



Vitality, energy & mental resilience - its all in your food.

Thanks for being part of today's discussion on your physical and mental wellbeing. If you want to continue this journey please join me for the next Low Sugar Lifestyle program.

I don't like to get too complicated so let's keep things simple...

Let's look at why we go from gorgeous to grumpy in one smoothie that is loaded with extra sugar, or a 'healthy muesli bar' and a million of other products.

1. Sugar makes our blood sugar spike up and sink low. This can give us a charged up feeling. This feeling is just temporary and often as rapidly as blood sugar goes up, it also falls to an alarmingly low level. It is at that low level when we feel some of the following:
 - i. Shaky, sweaty, and pale
 - ii. Brain fogged and tired
 - iii. "Hangry" so hungry you get angry and cannot concentrate
2. Sugar lacks nutrients for happy hormones. When we are eating a high sugar diet, we are not getting the nutrients we need from things like quality proteins, good fats, energy supplying carbs and micro minerals from our veggies. Here is a fun fact for you - Proteins contain an amino acid called tryptophan and when this is combined with vitamin B it converts to serotonin; our happy hormone!
3. Sugar disrupts our gut. Too much excess, hidden sugar can create tummy trouble. Our gut is made up of good and bad bugs. Unfortunately, sugar feeds the bad bugs. This leads to things like bloating, gas, constipation, diarrhoea and an unhappy belly. It is hard to be in a good mood, when our stomachs aren't quite right. Add to this the fact that our gut makes more than 70% of our serotonin. If our gut is bogged down with sugar then our gut is not making happy hormones.

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Go to www.ahealthyview.com for details on the 28 Day Online Program Low Sugar Lifestyle
For a copy of today's presentation email info@ahealthyview.com



A Healthy View™

Hi there!

It would be my pleasure to speak at your corporate workplace. I hope today's presentation gave you a 'taste' of what I can discuss to help your employees feel physically and mentally healthy.

We know you're busy, so simply email, or phone us today and we will make it easy for you. Email michele@ahhealthyview.com or phone (02) 9960 4561.

Thank you.

Michele

Michele Chevalley Hedge,
Qualified Nutritionist / Jamie Oliver Ambassador/ Author

"Happy workers are better workers – more collaborative, creative, innovative and resilient. Good nutrition underpins our physical and mental wellbeing. A healthy person is often a happy person and it has been proven to be associated with higher levels of staff satisfaction, productivity and teamwork, better staff retention rates and ultimately, a more profitable business."

Nutritional Medicine Practitioner, Michele Chevalley Hedge

"With our continued focus on strength of mind and well-being we will definitely be looking for opportunities to further leverage A Healthy View in the Future".

Amanda Matehaere, Head of Markets, Westpac Institutional Bank



"Michele Chevalley Hedge was invited to speak at the Women in Focus conference, 2014. Her modern day approach to nutrition was well received by participants as she shared her expertise in a light, accessible and interesting way".

Lauren Palmer, Women in Focus, Commonwealth Bank



"Mental Health, emotional well-being and clarity of thinking are in my view all enhanced by a low sugar lifestyle. The science is all moving in this direction. For our own sake and the sake of future generations we need to address the "sugar" epidemic in all its manifestations. Michele and her team - Bravo!"

Peter Joseph AM, Chairman, Black Dog Institute; Chairman, St James Ethics Centre and Former Chairman, St Vincents

MICHELE HAS SPOKEN AT



HSBC



ANZ

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