

Ditch the fads, hack your habits

Dr Julia Jones, aka Dr Rock

Smart Wellness[®]
By Dr Julia Jones



TheMusicLicence



5 decades of
huge diet and fitness trends
FAILED

Genetics & Epigenetics

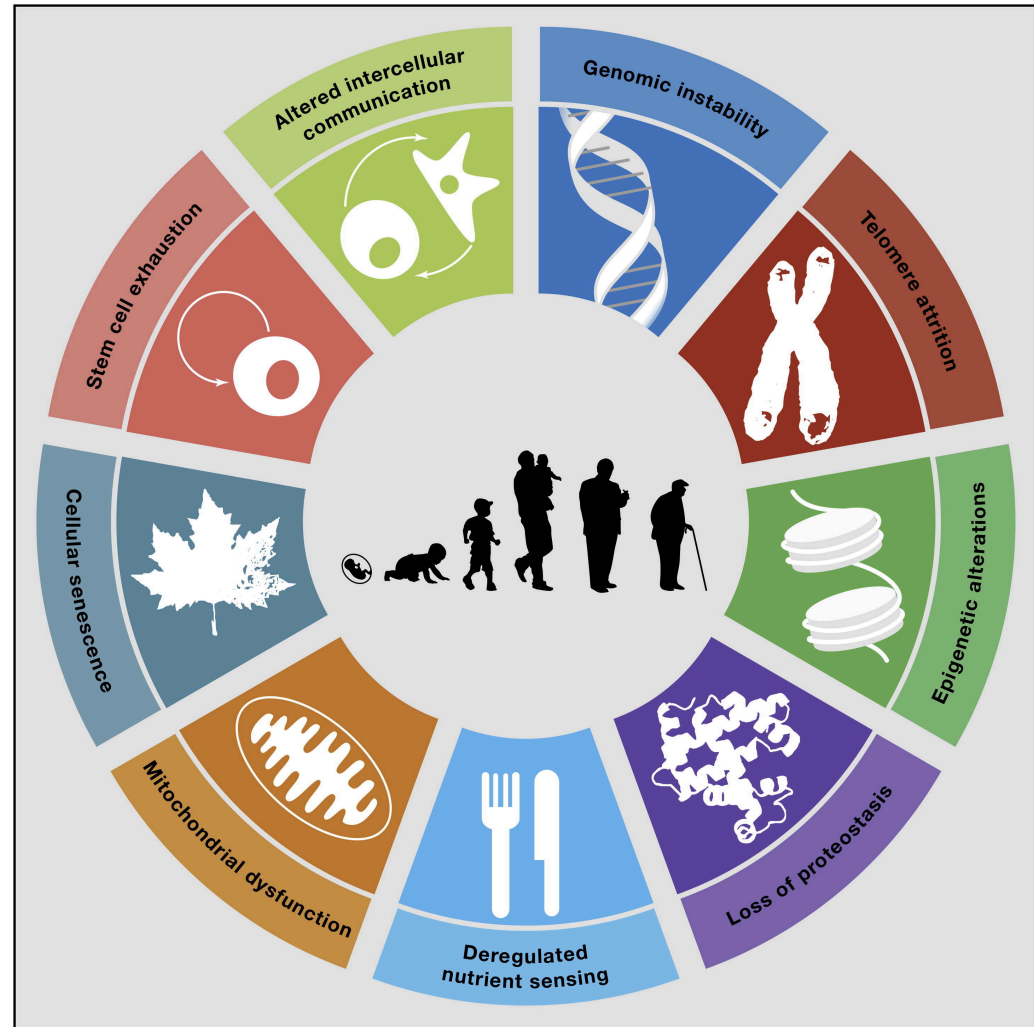
30 years of “BIOHACKING”

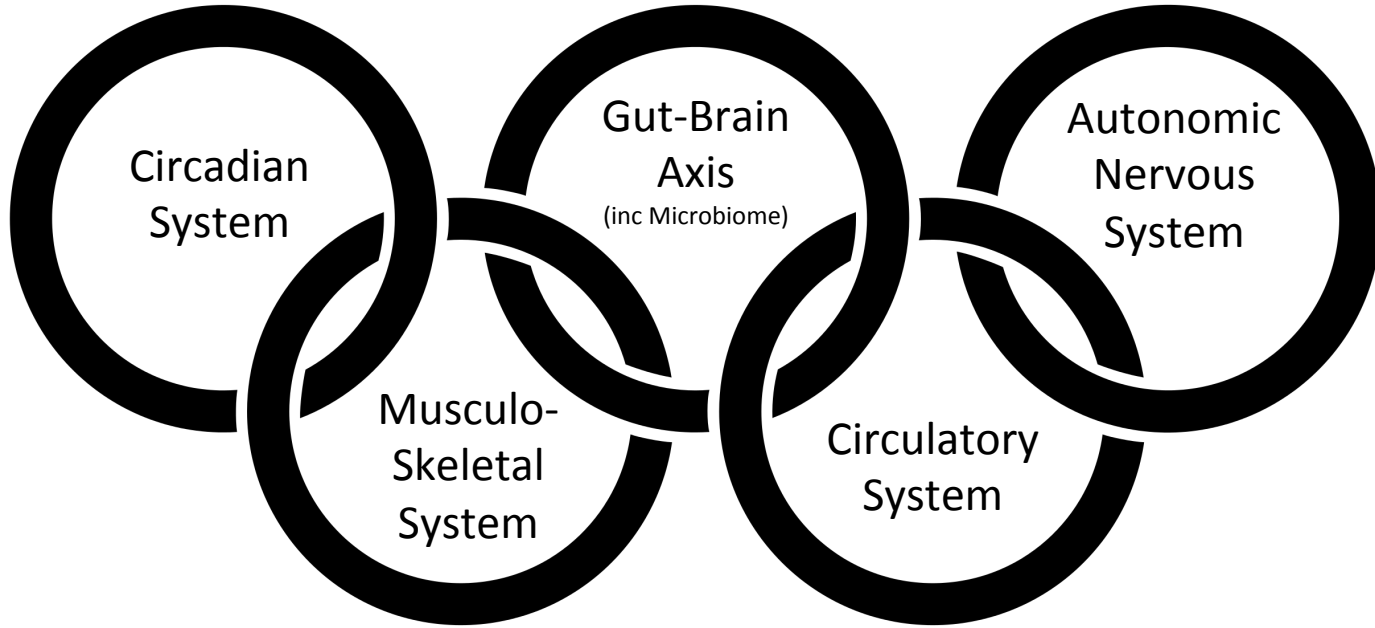
Did you know
MUSIC
is a biohack?

Tiny changes
to existing habits
helps slow
biological ageing

The 12 Hallmarks of Ageing

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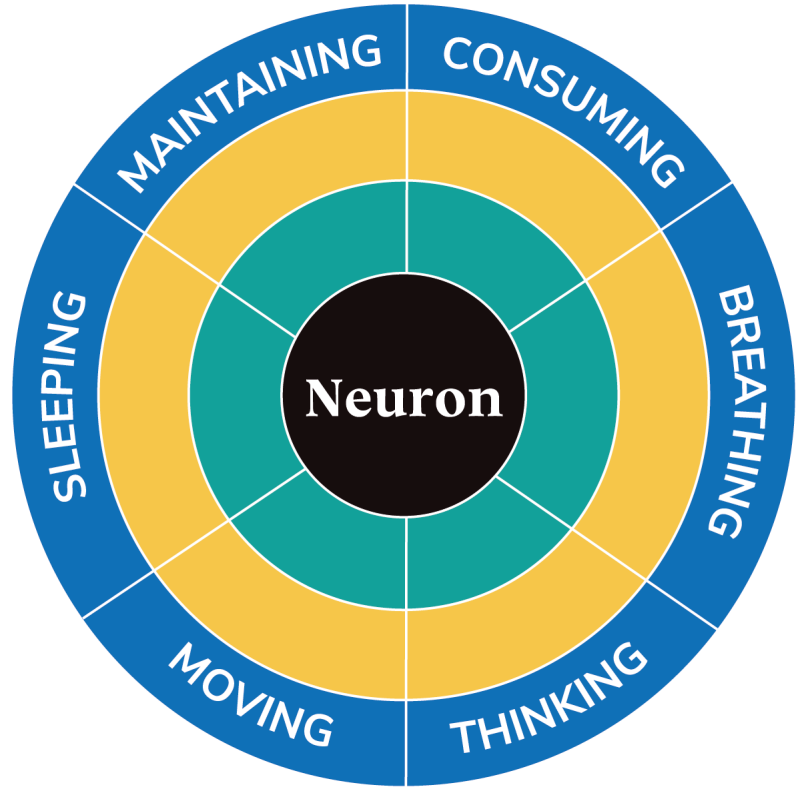




Join my weekly Habit Hacking Club

- Live calls
- Top tips
- Science made easy

www.smartwellness.co.uk



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Learn more about the
power of music and
habit hacking science

Thanks for listening 😊

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