



The carbs affair

Weight, IBS and GDM

Elaine Chong
NZ Registered Dietitian
Monash FODMAP Trained
Australasian Society of Lifestyle Medicine



OTAGO UNIVERSITY

1991

THE COVID LESSONS

Elaine Chong

NZ Registered Dietitian

Health & Lifestyle Coach

Monash FODMAP Trained

Microba Health Practitioner

THREE LESSONS

Habit Forming

Every experience is a neuron connection,

Every neuron connection has the potential to form or break a habit

Technology

Can enhance Experiential Learning

Ultra-processed Foods

A change everyone could benefit from

LESSON ONE

Every experience is a neuron connection

Every neuron connection has the potential to form or break a habit



Experiences Build Brain Architecture <https://www.youtube.com/watch?v=VNNsN9IJkws>



治愈来自聆听

ZHÌ YÙ LÁI ZÌ LÍNG TĪNG

HEALING COMES WHEN
SOMEONE REALLY LISTENS

LESSON ONE

Habit Forming

Every experience is a neuron connection,
Every neuron connection has the potential to form or break a habit

Healing

comes when someone really listens

Sometimes the best thing we can do is

Hold the space



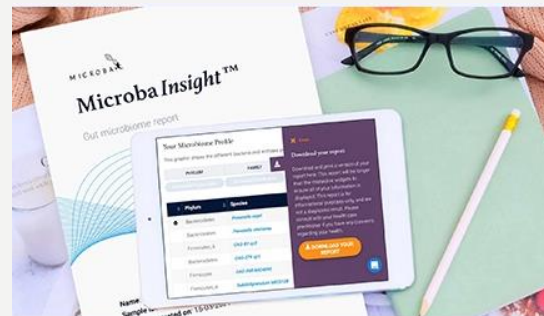
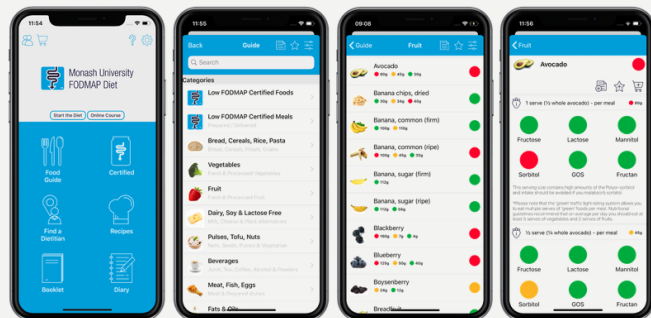
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ZHÌ YÙ LÁI ZÌ LÍNG TĪNG

HEALING COMES WHEN
SOMEONE REALLY LISTENS

LESSON TWO

Technology can enhance Experiential Learning





Technology
can enhance Experiential Learning

LESSON TWO

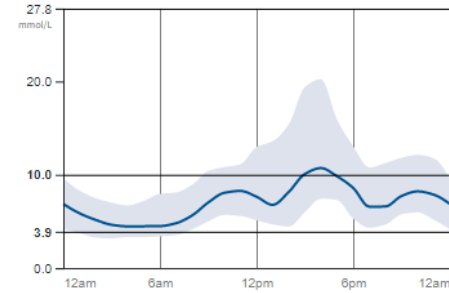
21 October 2022 – 3 November 2022

FreeStyle LibreLink SN: 711957CF-CE29-4EB6-927E-2A661A9E3325

7.3
mmol/L
Average Glucose

100%
Days of Data

8
Hypo events



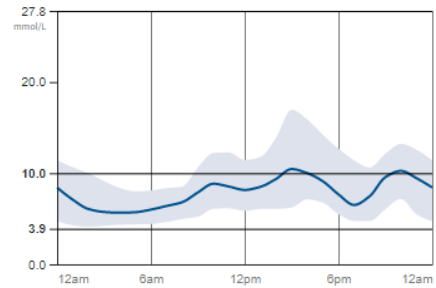
4 November 2022 – 17 November 2022

FreeStyle LibreLink SN: 711957CF-CE29-4EB6-927E-2A661A9E3325

8.1
mmol/L
Average Glucose

100%
Days of Data

2
Hypo events



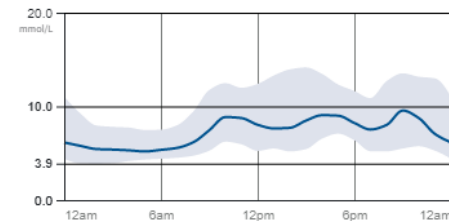
18 November 2022 – 1 December 2022

FreeStyle LibreLink SN: 711957CF-CE29-4EB6-927E-2A661A9E3325

7.6
mmol/L
Average Glucose

100%
Days of Data

2
Hypo events



Technology
can enhance Experiential Learning

LESSON THREE

A change everyone could benefit from

ultra-processed food is a



CHEMICAL SH*T STORM

rebelDIETITIAN.US

LESSON THREE

Limit food with numbers and ingredients that do not look like food



Ingredients

Cheese¹ (60%) (Milk, Salt, Cultures, Vegetarian and/or Calves Rennet), Water, Milk Solids, Emulsifiers (331, 339), Salt, Acidity Regulator (330), Preservative (200)

2 Contains 22% edam cheese.



Ingredients

Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)

THREE
LESSONS
COVID TAUGHT ME

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Healing comes when someone really listens
Sometimes the best thing we can do is hold the space

Technology

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Ultra-processed Foods

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limit food with numbers and ingredients that do no look like food