



Damian & Heather Dubé

Functional Nutritionists, Athletes & Contributing Expert Writers

Natural Thyroid, Autoimmune & Metabolism Restoration

40 & over husband & wife team, Damian & Heather Dubé, are diagnostic and functional nutrition practitioners and wellness advisors to burnt out mid-life women stuck in seemingly unsolvable chronic health and fat loss blocks who are ready to fix their “broken body” and create their lifetime-best metabolism naturally.

The e3 Energy Evolved™ System

They are the Co-Creators of e3 Energy Evolved™, a system to naturally rebalance health & live the fat loss lifestyle with ease and joy. The system was discovered during their inspirational 3-year journey to heal Heather’s Hashimoto’s disease (hypothyroid), chronic fatigue syndrome & auto immune illness drug-free, through nutrition, lifestyle and environmental strategies. Heather has also conquered a rare neurological condition in her lifetime, drug-free, to become a national level natural athlete. This was achieved despite the world-expert neurologists limited prognosis for her health, prescribing her a lifetime of medications. Almost 20 years ago, she successfully averted and far surpassed this prognosis through her lifetime commitment to natural health, nutrition and movement.



Heather BEFORE & AFTER

Expert Contributors & Peer Reviewers

Damian and Heather are highly sought-after industry human body thought-leaders, as on-staff industry expert nutrition, natural health & fat loss contributors to top wellness enthusiast & fitness professional publications such as Experience Life Magazine, Livestrong.com and OnFitness Magazine. They contribute relevant, science-based, integrative health content alongside internationally renowned functional medicine doctors, naturopaths,



To Book Damian & Heather

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chiropractors, neurologists, and nutritionists such as Dr. Mark Hyman, Dr. Frank Lipman, & anti-cancer guru Kris Carr. Also, they are nutrition science peer reviewers for top brands like TapOut XT (P-90X Competitor), supporting en masse consumer body transformation product launches.

Awards, Media Features & Competitive Athletics

Their career awards and media features include Sacramento KCRA-TV #1 Northern California Fitness Pros, US National Level repeat 13th place earnings competing naturally in Junior Masters class (Women 35 & Over) in women's figure bodybuilding, and Phoenix ABC-15 TV cooking show & fitness expert features, as well as being regularly quoted experts throughout various on and offline media channels.

Credentials

With 50 years combined nutrition, fitness & natural health experience and education, their professional credentials include diagnostic nutrition, integrative health, Eastern medicine, mind-body healing, psychology, exercise science, advanced natural fat loss, corrective exercise, athletic coaching, coaching psychology, wellness coaching, US national level natural competitive athletics, US national consumer nutrition education, agri-business, and nutrition in media research studies.

Mentorships

They have both personally mentored with top industry nutrition experts and Olympic and professional level athletic coaches, including e3 Energy Evolved advisory board member, research scientist Dr. John Berardi, PhD, CSCS & Founder of Precision Nutrition. Their client list includes nutrition newbies to Olympic and professional athletes.

Praise for Damian & Heather

"Excellent mentors to those interested in looking & feeling great."

Dr. John Berardi, PhD

Founder, Precision Nutrition

"e3 Energy Evolved is a system to change that integrates individual metabolism, nutrition & psychology."

Dr. Jade Teta, ND

Founder, Metabolic Effect

"Their integrative human body approach is where the industry is headed."

Joseph Grassadonia

Editor-in-Chief, OnFitness Magazine

Guest Speaker Topics

- **Thyroid, Autoimmune & Metabolism Restoration**
- **Thyroid Nutrition**
- **Thyroid Fat Loss**
- **Metabolic Stress**
- **Weight Loss Resistance**
- **Mind-Body-Spirit Wellness**
- **Digestive, Autoimmune & Endocrine Imbalances**
- **Change Psychology**
- **Zero Fitness Fat Loss**