



Huber Personalized
— MEDICINE —

Creating True Health A Return to Common Sense

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August, 2025

Make America Healthy Again
Kentucky Task Force





Graduated Ohio University College of Medicine 1987 – top 10% of class

- Board Certification: Emergency Medicine & Integrative Medicine
- Emergency Medicine practice x20 years. Integrative medicine x15 years

Dr. Gary Huber is a professor and preceptor:

- The American Academy of Anti-Aging Medicine
- George Washington University - Metabolic Medicine Institute.
- Functional Anti-Aging Medical Education Academy
- Ohio University College of Osteopathic Medicine



FAAME
ACADEMY

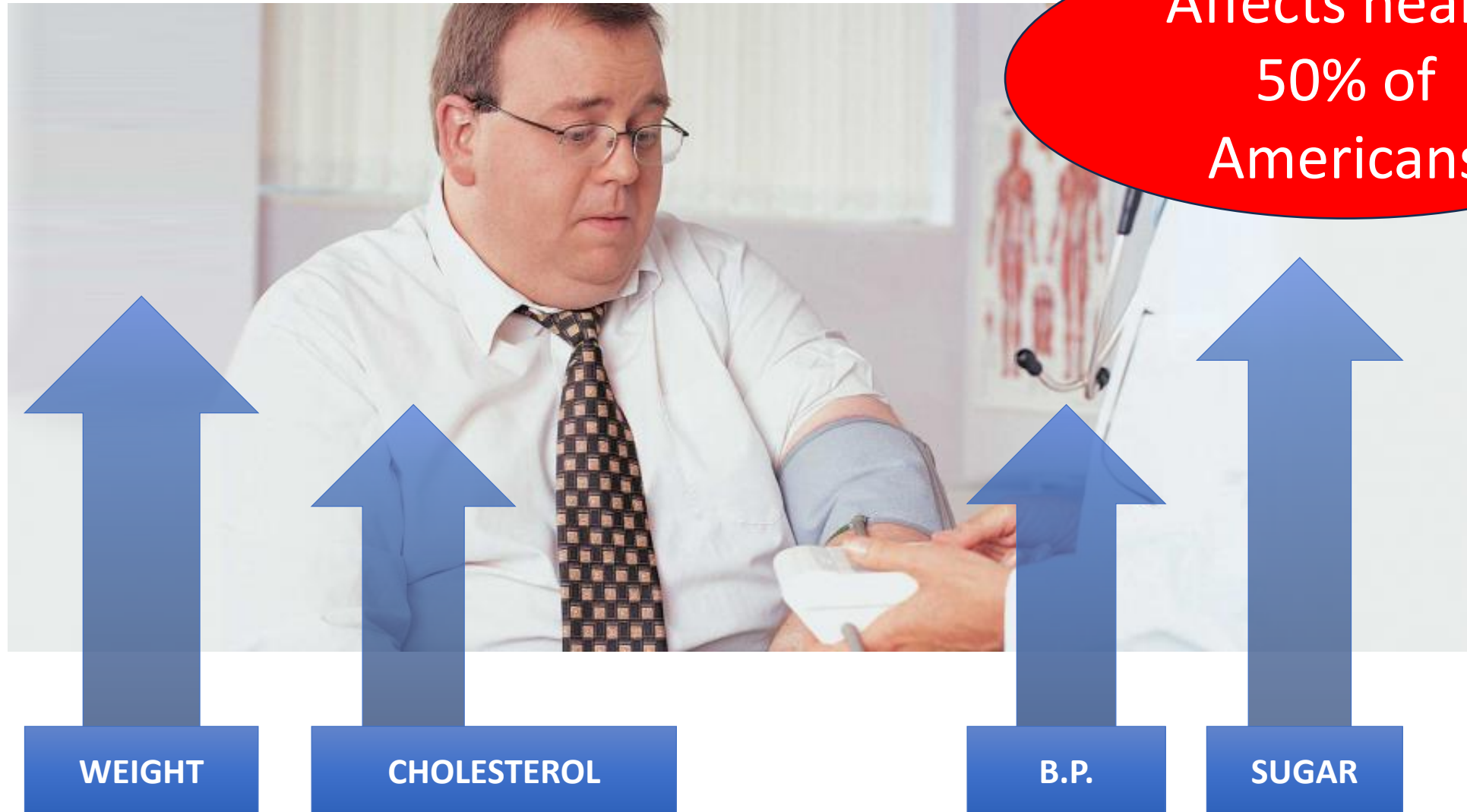
Functional Anti-Aging Medical Education

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The logo for the Metabolic Medical Institute (MMI) features a gold-colored classical building facade with columns, positioned above the text "MMI" in a large, gold serif font. Below "MMI", the words "METABOLIC MEDICAL" and "INSTITUTE" are written in a smaller, gold serif font, separated by a thin horizontal line.

MMI
METABOLIC MEDICAL
INSTITUTE

What is Metabolic Syndrome



Affects nearly
50% of
Americans

WEIGHT

CHOLESTEROL

B.P.

SUGAR

Prevalence of Optimal Metabolic Health in American Adults: National Health and Nutrition Examination Survey 2009–2016

METABOLIC SYNDROME AND RELATED DISORDERS
Volume 17, Number 1, 2019

Joana Araújo, PhD,¹ Jianwen Cai, PhD,² and June Stevens, PhD^{1,3}

The National Health and Nutrition Examination Survey
Analysis covering 2009–2016 assessed 8,721 people – cross section.

Using blunt standard measures: BP, glucose, HgbA1c, Triglycerides, exercise and smoking,
(not deeply impactful assessment like 2HPP and NMR)

only 1 in 10 people are Metabolically Healthy!!

Scary fact for American economics.



Health Care costs
are out of control.
But WHY?

You can't use
disease tools to
create health

Medical School Teaching

1. Disease of organs
2. Drugs to
“control symptoms”
3. Surgeries to ease pain
4. Technology to diagnose diseases.



What Medical School does NOT teach doctors

1. Health – how to make someone healthy
2. How to prevent disease
3. How to reverse disease
4. Diet or nutrition - minimal
5. Exercise
6. Sleep
7. Stress management
8. Lifestyle's role in disease
9. Ways to support the immune system
10. Techniques for detoxification

WHOLE Food

- Mother nature and nothing more
- No processing
- No additives
- No manipulation



Secret “Decoder” ring

“Convenient”
= Unhealthy

Average American gets
less than half of the
recommended fiber in
their diet.



Not Complicated

Fiber & Resistant starch
Drives **GLP-1 peptides** up
Controls glucose, reduces weight

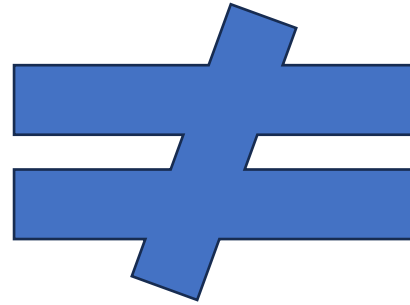
Devoid of fiber
only ~2–4g of fiber per 1,000 kcal
Drives **high blood sugar & weight**



70%

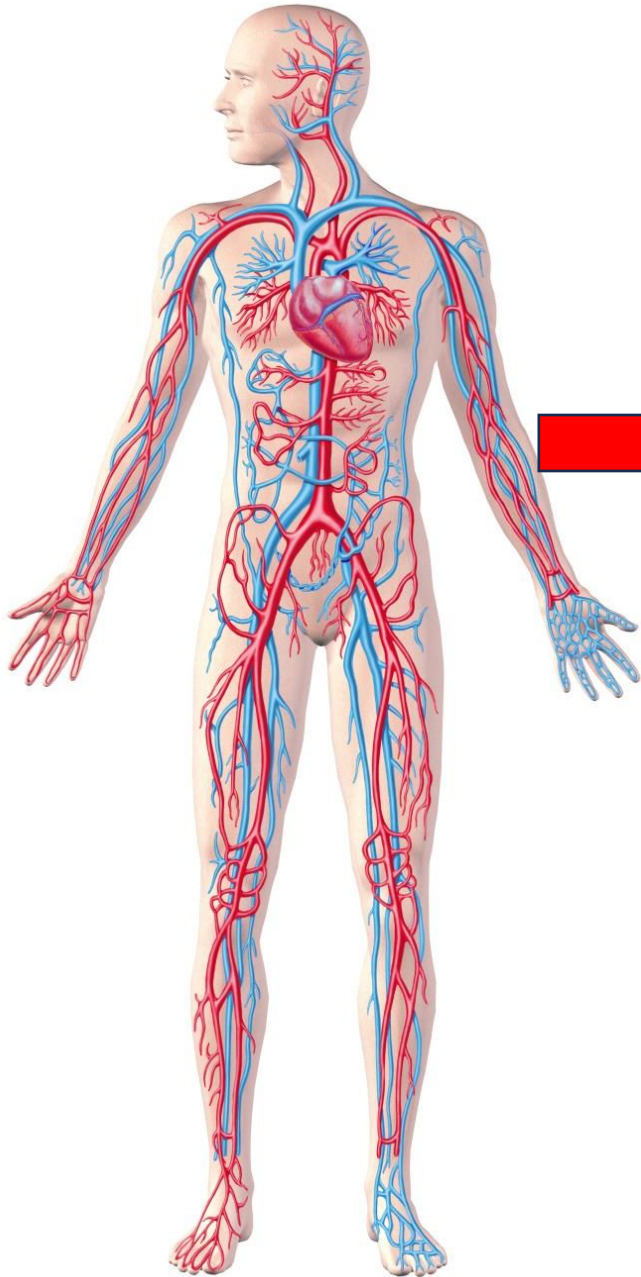
A whole apple (with skin) provides **~4.5g of fiber**

Apple juice has negligible fiber (~0.2g per cup) = **essentially ZERO**



NOVA Group 4

1 teaspoon of sugar



5 quarts



10 teaspoons
of sugar

\$1,400/month



- GLP-1 peptide
- Control glucose
- Lose weight

I am taught to prescribe
DRUGS.
... not broccoli or
exercise.

I am NOT taught how to
get you OFF drugs.



Why?

Because Pharmaceutical
companies in the early 2000's
Funded 50-65% of CME.

Down to 48% in 2007.
Trend is improving.

THE MEDICAL PROBLEM

1. We lack proper testing for **early detection**
2. We are not taught "**Prevention**"
3. **DRUG** therapy is the only option
4. NOT incentivized to get people "**healthy**"

R_x

PATIENT NAME _____

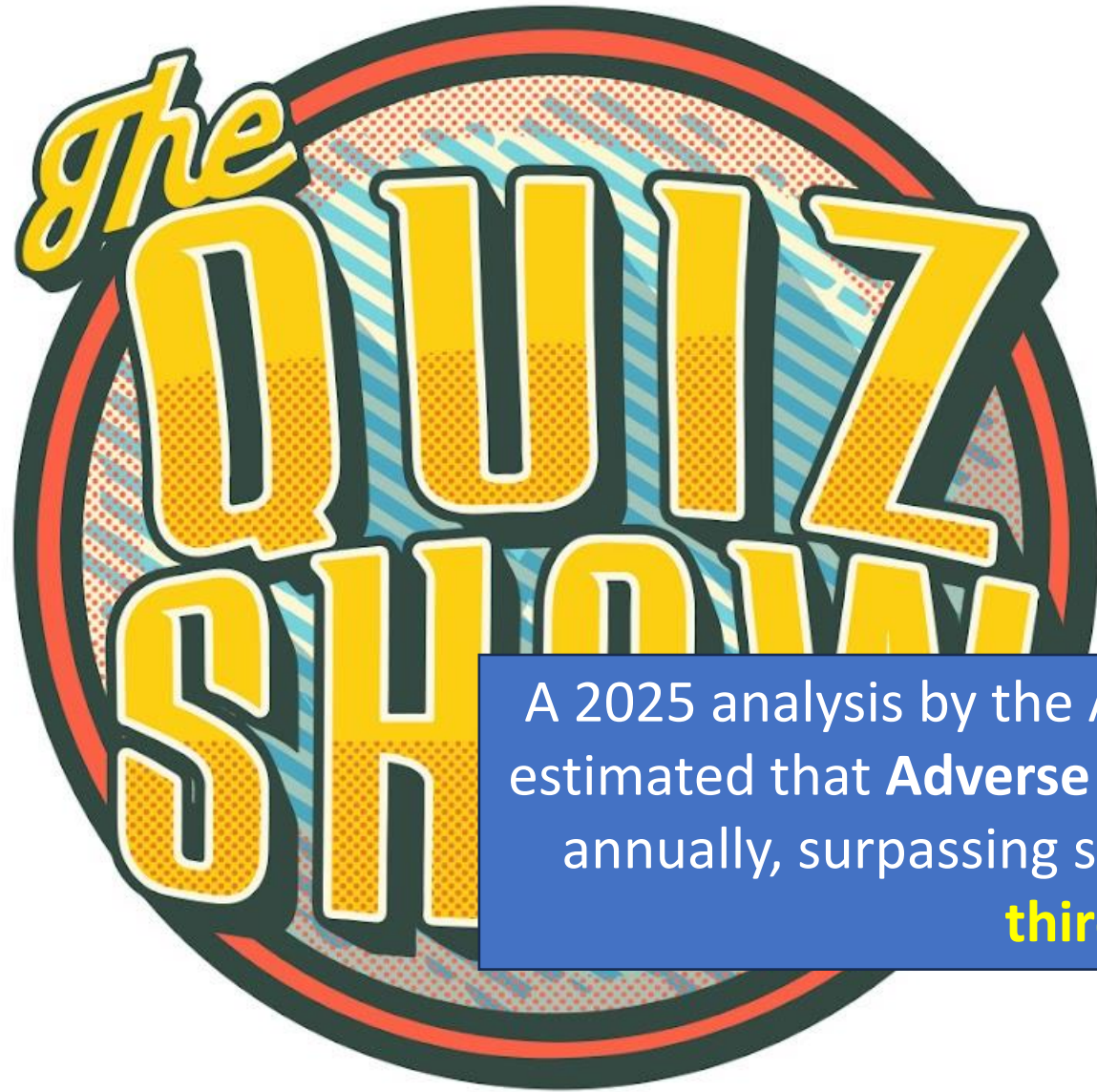
ADDRESS _____

Prescription:



- The **U.S. leads globally** in per capita prescription drug consumption.
- Only 2 countries in the world allow **drugs ads on TV**.
- 58% of Americans take daily prescription drugs vs 51% in other high-income countries.

Ask your doctor, “what do I need to do to get off these drugs?”
??? I wasn’t taught that. ???



Name the top 3 causes of death in the U.S.

1. Heart disease
2. Cancer
3. Prescription drugs?

A 2025 analysis by the American Society of Pharmacovigilance (ASP) estimated that **Adverse Drug Events** cause ~250,000–300,000 deaths annually, surpassing stroke and respiratory disease, making it the **third leading cause of death.**



We are guided by a Health industry that has no education about food. And exposed to a Food industry has no interest in health.

Quote is credited to Marion Nestle, a renowned nutrition expert.



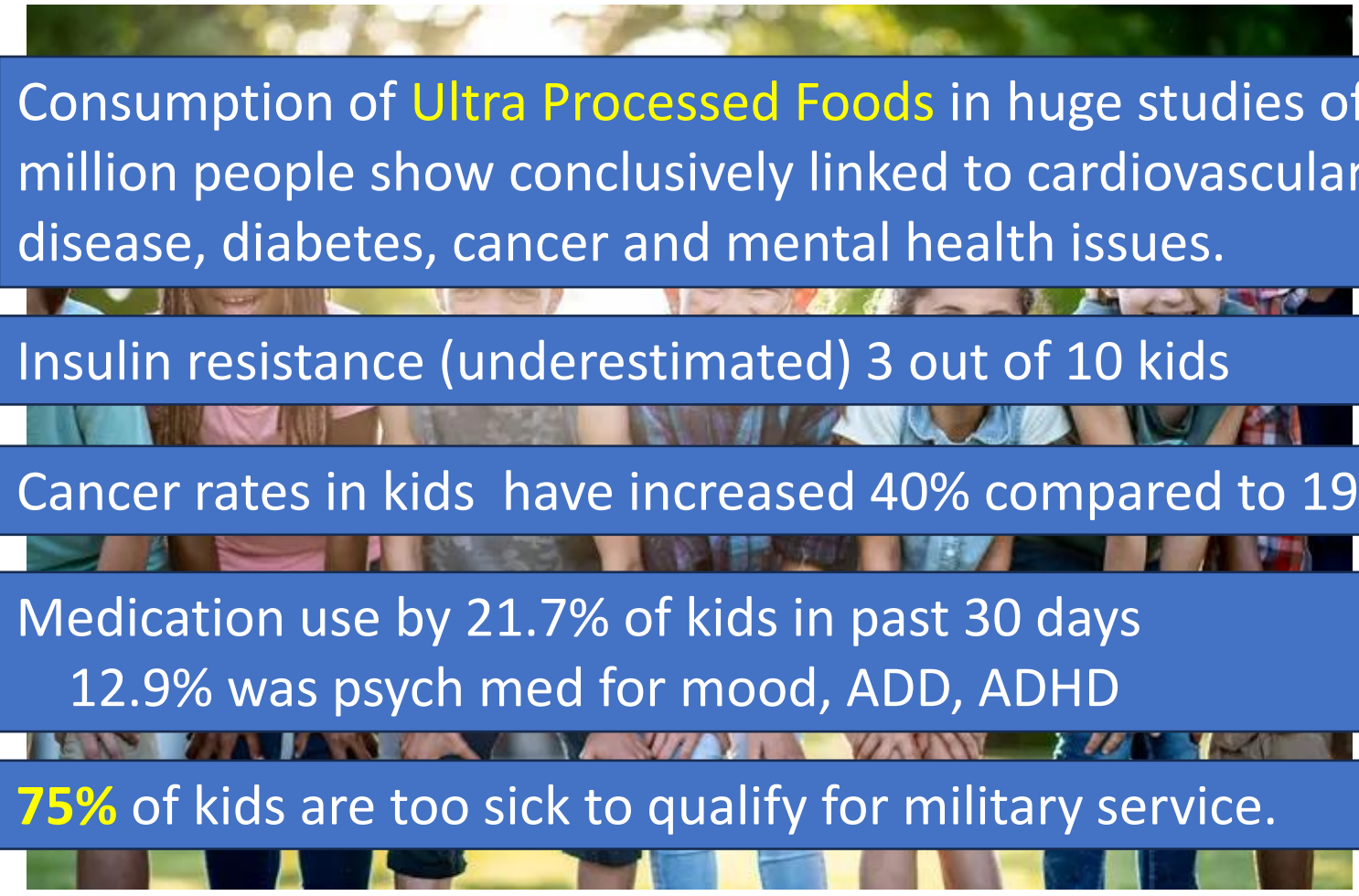
The game is
rigged

**95% of the 2020 Dietary
Guidelines Advisory
Committee members
had financial ties to food
and pharmaceutical
companies.**

Do we love our kids?

- Hong studies of Korean and Vietnam war soldiers show that heart disease starts in our teens. (45% of soldiers)

How did we create this?



Consumption of **Ultra Processed Foods** in huge studies of 10 million people show conclusively linked to cardiovascular disease, diabetes, cancer and mental health issues.

Insulin resistance (underestimated) 3 out of 10 kids

Cancer rates in kids have increased 40% compared to 1975

Medication use by 21.7% of kids in past 30 days
12.9% was psych med for mood, ADD, ADHD

75% of kids are too sick to qualify for military service.

Health Care Spending in the United States and Other High-Income Countries

JAMA. 2018;319(10):1024-1039

Irene Papanicolas, PhD; Liana R. Woskie, MSc; Ashish K. Jha, MD, MPH

11 most prosperous countries on the planet

- In 2016, the US spent 17.8% of its gross domestic product on health care

Health spending											
Total spending on health, % of total national GDP	US 17.8	CHE 12.4	Sweden 11.9	Germany 11.3	France 11	Japan 10.9	Denmark 10.8	NLD 10.5	Canada 10.3	UK 9.7	Australia 9.6

- **Smoking:** US ranked second lowest at just 11.4%

Smoking, % of population aged ≥15 y who smoke daily	France 22.4	Germany 20.9	CHE 20.4	NLD 19	Japan 18.2	Denmark 17	UK 16.1	Canada 14	Australia 12.4	US 11.4	Sweden 11.2
Alcohol consumption, L per capita in population aged ≥15 y	France 11.9	Germany 11	Australia 9.7	UK 9.5	CHE 9.5	Denmark 9.4	US 8.8	Canada 8.1	NLD 8	Sweden 7.2	Japan 7.2

- **Life expectancy:** lowest in the US at 78.8 years

Life expectancy											
Life expectancy in total population at birth, mean, y	Japan 83.9	CHE 83	Australia 82.5	France 82.4	Sweden 82.3	Canada 81.7	NLD 81.6	UK 81	Denmark 80.8	Germany 80.7	US 78.8

How do you think we did in the category of obesity?

Obese or overweight, % of population aged ≥15 y	US 70.1	Australia 63.4	UK 62.9	Canada 60.3	Germany 60	France 49	Sweden 48.3 ^a	NLD 47.4 ^a	Denmark 47.4 ^a	CHE 41 ^a	Japan 23.8
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We were 15 points above the mean of 55.
Once again, France kicked our butt.

France has higher levels of both smoking and alcohol intake compared to the US and yet they outlive us by more than **3 and a half years?**

France consumes less than half of the amount of **ultra processed foods** compared to US.



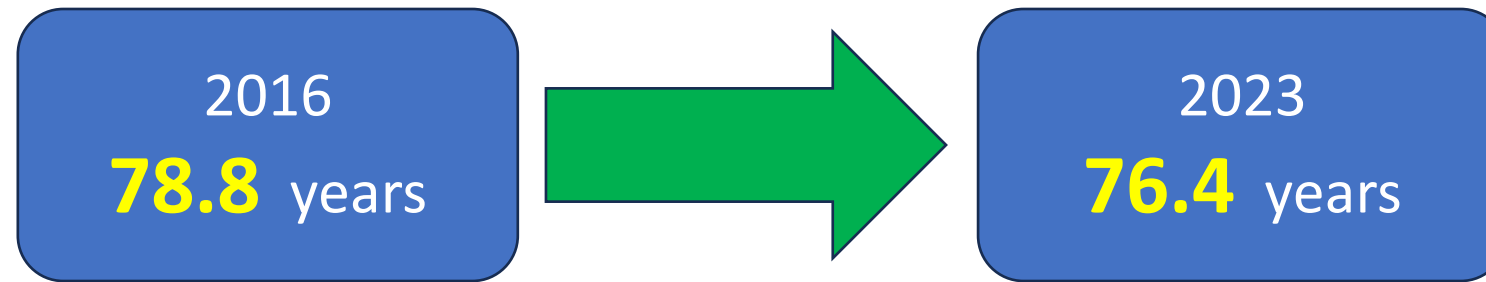
But wait . . . It gets worse



HARVARD
T.H. CHAN

SCHOOL OF PUBLIC HEALTH

CDC report
in 2023



Life expectancy is DECLINING!!!

Asaf Bitton, M.D., M.P.H. – Harvard school of public health

“We have a wonderful **sick care system** that takes care of very sick people,
but a very **inadequate health care system.**”



I want to be healthy . . . but HOW?

- We have been lied to and manipulated
- Too confusing.

We need:

- Direction (Education)
- Accountability
- Skin in the game.

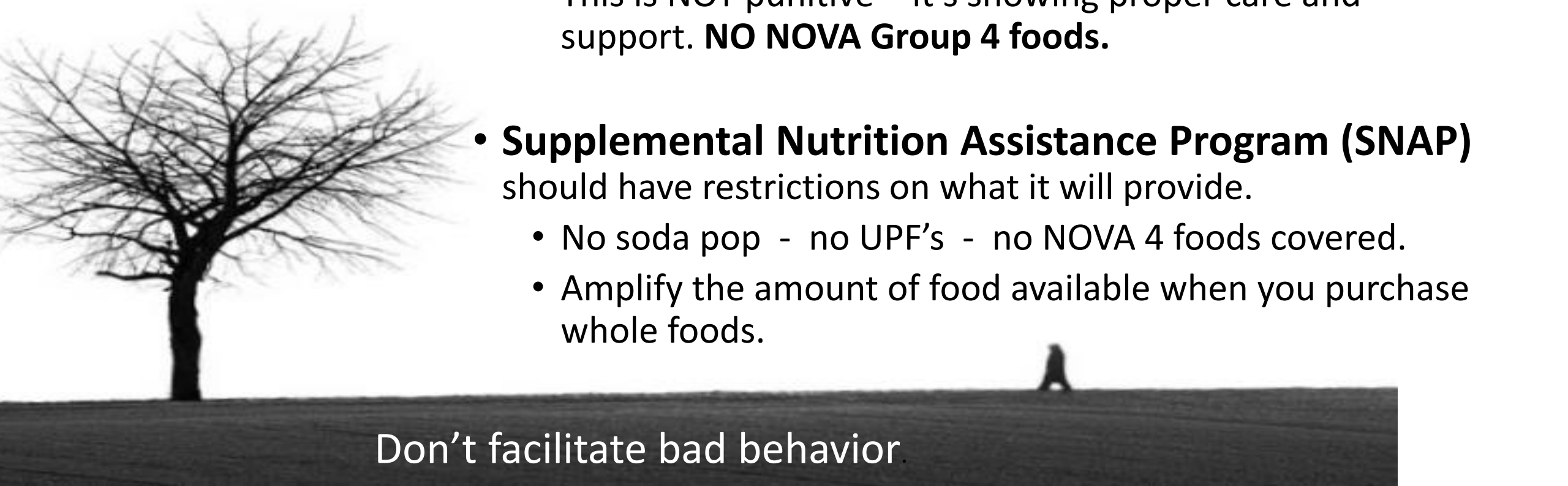


Love your neighbor
Love your kids.
Love yourself.

We love our kids, so we set up
rules and boundaries in order to
protect them.

Simplicity

- **School Lunch Programs** - Place loving restrictions on what is acceptable and allowable. **Whole foods.**
 - This is NOT punitive – it's showing proper care and support. **NO NOVA Group 4 foods.**
- **Supplemental Nutrition Assistance Program (SNAP)** should have restrictions on what it will provide.
 - No soda pop - no UPF's - no NOVA 4 foods covered.
 - Amplify the amount of food available when you purchase whole foods.

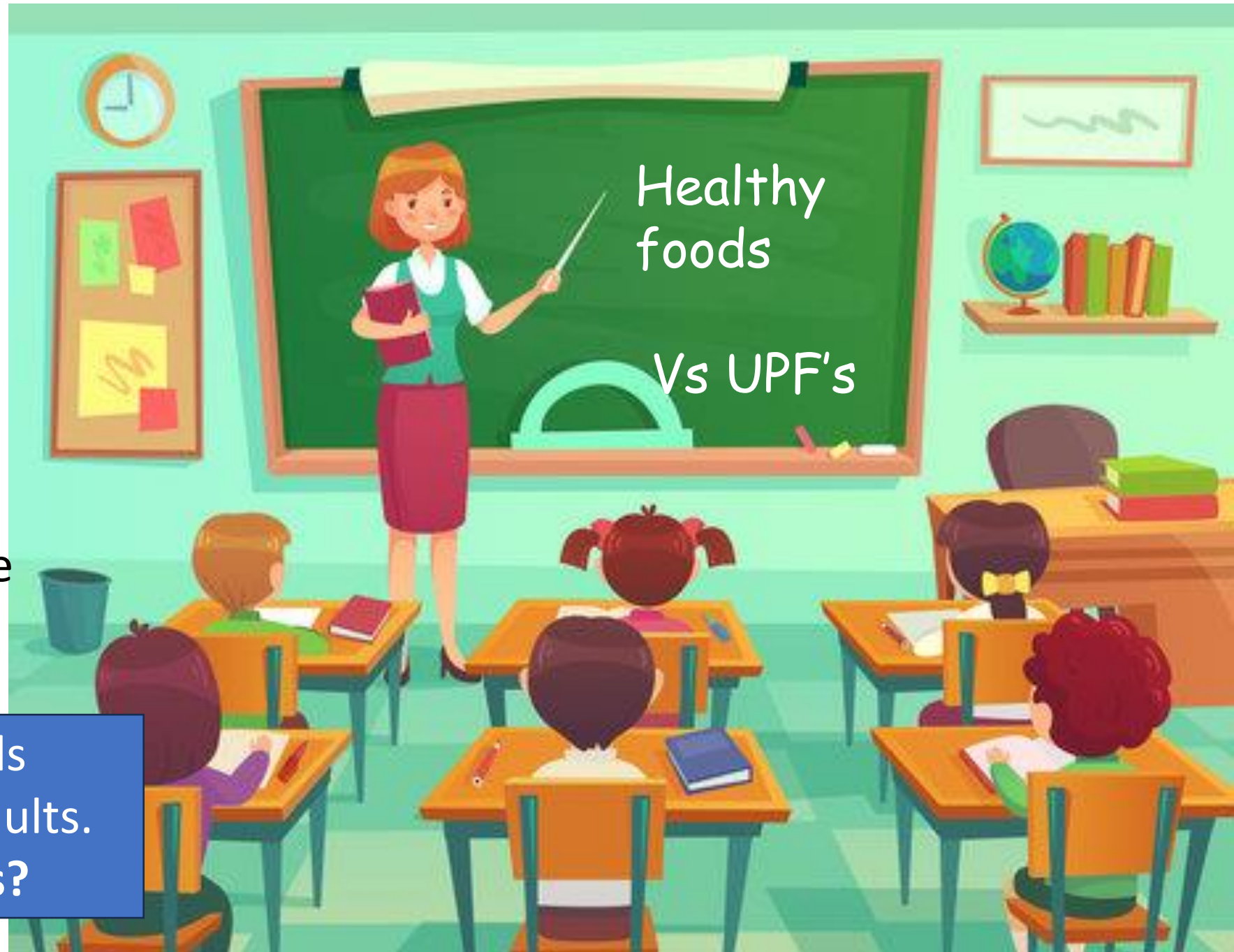


Don't facilitate bad behavior.

Teach

- Start young
- Teach the truth
- Show how food relates to brain health
- Sports performance
- Make it easy

Support the kids
by teaching the adults.
What are UPF's?



Climbing out of the hole you have created

Add LIGHT to the darkness.
Define clearly what NOVA Group 4 UPF's are.

APP's to the rescue: Scan barcodes to easily identify Ultra-Processed Foods (NOVA Group 4).

- Yuka
- Processed
- Open Food Facts
- UPF Detector



You gotta move!!

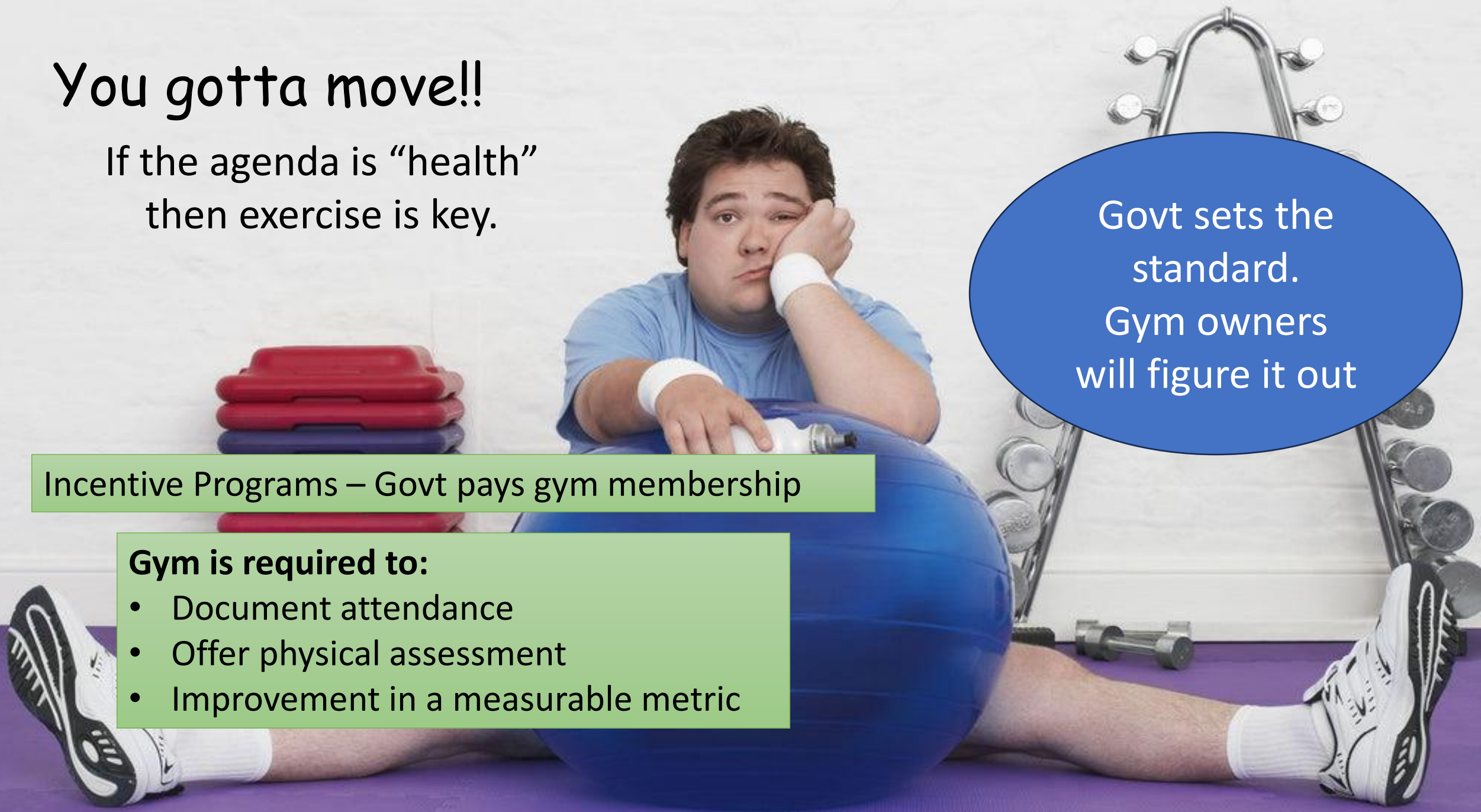
If the agenda is “health”
then exercise is key.

Govt sets the
standard.
Gym owners
will figure it out

Incentive Programs – Govt pays gym membership

Gym is required to:

- Document attendance
- Offer physical assessment
- Improvement in a measurable metric





What gets MEASURED gets DONE.

- Insulin lab - \$4
- CRP-hs \$4
- Continuous Glucose Monitor
- Fitness – VO2 Max vs Step Ups
- BP & Resting Heart Rate
- Waist/Height ratio (Not BMI)

EASY!!

Create a simple path

Show me how and I will follow

METABOLISM FIX

10 WEEK
PROGRAM

Get **UNSTUCK!**

Feeling STUCK?
Tired of feeling
frustrated and
disappointed with
your results? Engage
in a **personalized**
program that
GUARANTEES your
results.



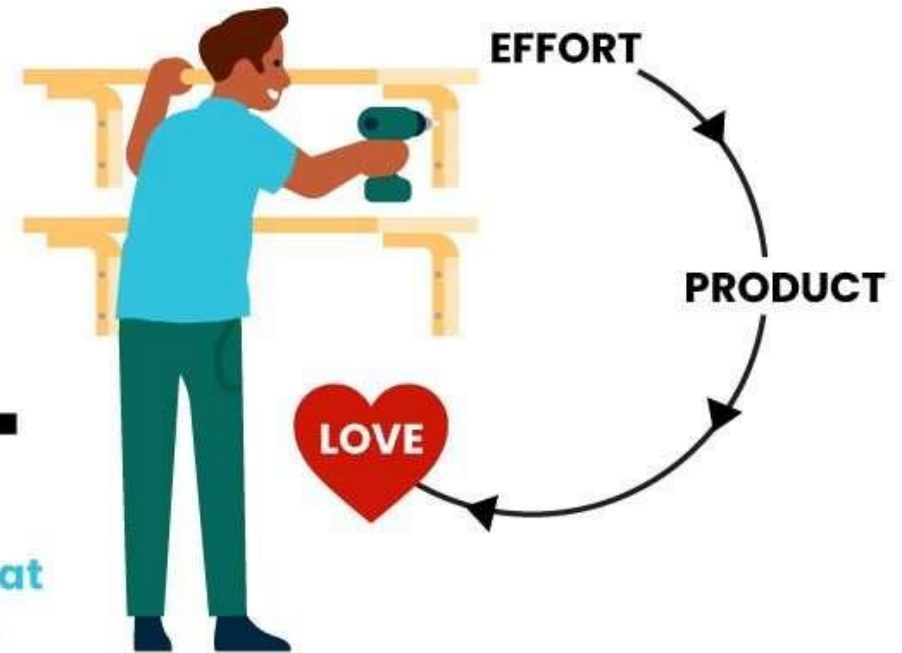
Journal of Nutrition Education and Behavior (2016)

Kids involved in gardening are more likely to try and prefer vegetables they have grown.

The IKEA effect: people value things more when they have put effort into creating them.

THE IKEA EFFECT

We overvalue things that
we've helped to create.



- Promote home gardening as a way to increase whole food production and consumption.

How fast are you AGING?



Road Map to Longevity
What gets measured gets done

Aging Score

Goal for total score is 100. Fill in ALL of the grey boxes to arrive at a total score.

90-100 = you are aging SLOWER than actual chronology

80-90 = aging appropriate for years

70-80 = you are aging slightly faster than your stated age

60-70 = accelerated aging – easily corrected with the right action.

50-60 = free fall status and immediate correction is strongly recommended.

There are 6 sections, each scored separately. This allows you to see which area needs the most attention. Average the 6 sections to arrive at your total GRADE. All sections are based on 100-point grading system.

LAB	VITALS	FITNESS	SLEEP	COGNITION	NUTRITION
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Creating a
measurable metric
drives change.

Michelangelo's “David”

Visits the U.S. in 2009



After 1 year in the U.S.



Our culture is embarrassing in some ways!

But we can change that.

The Medical & Food industries have failed at the simple task of “health”.



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