? according to Osborn.

He will show participants how to rectify this and specifically how to optimize one?s metabolism for accelerated fat loss without the need for starvation diets. Dr. Osborn claims that the secret to successful fat loss and longevity is a low serum level of the hormone insulin, produced and secreted by the pancreas. Low

levels of this hormone are associated with low bodily inflammation and slowed aging, both of which are also a byproduct of regimented exercise.

And while Dr. Osborn will deliver the science, ?Cash? will thereafter deliver an intense metabolic, fat-burning workout, Navy Seal style, having prepped the attendees with a lecture on the ?SEAL mindset.?

A catered lunch will be served, 2-day-stay vouchers at a local 4-star resort will be raffled and body anthropometry testing will be performed. This half-day event will take place at 8 AM on Saturday, January 7th at 600 Heritage Drive. For more information, please visit: https://drbrettosborn.com/special/live-event-ty/.
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For more information about Dr. Brett Osborn, DO, FAANS, CSCS, contact the company here:Dr. Brett Osborn, DO, FAANS, CSCSDr. Brett Osborn561-935-9233Info@DrBrettOsborn.com600 Heritage DriveSuite #105Jupiter, FL 33458

Dr. Brett Osborn, DO, FAANS, CSCS

Dr.Brett Osborn is a Board Certified Neurologist and Certified Anti-Aging Specialist. Dr. Osborn offers elite health and anti-aging services to those who want to look, think and feel years younger.

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