

EATING FOR HEALTH & WELLNESS

*How plant-based eating can help you lose weight,
heal & prevent chronic illness*





MY STORY

EATING FOR HEALTH & WELLNESS

REDUCING INFLAMMATION



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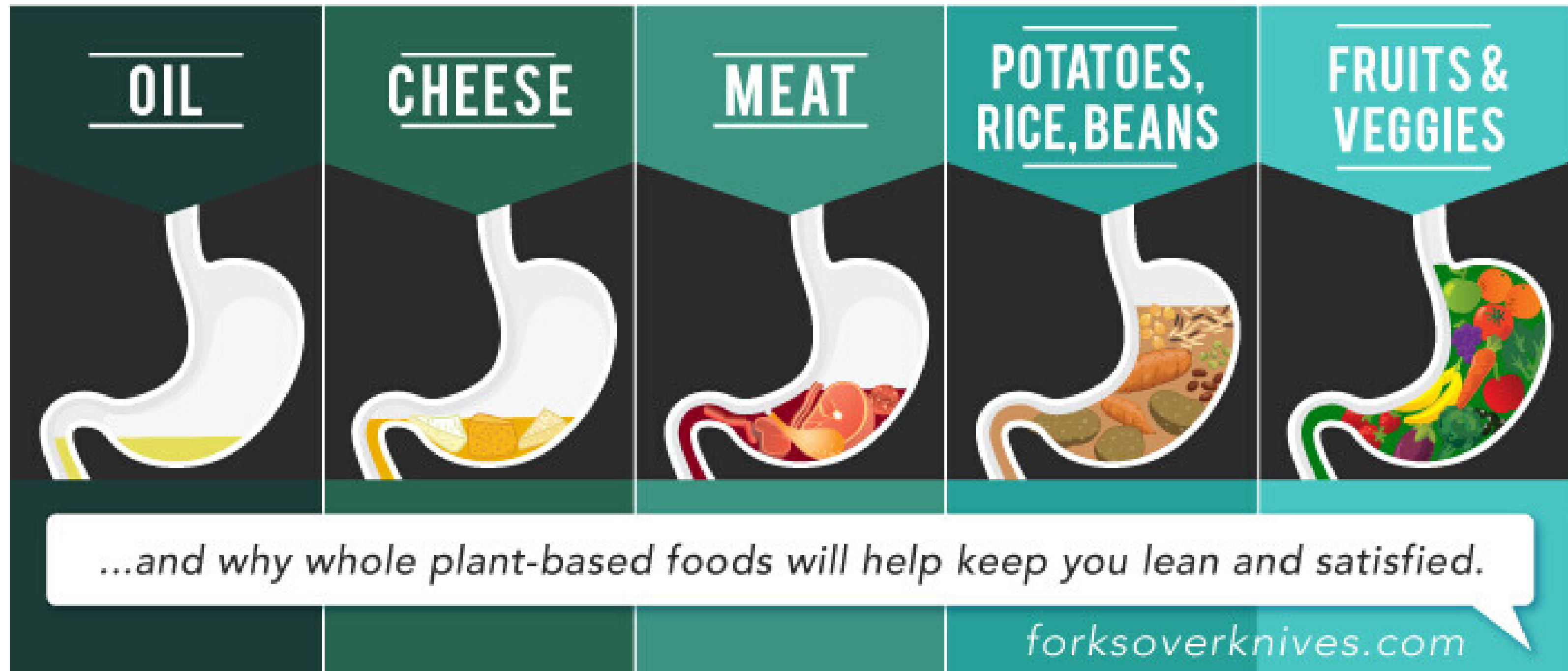
*Anti-inflammatory
diet & lifestyle*

EATING FOR HEALTH & WELLNESS

WHAT IS A WHOLE FOOD, PLANT-BASED DIET?



CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE





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BENEFITS OF A PLANT-BASED LIFESTYLE

THE GUT MICROBIOME

*The bad news & the
good news...*



Bull & Plummer (2014)

INFLAMMATION

The precursor to chronic illness



Nilsson (2010)

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WHY NO ANIMAL PRODUCTS?



Erldge (2007), Chavarro (2008)

WHY NO CHEESE?

A close-up photograph of an olive branch with several olives and silvery-green leaves. The lighting is soft, creating a warm, natural feel. The olives are in various stages of ripeness, with some showing a slight yellowish tint.

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WHY NO OIL?

*Eyres et al (2016),
Vogel, et al (2000)*

Healthy Eating?





62%
**OF ADULT AUSTRALIANS ARE
OVERWEIGHT OR OBESE**

Australian Institute of Health & Welfare, 2018

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90%

**ADULTS DON'T EAT ENOUGH
FRUITS & VEGETABLES**

Australian Institute of Health & Welfare, 2018



50%
**HAVE A PREVENTABLE
CHRONIC HEALTH CONDITION**

Australian Institute of Health & Welfare, 2018



1 IN 3
DEATHS ARE DUE TO
CARDIOVASCULAR DISEASE

Australian Institute of Health & Welfare, 2018

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**1.2 MILLION
AUSTRALIANS HAVE
TYPE 2 DIABETES**

Australian Institute of Health & Welfare, 2018

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5 %
**AUSTRALIANS HAVE AN
AUTOIMMUNE CONDITION**

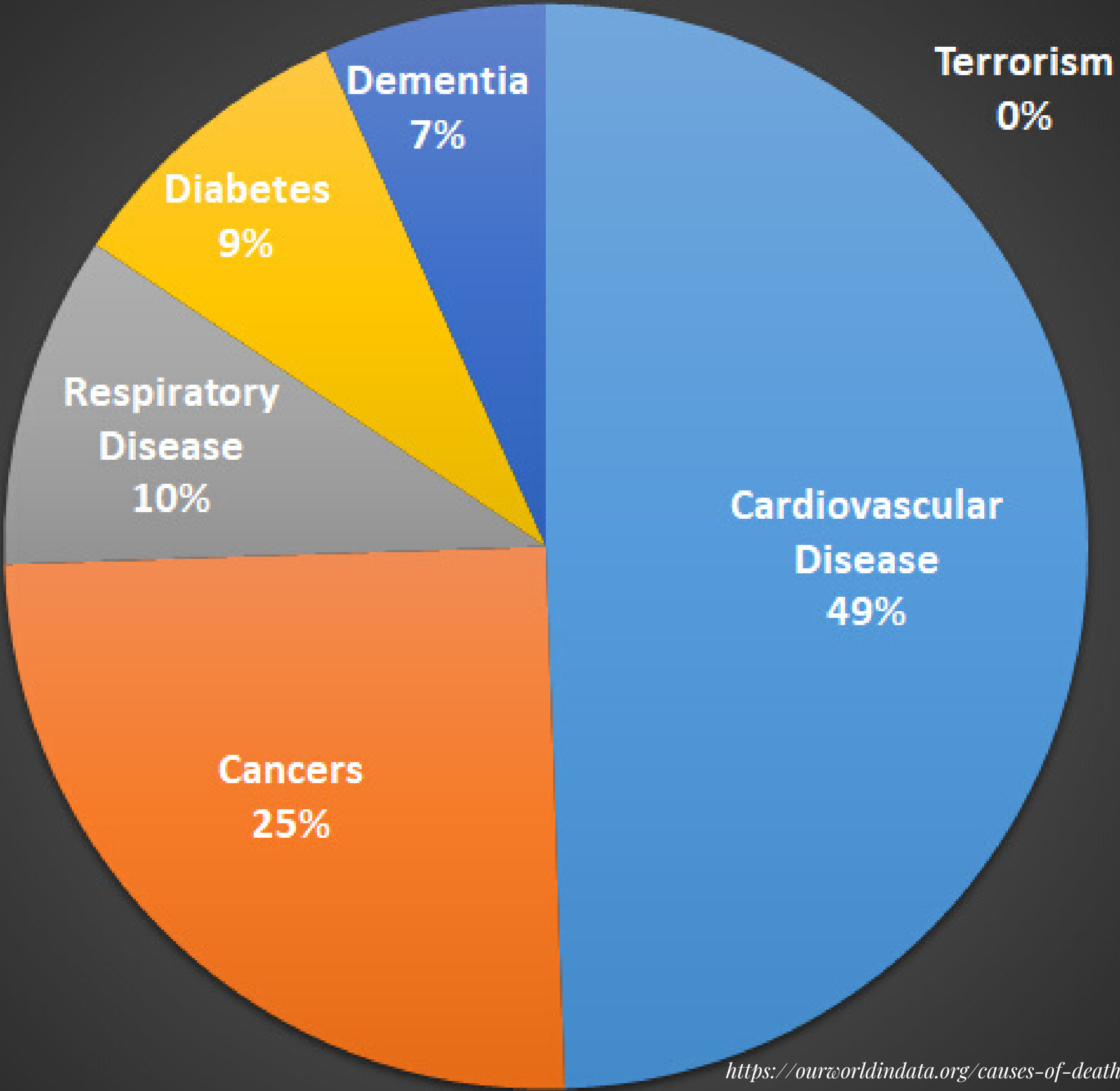
Australian Institute of Health & Welfare, 2018

A small, pink piglet is standing in shallow, rippling water. The piglet is facing right, looking slightly upwards. Its ears are large and pointed. The water is clear, and the background is a soft-focus view of the ocean with gentle waves.

CANCER

AUSTRALIA HAS THE SECOND
HIGHEST CANCER RATE IN THE
WORLD

Australian Institute of Health & Welfare, 2018



Top 5 Causes
of Death
Worldwide
(2016)

<https://ourworldindata.org/causes-of-death>

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MISINFORMATION

*"People like to hear good news
about their bad habits" Rich Roll*

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COMMON CONCERNS



PROTEIN



Preis, et al (2010)

IRON



Yang, et al (2014)

CALCIUM



Bischoff-Ferrari, et al (2011)

OMEGA 3S



Carpenter (2008)

IODINE



APHDPC (2007)

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VITAMIN B₁₂

Allen (2009)



Pandemics
Animal cruelty
Global warming
Human rights
Water

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BUT WHAT DO YOU EAT?

Eat in Abundance.

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Breakfast



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Lunch



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Dinner



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Sweet Tooth



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RESULTS SO FAR

NO RELAPSES

RESULTS SO FAR

NO RELAPSES

SUSTAINABLE WEIGHT LOSS

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SYMPTOM FREE

RESOURCES

www.nutritionfacts.org

www.plantproof.com

www.drmcDougall.com

www.pcrm.org

www.nourishfoodeducation.com

www.justeatplants.com.au

