

# Renowned Wellness Expert, Dr. Eric Berg, Will Deliver Keynote At Hack Your Health Event

AUSTIN , TEXAS, USA, January 24, 2024 /EINPresswire.com/ -- [Hack Your Health 2024](#), the leading gathering of wellness enthusiasts, is thrilled to unveil Dr. Eric Berg as a distinguished keynote speaker for this year's event. Dr. Berg, a renowned expert in the field of ketogenic and low-carb diets, is known for empowering individuals to optimize their health and well-being.

Dr. Berg's presentation, titled "Prolonged Fasting: A Balanced Perspective – Who Should Embrace and Who Should Avoid," promises invaluable insights into fasting and its role in achieving a healthier lifestyle. His extensive knowledge and dedication to promoting the benefits of ketogenic diets make him an ideal fit for Hack Your Health 2024.



As the CEO of Dr. Berg's Nutritionals and a best-selling author, Dr. Berg has been at the forefront of the health and wellness movement, inspiring millions through his popular YouTube channel and social media platforms. His expertise has helped countless individuals embrace a balanced and sustainable approach to nutrition.

Robin Switzer, Event Organizer for Hack Your Health, expressed excitement about Dr. Berg's participation, stating, "We are thrilled to have Dr. Eric Berg as a keynote speaker at Hack Your Health 2024. His reputation as a leading authority in low-carb nutrition aligns perfectly with our mission to provide our passionate community with the knowledge they need to live healthier lives. We are honored to have him join our list of esteemed speakers."

Hack Your Health 2024 offers a unique opportunity for wellness enthusiasts to connect, learn,

and be inspired. The event will take place on May 31 - June 2, 2024, at The Palmer Event Center in Austin, TX, drawing a diverse community of individuals, including wellness seekers, medical professionals, health entrepreneurs, athletes, researchers, bloggers, and more from around the world. Attendees can expect to see over 100 exhibitors and sponsors, 60+ speakers, specialty panels, workshops, movement classes, cooking demos, book signings, and more!

For more information about Hack Your Health 2024 and to register for the event, please visit [www.hackyourhealth.com](http://www.hackyourhealth.com).

About Hack Your Health:

Hack Your Health 2024 is an annual gathering of wellness enthusiasts dedicated to optimizing health, fitness, and aging well. Attendees are passionate about improving their well-being and often have successfully overcome chronic illnesses. The event provides a platform for individuals to connect, learn, and be inspired to lead healthier lives.

Robin Switzer

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