

dr. Joanna



*Be Your Own
Health Advocate*

Dr. Joanna McMillan

What and how you eat affects
your **work performance**, your
energy levels, your **brain
function**, how you feel, and your
long term health





Confusion





What is the way forward?





Stress

Food

Drink

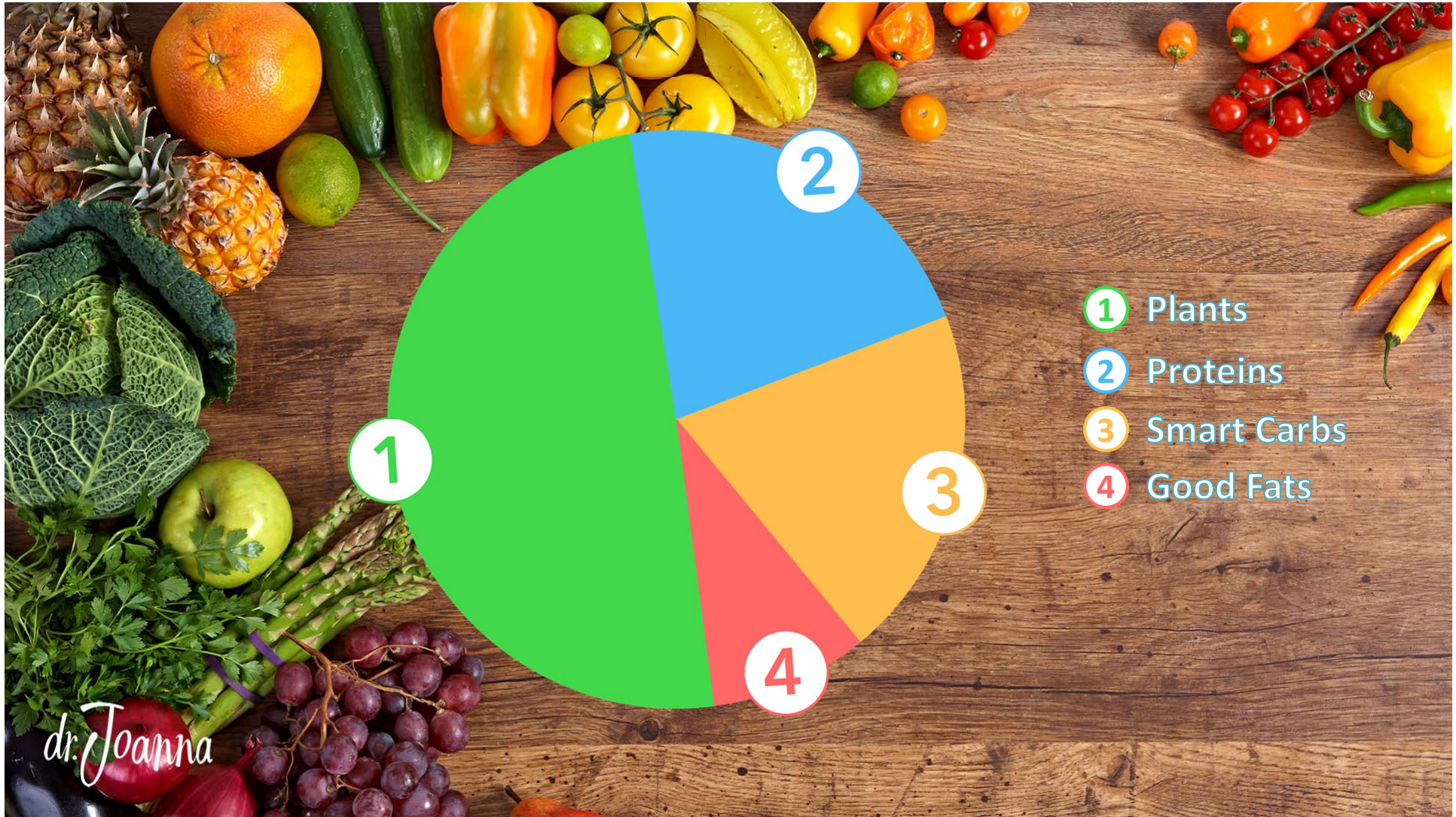
Joy

Sleep

Exercise

Activity

dr. Joanna



Eating Habits



dr.
Joanna

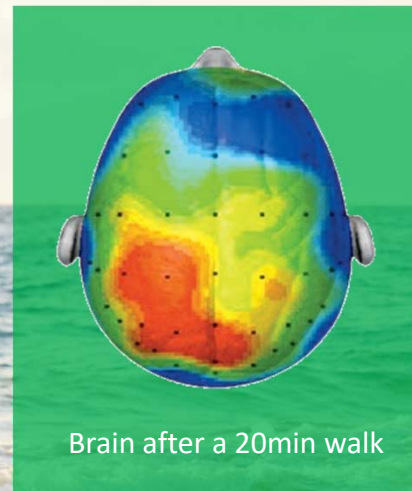
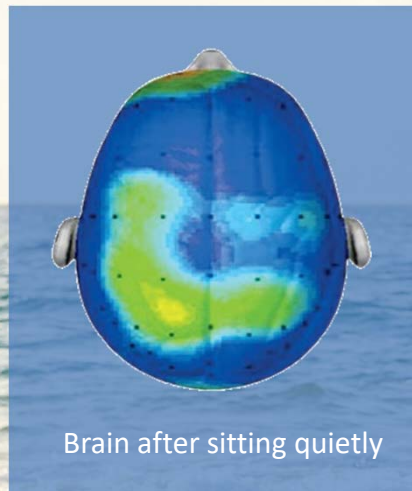
Drinks





The Magic Pill

Exercise & Activity



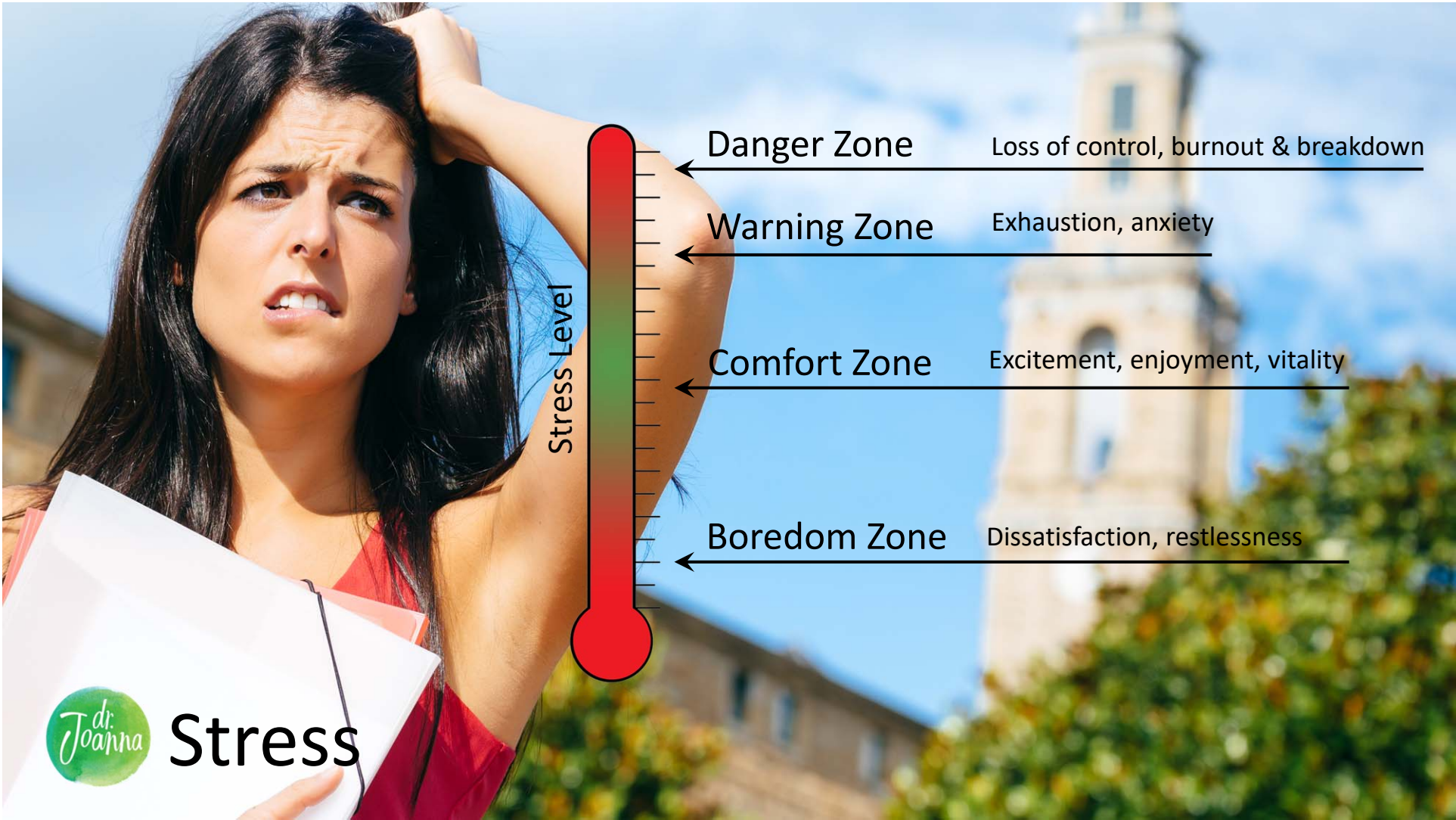
Courtesy: Dr Chuck Hillman, University of Illinois





Sleep





Danger Zone

Loss of control, burnout & breakdown

Warning Zone

Exhaustion, anxiety

Comfort Zone

Excitement, enjoyment, vitality

Boredom Zone

Dissatisfaction, restlessness



Stress



Stress

Food

Drink

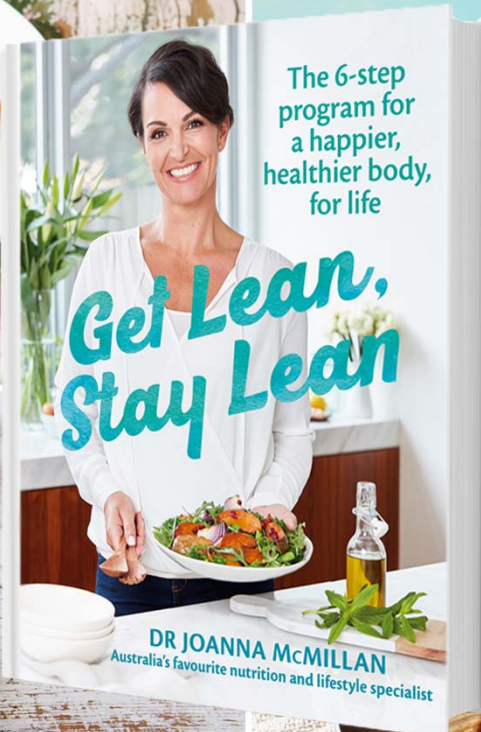
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Check out my TedX talk
'Eat for Real Change'

1 year Free on GET LEAN!

PROMO CODE:

PAHEALTH18