

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





Reality:

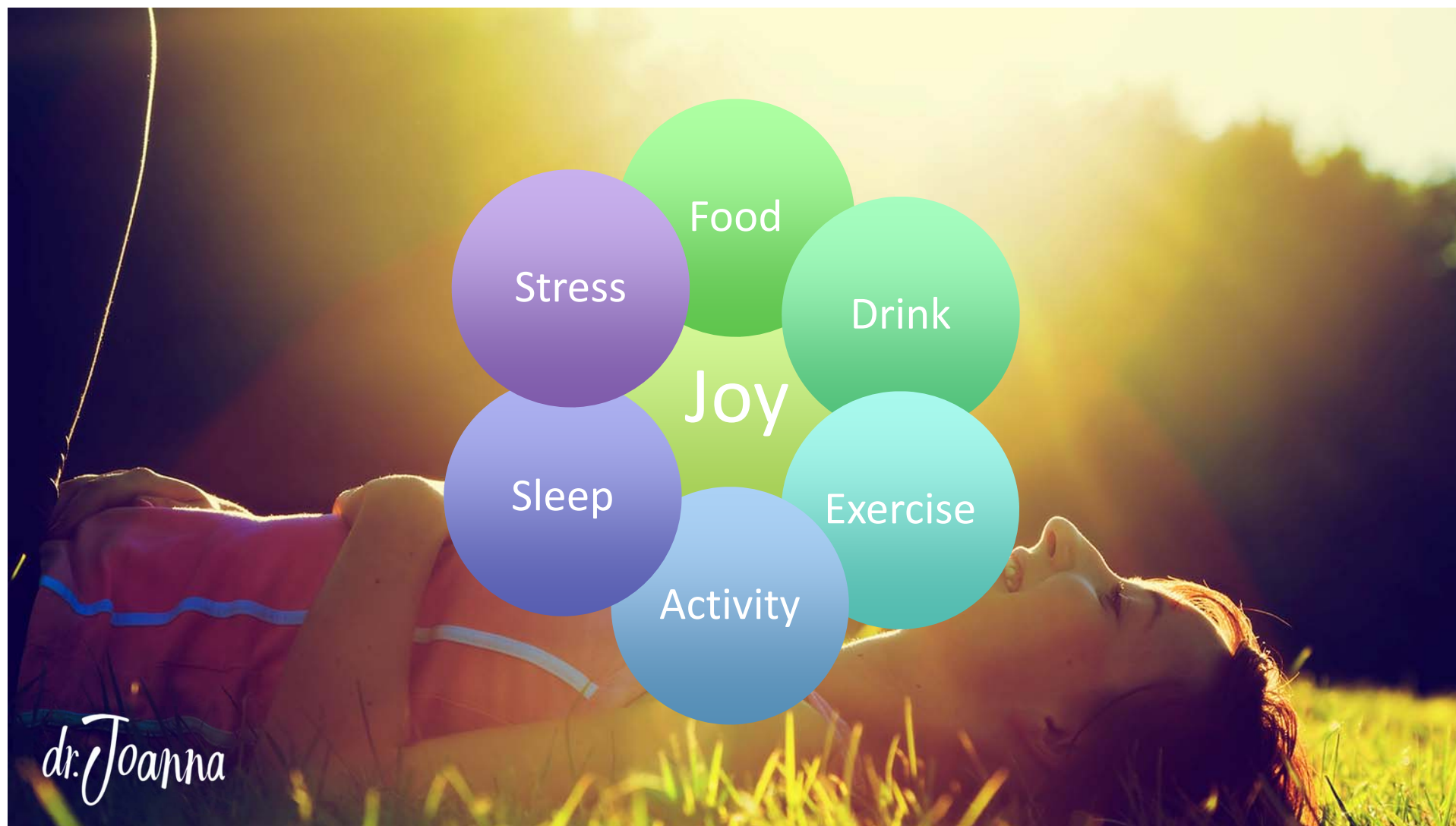
1/3 “discretionary”
(junk)

Only 7% eat enough
veggies

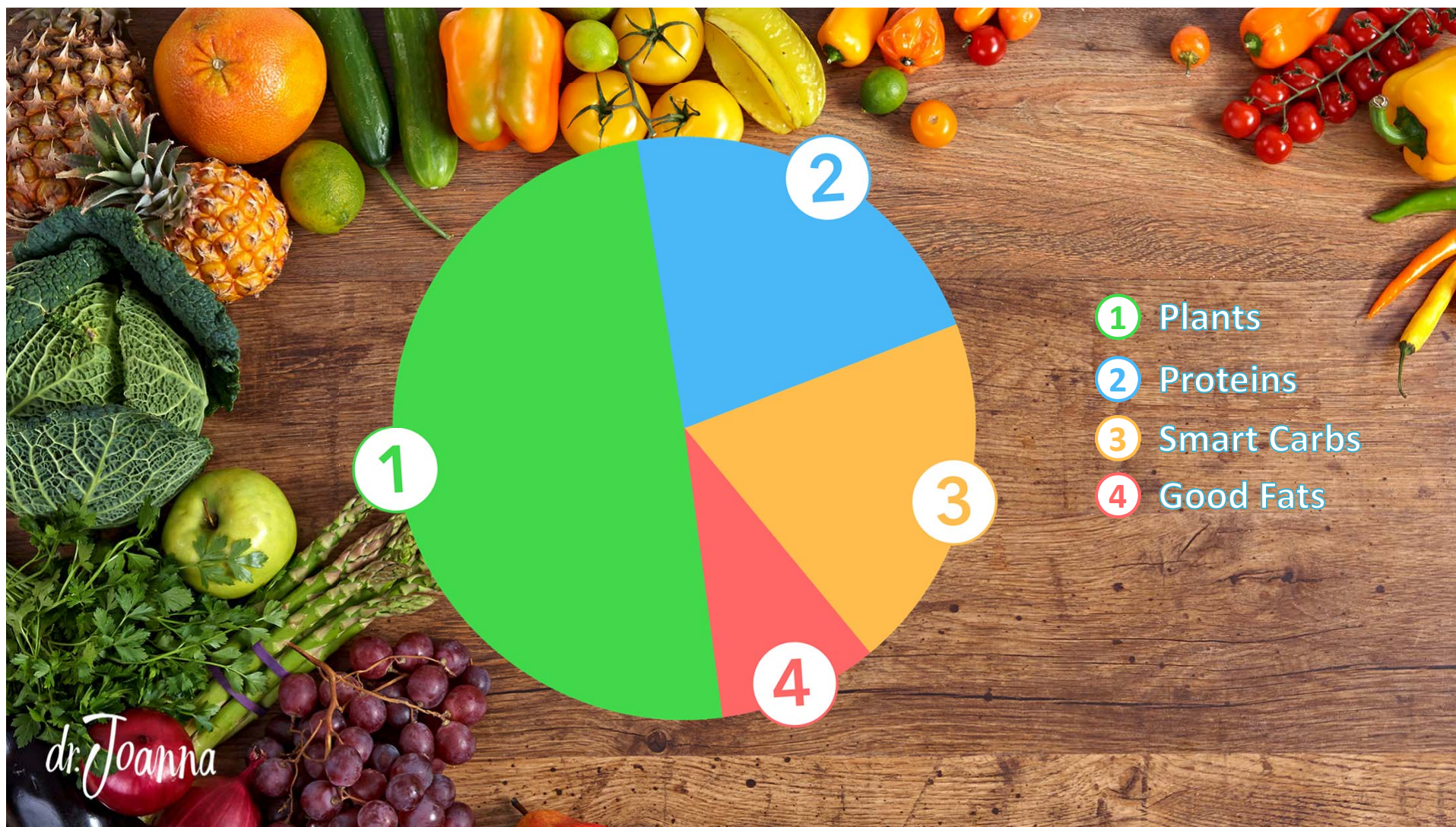




What is the way forward?



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Eating Habits





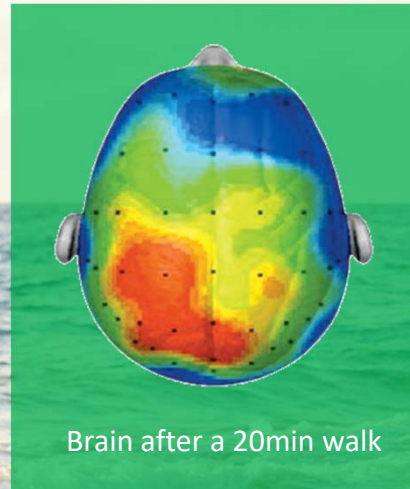
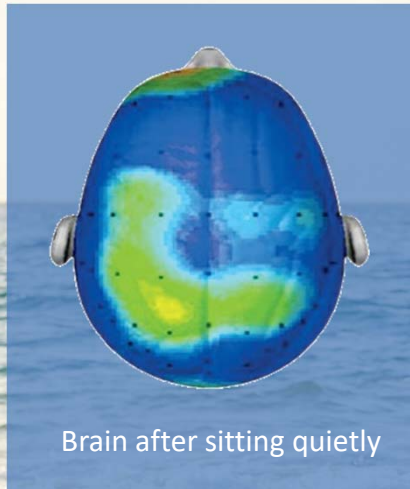
Drinks





The Magic Pill

Exercise & Activity

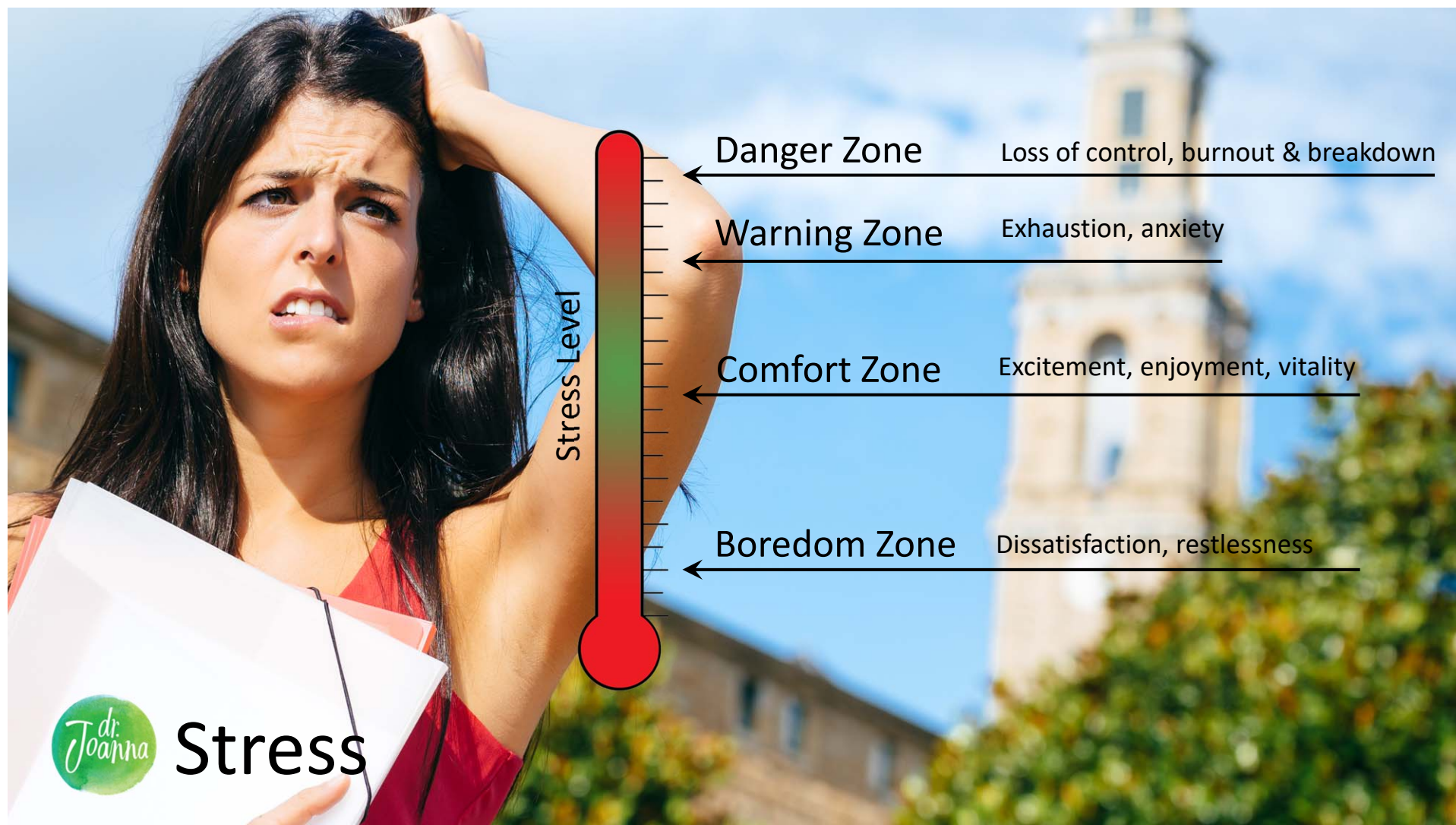


Courtesy: Dr Chuck Hillman, University of Illinois



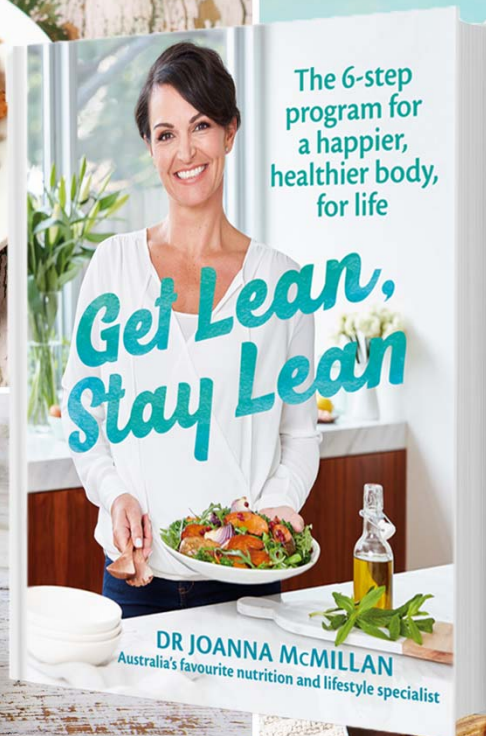
Sleep







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drjoanna.com.au



drjoannamcmillan



@joannanutrition



drjoannamcmillan



Check out my TedX talk
'Eat for Real Change'

1 year Free on GET LEAN!

PROMO CODE:

PAHEALTH18