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# **The Science of Workplace Wellbeing:**

## **The Impact of Nutrition on Mental Resilience & Energy**



**A Healthy View™**

*Michele Chevalley Hedge, Nutritionist & Health Writer*

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# Nourishment not punishment





## EAT, DRINK & STILL SHRINK

SIMPLE SOLUTIONS FOR WEIGHT LOSS & GOOD HEALTH



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**BREAST CANCER** is the most common cancer in **AMERICAN WOMEN**

**1 IN 8**

women will be  
diagnosed with  
breast cancer  
during her life.



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GALLUP.COM

## **The Next Global Pandemic: Mental Health**

Deaths of despair are the quiet counterpart to the COVID-19 pandemic....

RESEARCH ARTICLE | [OPEN ACCESS](#) | [OPEN PEER REVIEW](#)

## A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial)

Felice N. Jacka , Adrienne O'Neil, Rachelle Opie, Catherine Itsiopoulos, Sue Cotton, Mohammedreza Mohebbi, David Castle, Sarah Dash, Cathrine Mihalopoulos, Mary Lou Chatterton, Laima Brazionis, Olivia M. Dean, Allison M. Hodge and Michael Berk

*BMC Medicine* 2017 15:23 | DOI: 10.1186/s12916-017-0791-y | © The Author(s). 2017

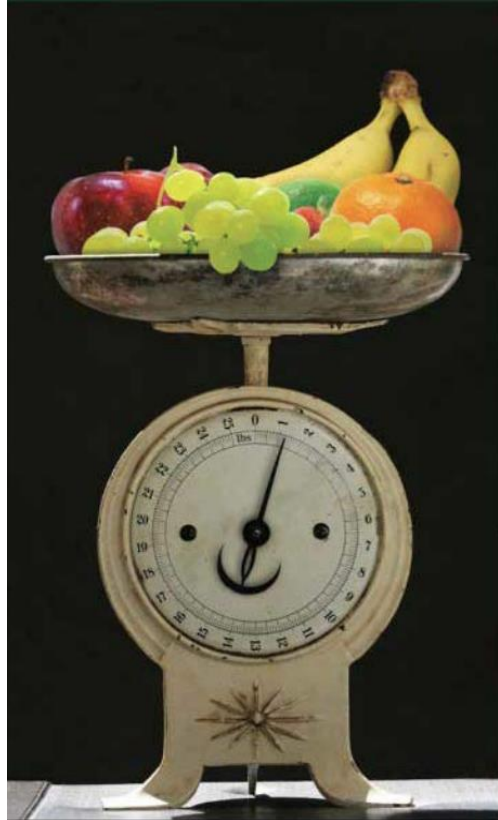
Received: 31 August 2016 | Accepted: 11 January 2017 | Published: 30 January 2017

### **Conclusions**

These results indicate that dietary improvement may provide a treatment strategy for the management of this highly prevalent mental disorder.....

The possible therapeutic impact of dietary changes on existing mental illness is largely unknown. Using a randomised controlled trial design, we aimed to investigate the efficacy of a dietary improvement program for the treatment of major depressive episodes.

# THE AMERICAN JOURNAL OF PSYCHIATRY



Prenatal Infection and  
Schizophrenia: A Review of  
Epidemiologic and  
Translational Studies  
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Combination of Antidepressant  
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◀ Association of Western and  
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March 2010  
Volume 167 • Number 3

Official Journal of the  
AMERICAN PSYCHIATRIC ASSOCIATION

[ajp.psychiatryonline.org](http://ajp.psychiatryonline.org)





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Strategic &  
Creative  
Thinking

Communication

Active Listening



Active Brain

Energy

Humour



Lead

Execute

Understand

Create



Impact

Resonance

Presence

Confidence

WELCOME TO

THE SCIENCE OF WORKPLACE WELLBEING:

## The Impact Of Nutrition On Mental Resilience & Energy

*By Michele Chevalley Hedge*



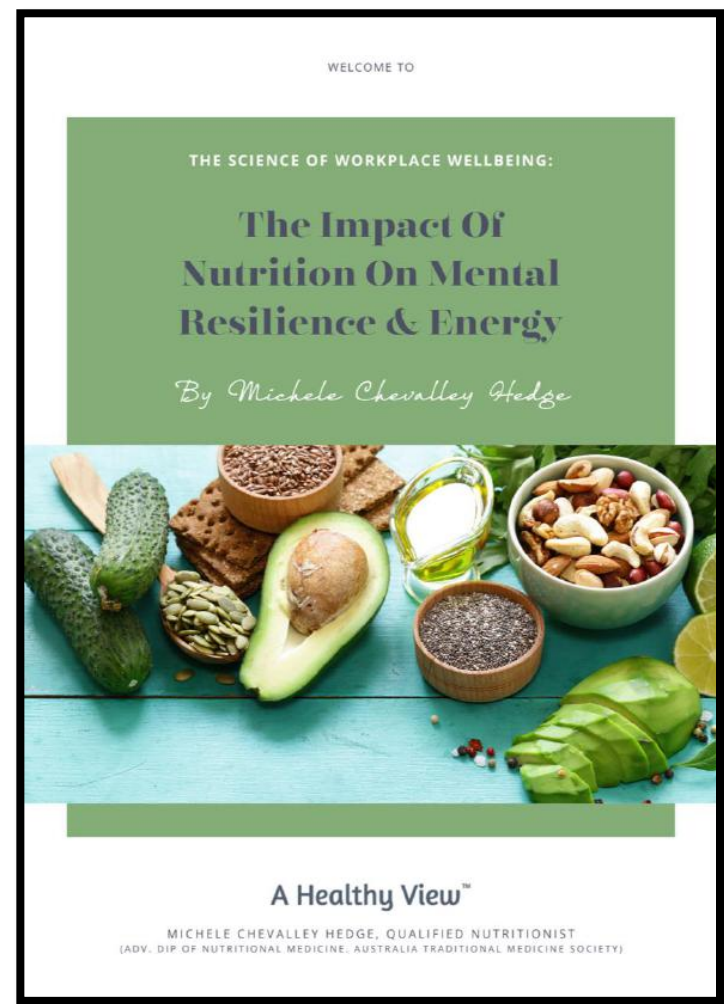
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MICHELE CHEVALLEY HEDGE, QUALIFIED NUTRITIONIST  
(ADV. DIP OF NUTRITIONAL MEDICINE: AUSTRALIA TRADITIONAL MEDICINE SOCIETY)

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Worksheets for this Workshop.  
Lots of pearls of wisdom &  
Facts that you want to store in  
that healthy brain of yours.



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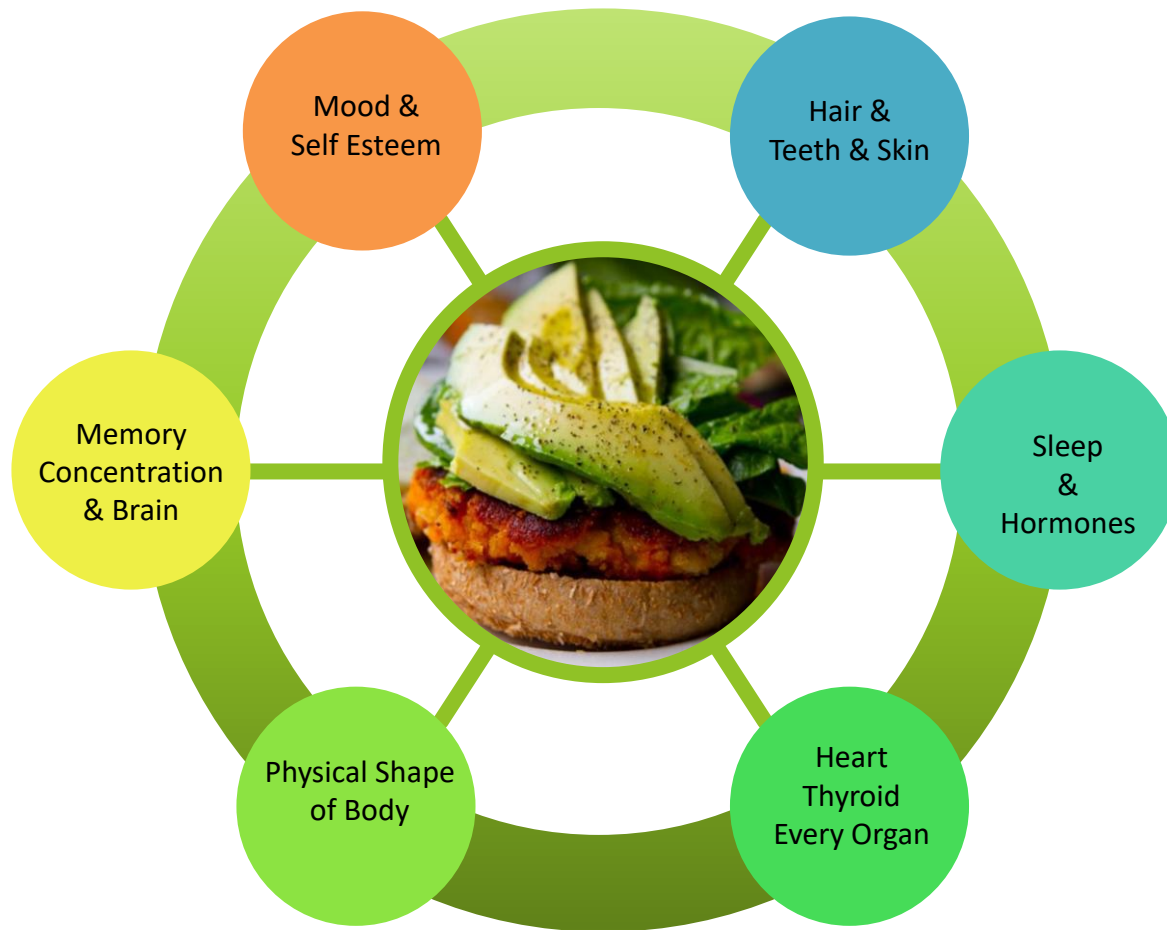


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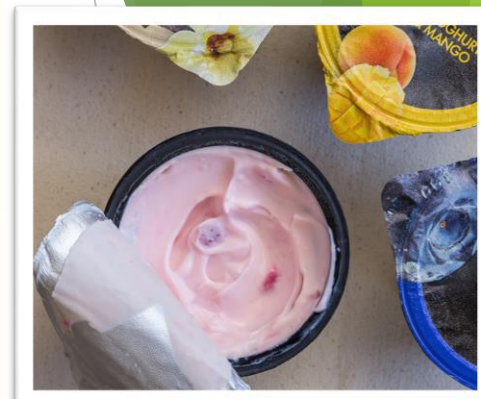
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# “Healthy Lite Yoghurt”

NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 2			
SERVING SIZE: 200 g (1 TUB) <b>2</b>			
	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* PER SERVING	AVERAGE QUANTITY PER 100 g
ENERGY	822 kJ (196 Cal)	9%	411 kJ (98 Cal)
PROTEIN	10.0 g	20%	5.0 g
FAT, TOTAL	1.8 g	3%	0.9 g
- SATURATED	1.2 g	5%	0.6 g
CARBOHYDRATE	34.0 g	11%	17.0 g
- SUGARS <b>3</b>	30.8 g	34%	15.4 g
SODIUM	108 mg	5%	54 mg
CALCIUM	318 mg (40% RDI) <b>1</b>		159 mg
PROBIOTICS^	1,000,000,000 cfu		



## LOW FAT<sup>+</sup> HONEY YOGHURT

INGREDIENTS: SKIM **MILK**, CONCENTRATED SKIM **MILK**, HONEY (6.0%), SUGAR, CREAM (FROM **MILK**), GELATINE, THICKENER (1442) (FROM TAPIOCA), FRUCTOSE, ACIDITY REGULATORS (330, 331), LIVE CULTURES (S. THERMOPHILUS, B. LACTIS, L. ACIDOPHILUS).

CONTAINS: MILK AND MILK PRODUCTS.



# “Healthy Smoothie”

## facts & Figures

The nitty-gritty details (per 100ml)

	Energy Kilojoules (KJ)	Energy Calories (cal)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Carbohydrates Total (g)	Carbohydrates Sugars (g)	Fibre (g)	Sodium (mg)
<b>Low-Fat Smoothies</b>									
All Berry Bang	244	58	1.5	1.2	0.5	10.5	10.5	0.5	8
Banana Buzz	293	70	3.1	1.1	0.6	11.5	11.5	1.7	24
Blueberry Blast	307	73	1.0	0.6	0.3	16.0	16.0	1.6	5
Janine's Favourite	279	67	1.7	1.2	0.5	12.3	12.3	0.7	9
King William Chocolate	309	74	3.5	1.3	0.6	11.8	11.8	0.6	30
Mango Magic	286	68	1.8	1.2	0.6	12.6	12.0	0.6	9
Passion Mango	275	66	1.3	0.8	0.4	13.1	12.3	1.3	7
Raspberry Ripe	298	71	2.6	1.1	0.4	12.8	12.1	0.7	25
Strawberry Squeeze	261	62	1.6	1.1	0.5	11.4	10.7	0.7	8
Tropical Storm	271	65	1.8	1.2	0.5	11.2	10.6	1.0	9
<b>Super Smoothies</b>									
Brekkie To Gogo	392	94	4.1	2.1	0.8	14.8	11.9	1.1	30
Energy Lift	273	65	1.8	1.2	0.5	11.4	10.8	1.0	8
Green Tea Mango Mantra	306	73	1.0	0.6	0.3	16.0	14.8	0.5	6
Gym Junkie	295	70	3.4	1.2	0.6	11.2	10.3	0.9	27
<b>Skinny &amp; Sporty Smoothies</b>									
Banana Sports	259	62	5.2	0.5	0.3	8.9	8.2	0.5	33
Berry Berry Light	154	37	0.5	0.3	0.1	7.9	7.1	0.3	4

14.7



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## Chai Latte



Black tea infused with cinnamon, clove, and other warming spices and topped with foam for the perfect balance of sweet and spicy.

Grande ▾

Whole Milk ▾

### Nutrition Facts Per Serving (16 fl oz)

**Calories 270**

Calories from Fat 60

% Daily Value\*

**Total Fat 7g****11%**

Saturated Fat 4g

**20%**

Trans Fat 0g

**Cholesterol 20mg****7%****Sodium 105mg****4%****Total Carbohydrate 45g****15%**

Dietary Fiber 0g

**0%****Sugars 42g**

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# Nutrition Facts

Serving Size: 1 Bottle

## Amount Per Serving

Calories 110

% Daily Value\*

Total Fat 0g 0%

Sodium 45mg 2%

Total 28g 9%

Sugars 27g

Protein 0g

\*Percent Daily Values are  
based on a diet.

110  
CALORIES  
PER BOTTLE

10 FL OZ  
120



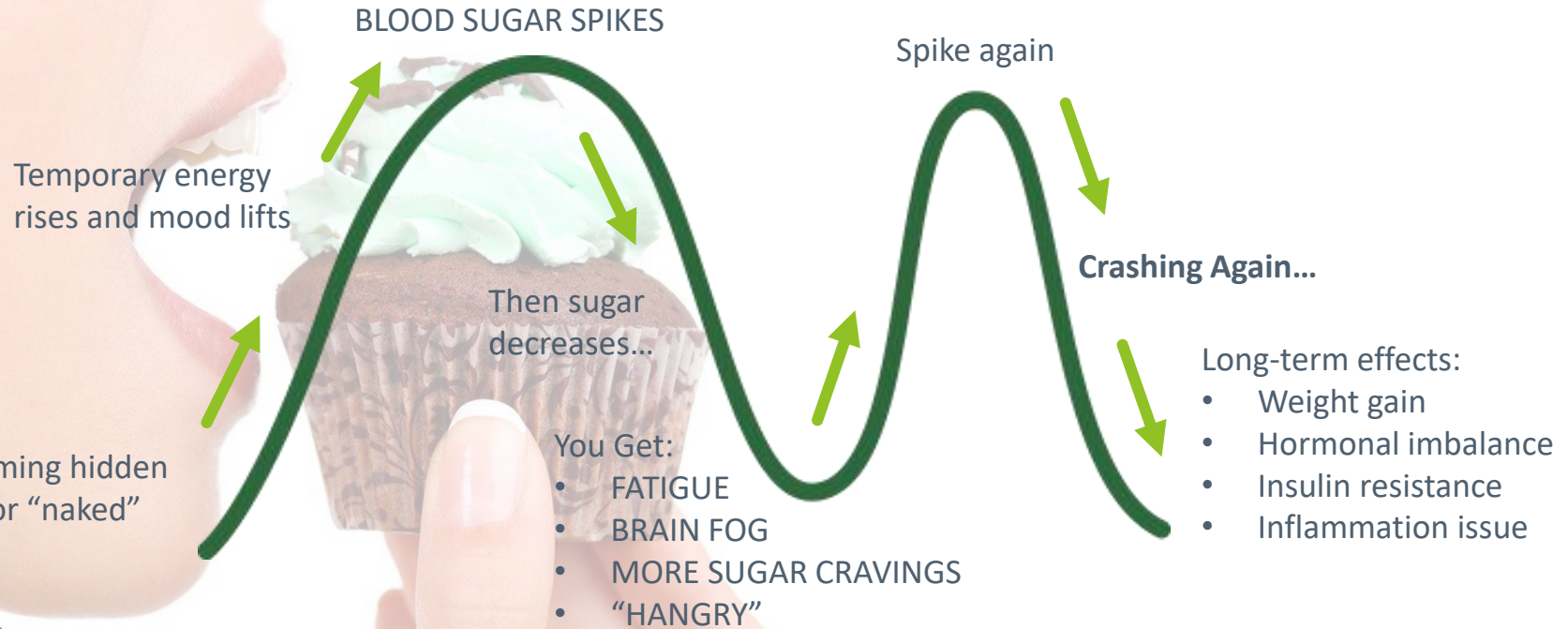
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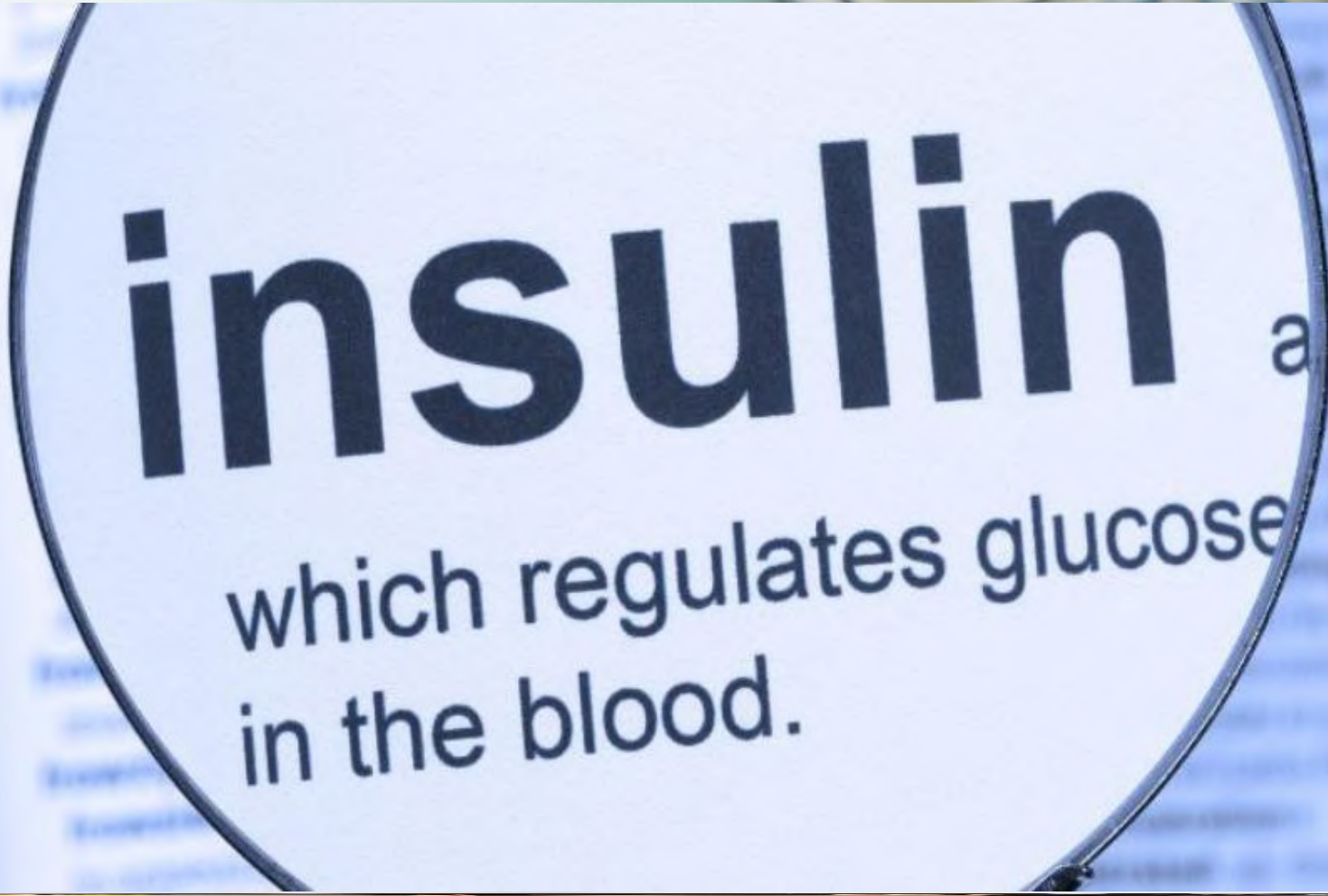
# The Sugar Rollercoaster



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A magnifying glass with a black frame is positioned over a dictionary page. The word 'insulin' is prominently displayed in a large, bold, black serif font. Below it, in a smaller, regular serif font, is the definition 'which regulates glucose in the blood.' The background of the page is a light cream color, and other text from the dictionary is visible but blurred in the background.

# insulin

which regulates glucose  
in the blood.

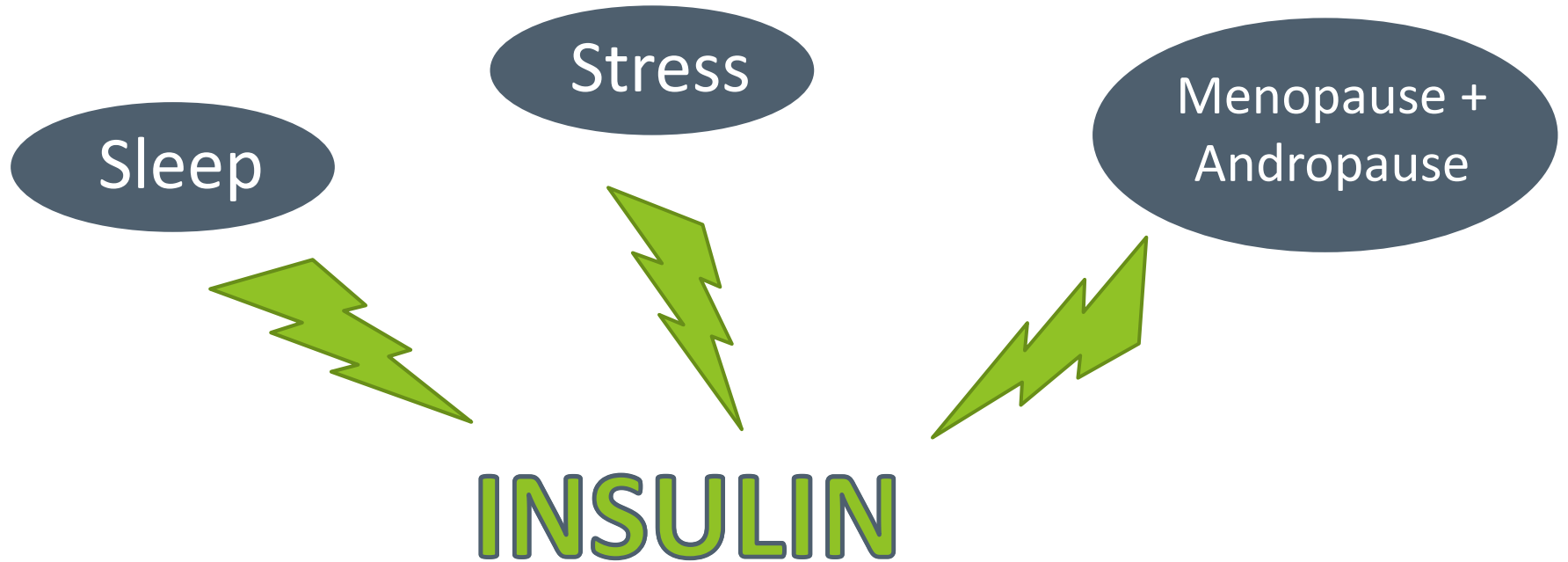


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# More Truths...

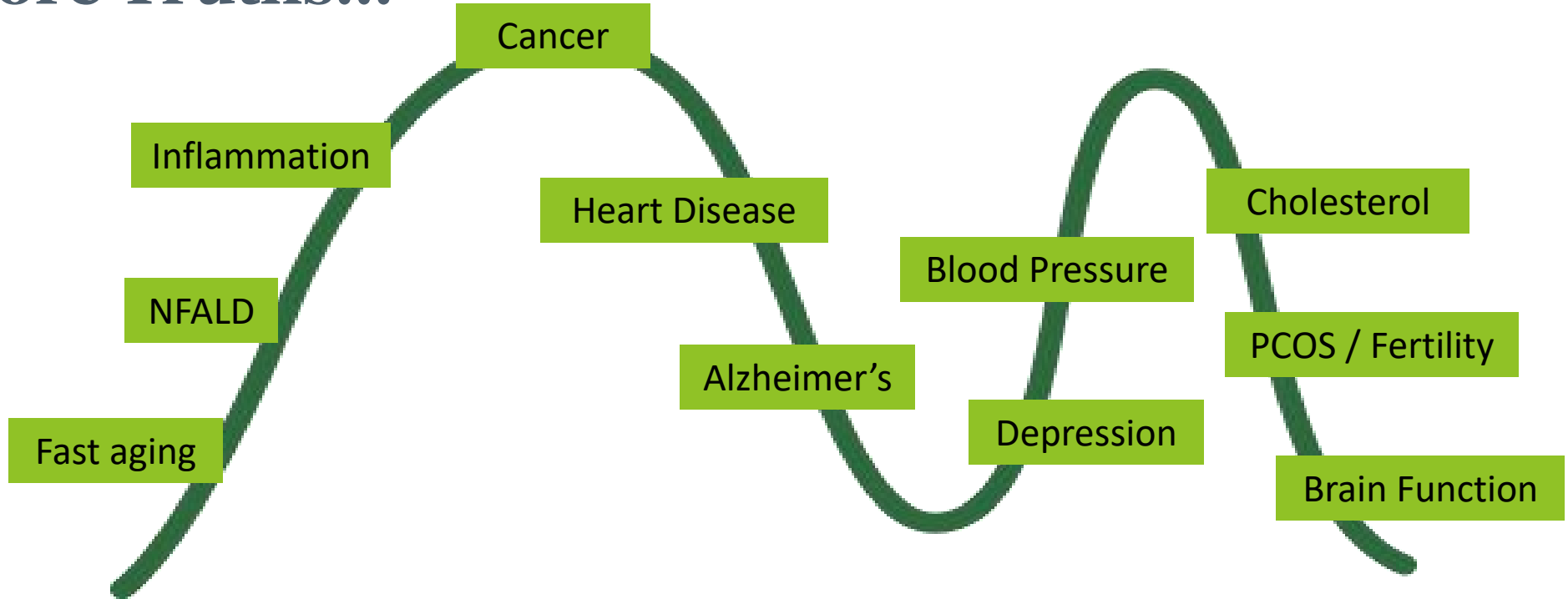


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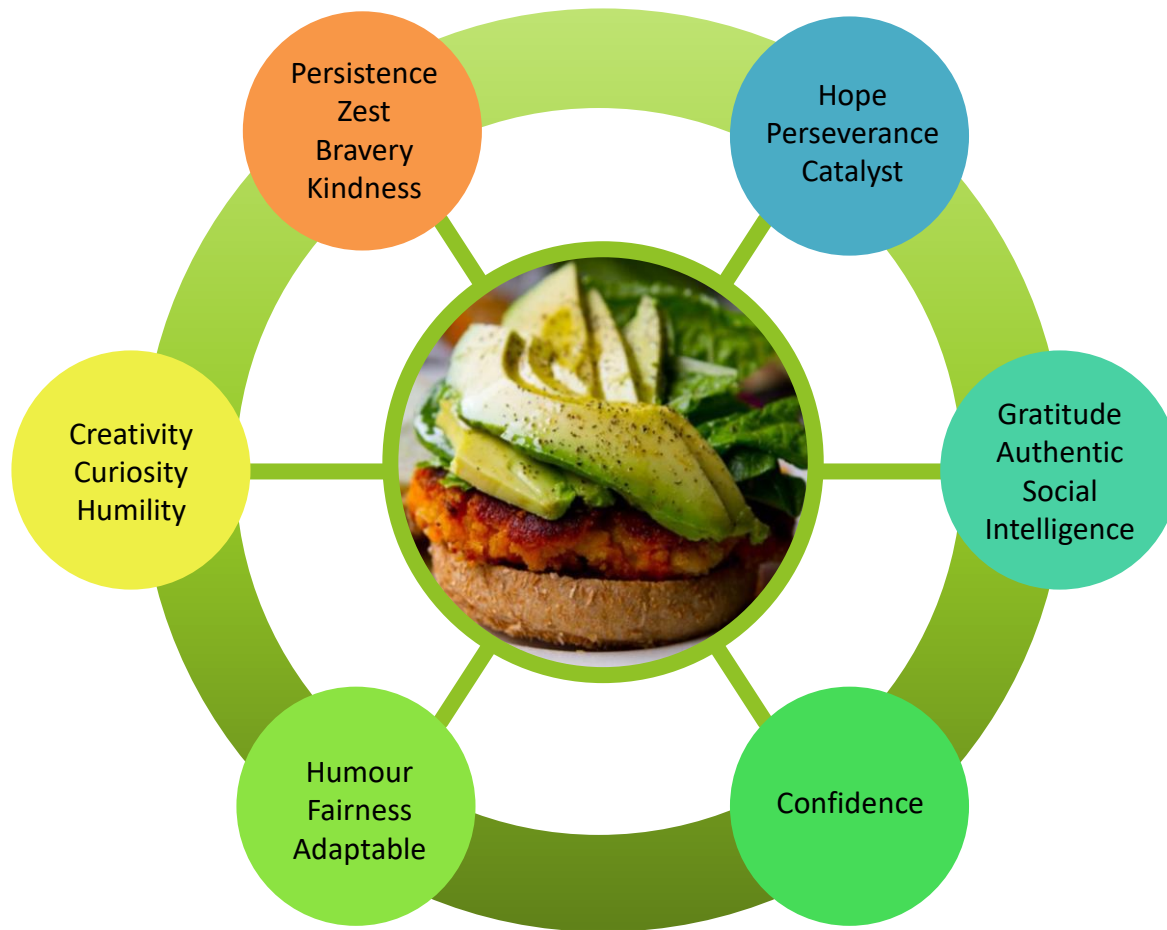
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# More Truths...







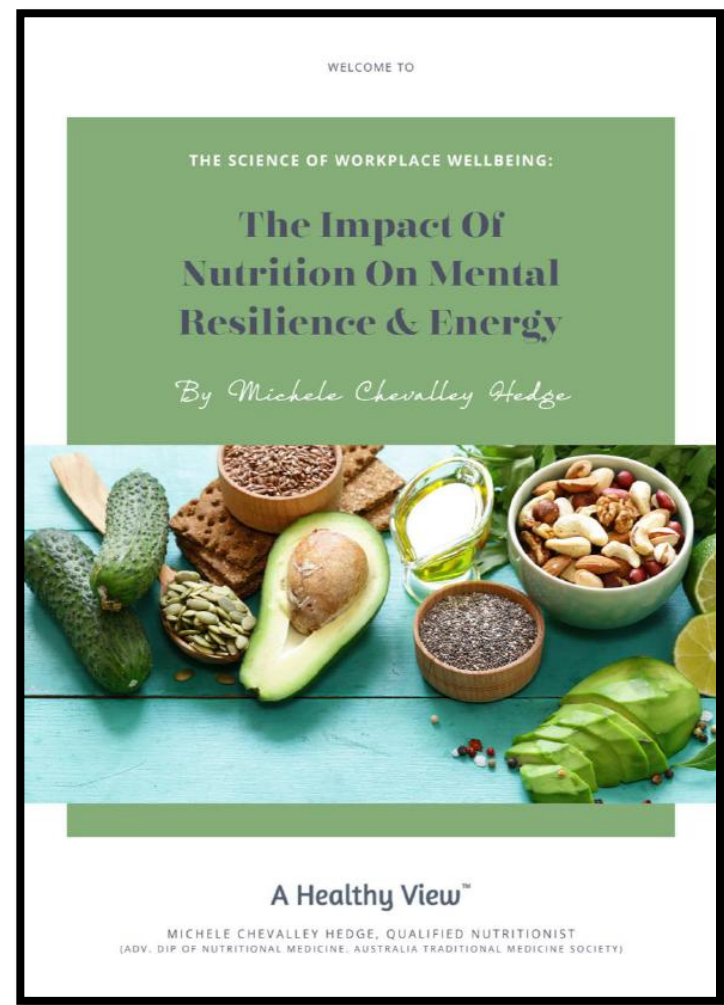
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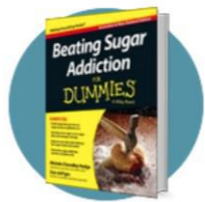


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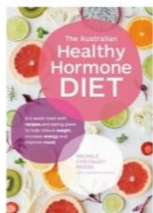


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Beating Sugar Addiction For  
Dummies



The Australian Healthy Hormone  
Diet Book



Eat Drink and Still Shrink



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Like you,  
Michele  
Chevalley  
Hedge wants  
to be able to  
eat delicious  
food, enjoy  
the odd  
glass of wine  
and still  
feel great.



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Also available as an ebook



In this book, Michele draws on the latest research and her many years' experience as a nutritionist to provide a solution that works for the average busy person who wants to be healthy.

The sheer amount of nutritional information available nowadays can be overwhelming. But if we're not eating well, we feel the impact in every part of our lives. Not only can a poor diet lead to weight gain, the development of type 2 diabetes and cardiovascular disease, but it also adversely affects our moods, our ability to sleep well and our energy levels – in short, everything we need to function well in this modern age.

So, what's the answer? Certainly not deprivation; all the science tells us that 'diets' (especially the extreme, yo-yo variety) don't work. What the science *does* show is that eating a balanced diet of nourishing wholefoods – with the odd treat thrown in – is your ticket to ageing well, a lean healthy body, a sense of vitality, abundant energy and better brain function.

This book is not about yo-yo dieting or trying to fit into your jeans by Friday. It's a joyful guide to life and a sustainable way of eating for long-term good health.



EAT DRINK & STILL SHRINK



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EAT  
DRINK  
& STILL  
SHRINK

A 4-week reset  
with recipes  
and eating plans  
for long-term  
weight loss and  
good health.



by qualified  
nutritionist

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