



**A Healthy View™**

*Looking after your health from the inside out*



## **Highly Commended Nutritional Medicine Practitioner**

Australian Traditional Medicine Society ATMS

**Michele Chevalley Hedge**

There may be many wellness practitioners stepping into the space of health and food but there are not many nutritionists who come from busy corporate backgrounds, have three kids and who really can understand modern day peoples' requirements for health, happy hormones, and vitality.

Michele Chevalley Hedge was previously a marketing manager at Microsoft so she truly understands the needs of time-poor corporate executives. We all are looking for family or not, want health but not hassle. She is often introduced as “the modern day nutritionist – the one who likes a bit of wine and coffee.”

Michele's clinical practice and experience allow her to share stories of patients and their nutritional transformation which give the audience goose bumps - the kinds of stories that can only be heard if you are at the coal face with clients. Recognising her sensible approach to nutrition, Wiley Publishing commissioned Michele to write her first book, *Beating Sugar Addictions for Dummies*. Michele then went onto to write **The Healthy Hormone Diet**- a 28 day plan for rebalancing your weight, energy, and sleep. And in 2019 Michele released a number one best seller, **Eat, Drink & Still Shrink**- a busy person's joyful guide for living.

Michele works with many international corporations and schools- Westpac, CBA, ANZ, HSBC, and corporations like, Apple, Dropbox, Dexus, News.com, Financial Planning Association, AMP, Accenture, Dexus, Woolworths, Bankers Trust, Business Chicks, JLL,

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ACCOR, Westfield, Department of Defence, Australian Police Force, Tourism Portfolio, Heart Research Australia, and more. She is the keynote speaker for the Heads of Schools of Australia and the Positive Schools Conference in Hong Kong and in the USA.

Michele is the Nature Care College Ambassador, Cure Cancer Ambassador and Heart Research Institute Ambassador and consults for 100's on international corporations. She recently sat alongside the Dalai Lama at a conference where she presented on 'Vitality, Energy and Serotonin - It's all in Your Food'. Mental health and nutrition research is her passion and has been nominated as Australia Mental Health Awards Finals three years in a row.

Michele loves to write, so along with her blog and social media, she writes for *Body & Soul, Huffington Post, Good Health, The Glow, Prevention, Wellbeing, Clean Eating, Cosmo, Women's Weekly, MindFood* and many more. And when Michele isn't writing or seeing clients she is often delivering a wellbeing keynote or even chatting away on The Sunrise Show, Today show or Studio 10.

Michele's business, A Healthy View, expanded to New York and the US with the addition of her online programs. Passionate, authentic and knowledgeable, Michele has several degrees and a diploma of Nutritional Medicine and is a member of the Australian Traditional Medicine Society. Michele is an educator, storyteller, and passionate researcher.

For more information, or to contact Michele, please email [Michele@ahhealthyview.com](mailto:Michele@ahhealthyview.com) or phone on 0403 606 225. Please email for full list of client testimonials.

[www.ahhealthyview.com](http://www.ahhealthyview.com)

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