



A Healthy View™

Looking after your health from the inside out



Highly Commended Nutritional Medicine Practitioner 2016

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 so she truly understands the needs of time-poor corporate executives who, family or not, want health but not hassle. She is often introduced by health magazine editors as "the modern day nutritionist – the one who likes a bit of wine and coffee." She is not Paleo Pete or I Quit Sugar, but perfectly placed somewhere in the healthy middle.

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. Women who say their addiction to food caused their divorce; executives who say they don't like going to the boardroom without her five top tips; and politicians, and their families, who come to her wellness retreats. Recognising her sensible approach to nutrition, two years ago, Wiley Publishing commissioned Michele to write *Beating Sugar Addictions for Dummies*.

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Recipe* Retreats*Consults
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In 2017 life is busy, but the desire for a lean body, clear mind and happy hormones are on the rise. Michele is a sought after presenter because she is authentic and connects to people who desire knowledge, but not in an overwhelming jargon filled way or with a fad diet.

Every week, Michele works with major banks in Australia - Westpac, CBA, ANZ, HSBC, and corporations like Apple, Dropbox, Dexus, News.com, MFAA, Women in Focus, ACCOR, Westfield, Department of Defence, Tourism Portfolio, Heart Research Australia, Cure Cancer, and schools and education events. She is the keynote speaker for the Heads of Schools of Australia and the Positive Schools Conference in Hong Kong. Michele is also an ambassador for Jamie Oliver's Food Revolution and for the launch of THAT SUGAR FILM.

Michele is the Nature Care College Ambassador, Cure Cancer Ambassador and Heart Research Institute Ambassador and consults for the Accor Group. 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 she often declares, "It makes the New Yorker come out in her."

When Michele is not out speaking, writing or seeing patients, she can often be found at her cafe, The Balmoral Boatshed. It is the perfect spot for filming, interviewing, or just enjoying a glass of wine (which she will tell you reduces your cortisol and can lead to a calmer, happier and perhaps leaner person!).

Michele loves to write, so along with her blog and social media, she writes for *Body & Soul*, *Huffington Post*, *Mama Mia*, *The Glow*, *Prevention*, *Wellbeing*, *Clean*, *Cosmo*, *MindFood* and many more. Michele's first book, *Beating Sugar for Dummies* was published in 2013 and her current book, a #1 best seller, *The Healthy Hormone Diet*, was released a few months ago. Michele often appears on The Sunrise Show to discuss the World Health Organisation's recommendations on nutrition, cancer and sugar.

Last year, 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.

She is the mother of three hungry teenagers, a busy husband, a messy home and a really dumb dog. Michele often weaves her personal life stories into her speaking engagements. She talks about her own adrenal fatigue after her younger brother died, only last year, from toxic fumes and lung cancer as a result of being a fireman on 9-11. She explains her personal experience of becoming a conscious cook when she sailed around the world for two years with her husband and baby. She concludes, "Life has many bumps, but with good nutrition, we can nourish a productive brain, a healthy body, and emotional stability".

For more information, or to contact Michele, please email Michele@ahealthyview.com or phone on 0403 606 225.