

Dr. Leonardo Vergara, MD

Worldwide leader in metabolic health, longevity & human optimization

AMOR CONSCIENTE · THE MOVEMENT



REACH

Platform in 5 languages

Spanish · English · Mandarin · French · Portuguese

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Based in the U.S.A. · available worldwide

Languages English & Spanish (live)

Dr. Leonardo Vergara helps people around the world transform their metabolism and reclaim their energy — **with science, not trends.**

Where conventional care manages symptoms, his **Zero Sugar / First-Principles** method treats the root causes of fatigue, weight gain and chronic disease — inflammation, cellular energy and metabolic balance. His **Amor Consciente** movement frames health not as punishment but as conscious, disciplined self-care, grounded in the conviction that the body is a temple to be stewarded with gratitude. His work rests on four pillars — Strength, Nutrition, Health and Mindset — and reaches a global audience in five languages.

Signature topics

- The Ozempic / GLP-1 era, from a metabolic doctor — what the drugs fix, what they don't, and the root-cause work no injection replaces.
- Zero Sugar / First Principles — why treating symptoms keeps failing.
- Amor Consciente — health as conscious self-love, and faith as its foundation.
- Longevity & human optimization — building the body as the foundation of energy, performance and legacy.
- The four pillars — Strength · Nutrition · Health · Mindset, made practical.

Formats

Keynote · Workshop · Panel / fireside · Podcast · TV & radio · Signed op-ed. In person or virtual, in English and Spanish; written pieces available in Spanish, English, Mandarin, French and Portuguese.

Suggested interview questions

What does "treating the root cause" really mean? · Everyone's talking about Ozempic — what's the honest metabolic picture? · What is *Amor Consciente*, and how does faith fit into medicine? · If someone changes one thing this week, what should it be?