

AUTHOR SPOTLIGHT

The New Normal

The secret to
lasting habit change



Dr Julia Jones
& Steph McGovern



Main Finding

Any preventative health approach that:

a) requires ongoing effort and/or cost

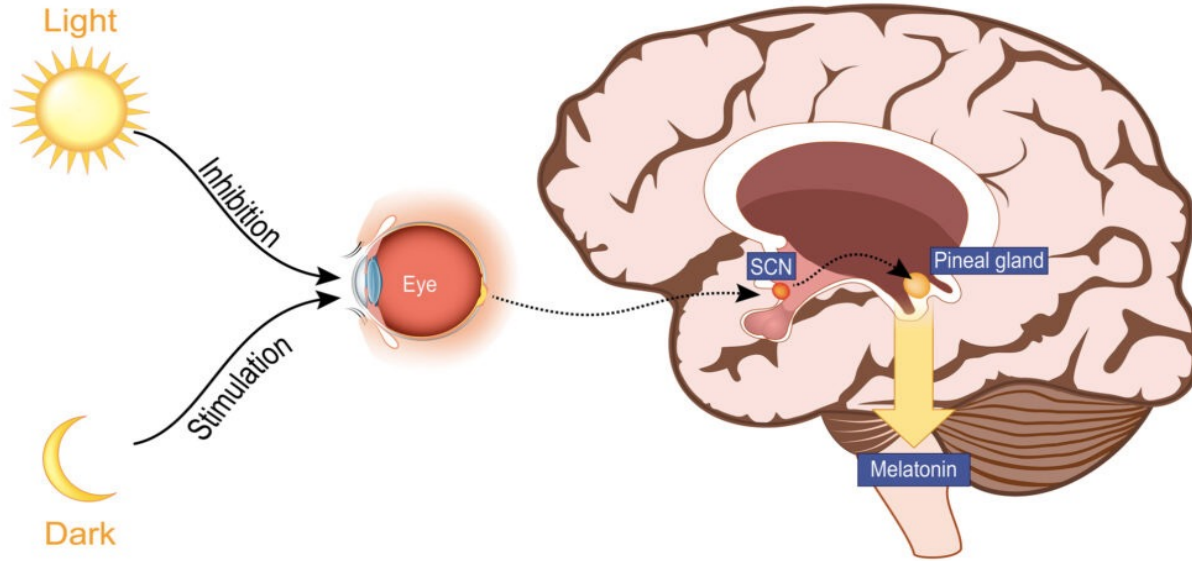
b) isn't highly aligned with our ancient biology

is highly unlikely to be sustained by most people

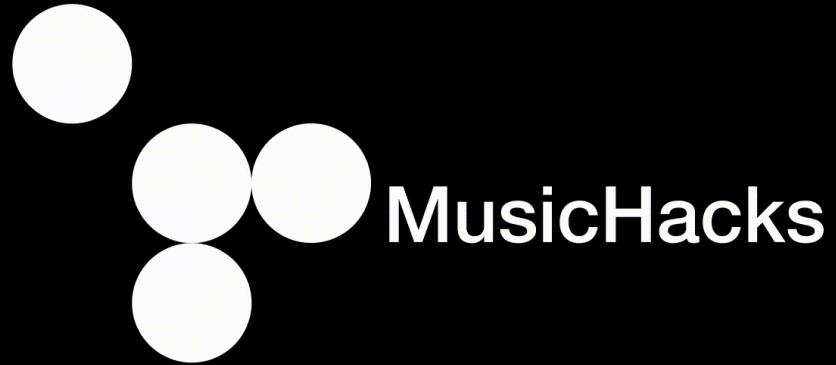
3 key evolutionary systems

1. The autonomic nervous system (stress)
2. The Circadian system (sleep)
3. The gut-brain-axis
(metabolism/immunity/repair/mental health)

Evolutionary biology – The Circadian System



Evolutionary biology – The Autonomic Nervous System



MUSIC AS A METRONOME

These 'MusicHacks' tracks extend your exhales
&
are resonance frequency rate for max effect
(6 breaths per minute)



NO DOLPHINS, WAVES, OR PAN PIPES



Let's bust the myth!



LISTEN

and breathe

(These are on Spotify / Apple Music titled 'MusicHacks')



NEXT STEPS

Fill the knowledge gap ASAP

&

Provide daily accountability support from humans



I now teach these 3 evolutionary biology circuits via my 90-DAY RESET

TikTok: @drjuliajones
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Join me May 15th at my live showcase in Soho

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AKA DR ROCK LIVE**

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