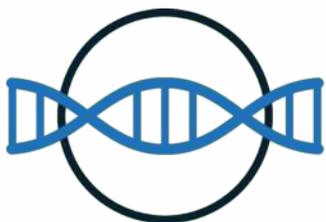


Welcome to our Series
Please turn off your cameras and mute your audio
We will get started shortly



**GNEM SYMPOSIUM
SPEAKER SERIES**

presented by The Neuromuscular Disease Foundation



Sogol Ash, MS
Hollistic Wellness Coach &
Preventive Health Specialist

"Nutrition for an Optimized Life"

Learn about the mind-gut connection and foods that optimize energy levels

July 10, 2020
12pm PDT/3pm EDT



**NEUROMUSCULAR
DISEASE FOUNDATION**



Speaker Series #71020

Sogol Ash, MS

Holistic Wellness Coach and Preventive Health Specialist

“Nutrition for an Optimized Life”

Learn about the mind-gut connection and foods that optimize energy levels

An Overview of what to expect in this talk:

Intro:

1. Meet Sogol - NDF Ambassador, Board Member, Gala Chair
2. Intro to holistic nutrition, the mind-gut connection and eating for energy
3. Mission: to support patients in improving their quality of life through nutrition and mindfulness techniques

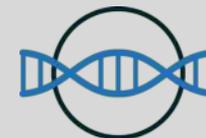


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Let's Prepare

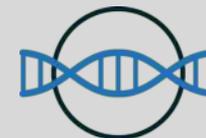
- Take a moment to close your eyes and think about what your intention is for being here... what do you want to get out of this today?
- Open up to what you are going to hear and allow that intention to manifest



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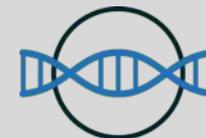
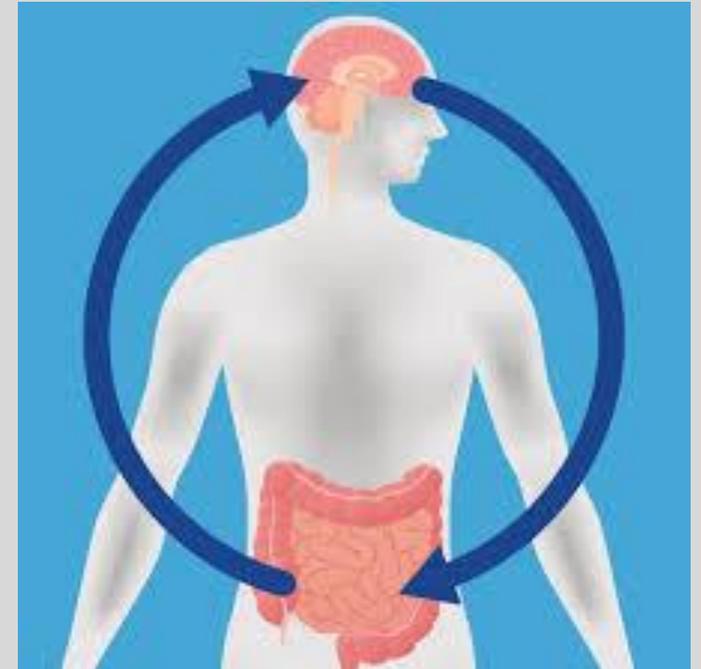
Nutrition is Not Just Food

- Nutrition is more than the food we consume, it's
 - ◎ the air we breathe
 - ◎ the people we surround ourselves with
 - ◎ the activities we do
 - ◎ our emotions
- We take in *everything*, not just food



The Mind-Gut Connection

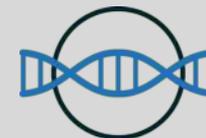
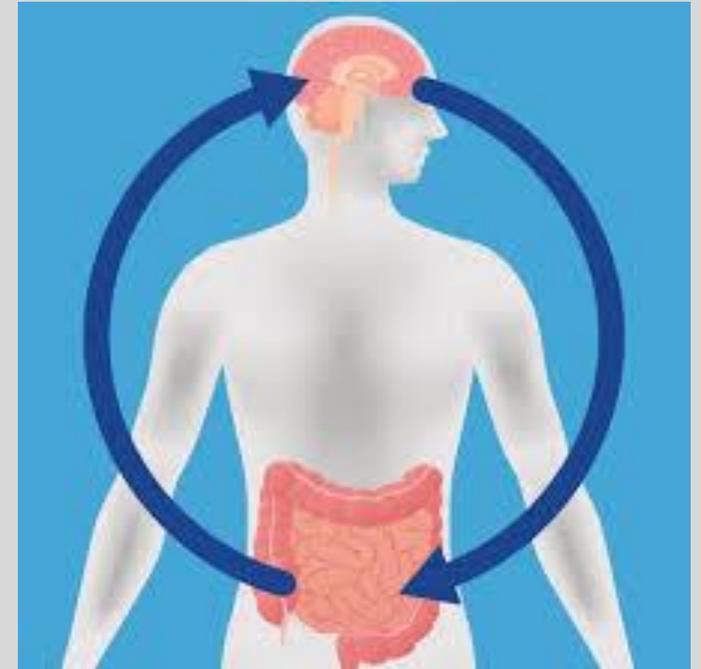
- Have you ever “gone with your gut” or felt “butterflies” in your stomach?
- These signals come from your *second* brain hidden in the walls of your digestive system
- Enteric Nervous System (ENS)
 - ⦿ Controls digestion & constantly communicates back & forth with our “main” brain



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The Mind-Gut Connection

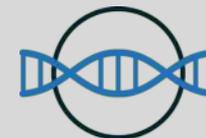
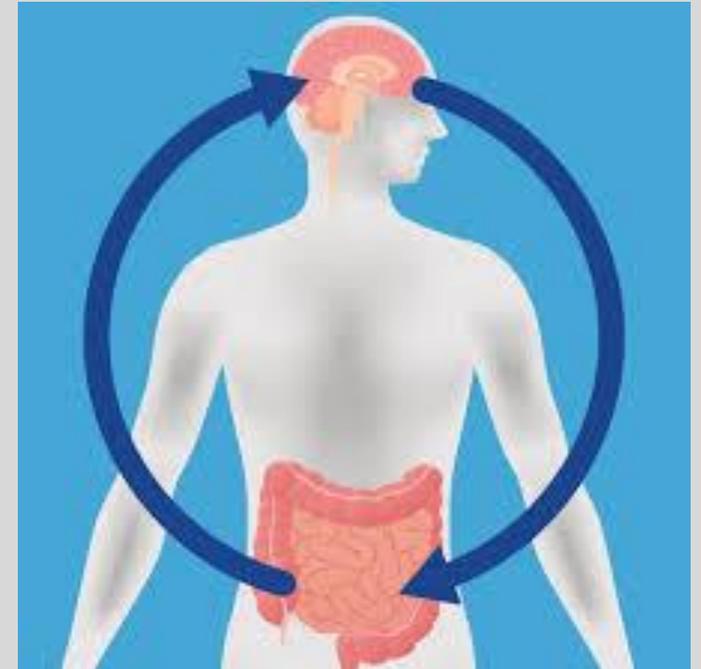
- The GI tract is sensitive to emotions
- Changes in mood like stress, anxiety, anger, happiness, sadness, (any feeling) can trigger symptoms in the gut
- Vice versa: changes in our gut (poor diet, disease, etc) can affect mood such as depression & anxiety



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The Mind-Gut Connection

- Sympathetic Nervous System: **“Fight or Flight”**
- Parasympathetic Nervous System: **“Rest & Digest”**
- For our body to actually digest our food we need to be **in parasympathetic mode**



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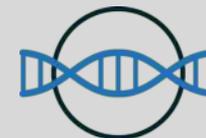
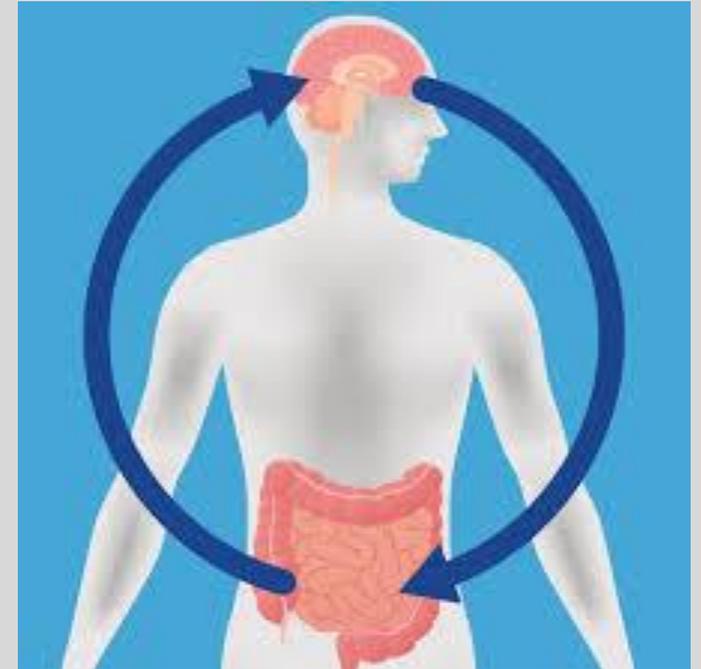
Our Cells are Eavesdropping

- Our cells are constantly listening to our thoughts
- Each thought causes neurochemical changes
 - ◎ Neurotransmitters send messages back & forth from our brain to all parts of our body
- We have a choice in determining what input our genes receive
 - ◎ More positive input = more positive gene output!



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**So how can we support our
mind-gut connection?**



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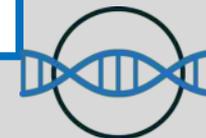
Prepare your body for meals.

- Take **5 deep breaths** before you eat
- **Count in for 5, count out for 5**
 - ◎ Calm the nerves in your gut
 - ◎ Support parasympathetic tone
 - ◎ Have better intestinal contraction
 - ◎ Absorb maximal nutrients for **optimal energy**
 - ◎ Allow your digestive system to do what it's meant to do!



Eat mindfully.

- *How* we eat is just as important as *what* we eat
- How often are you actually *tasting* and *feeling* the food you're eating?
- How *quickly* is your plate cleared?
- Are you distracted? (*i.e. answering emails, scrolling Instagram*)
- What's your body position? (*hunched over, laying in bed watching TV?*)



Mindful Eating Tools

1. Prepare

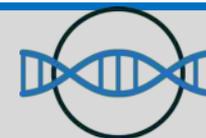
- ◎ *Take a few deep breaths before starting a meal to prepare your digestive system (even one breath helps!)*

2. Assume the position

- ◎ *Try to eat at a table with upright posture. Avoid standing, hunching over or laying in bed.*

3. Try your best to stay present

- ◎ *Bring awareness to your meal & try to avoid distractions such as working, watching TV, scrolling instagram, etc. as these often lead to overeating.*



Mindful Eating Tools

4. Eat with pleasure

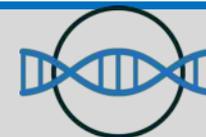
- ◎ *Food is meant to bring pleasure! So connect with your food! Try to really take in the flavors and feel the textures.*

5. Eat slowly

- ◎ *Take the time to actually chew your food & break it down so your body can absorb the nutrients properly. We don't have teeth in our tummies!*

6. Be easy on yourself

- ◎ *Don't strive for perfection. If you can't always eat mindfully, just do your best!*



Feeling sluggish?



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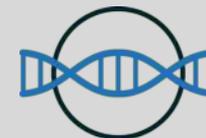
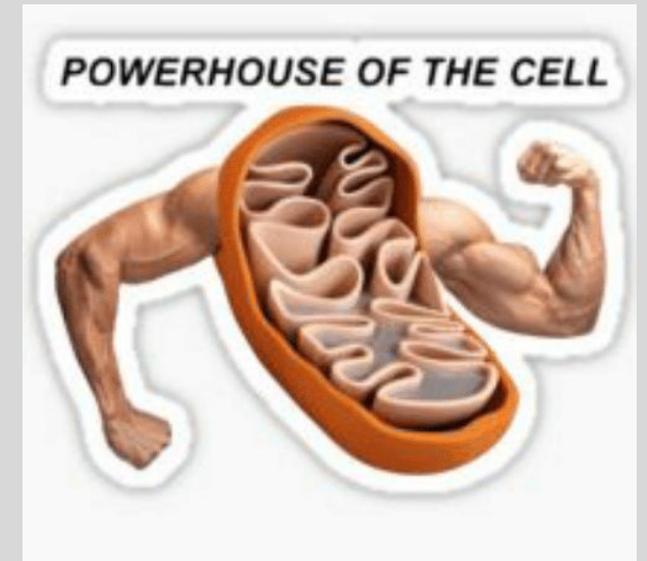
Food is a Messenger

- Food provides a complex message to the body, telling our genes to either create health or disease!
- Directly affects our energy levels and overall vitality
- **We want to ensure that message encourages health & wellness**
 - ◎ to promote energy
 - ◎ cell regeneration
 - ◎ detoxification
 - ◎ neuron production
 - ◎ memory improvement



Mitochondria: the Powerhouse

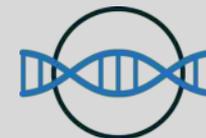
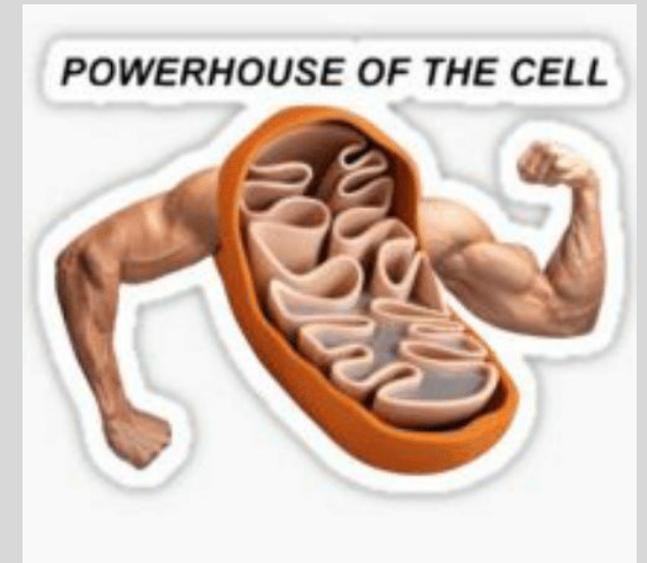
- Mitochondria = powerhouses of our cells, use nutrients from food & oxygen to create **energy**
- Healthy mitochondria are important for optimal energy and overall vitality
- When mitochondria are healthy = help reduce pain, fatigue, & cognitive problems, support muscle mass & burn excess fat



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Unhealthy Mitochondria

- Eating foods that encourage generalized inflammation & pain can damage mitochondria
- If our powerhouses are unhealthy, then our body can't produce energy as well » so we feel tired, sluggish, foggy, and overall “bleh”
- Damage to mitochondria increases risk of developing diseases such as diabetes & neurological conditions



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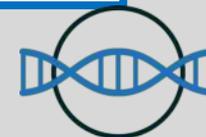
So what can we do?

- Eat real food as much as possible
- Try to stay away from processed foods
- Stay mindful of ingredient labels
- Many items have multiple kinds of sugar (hidden)
- *If your eyes don't recognize it, your body most likely won't either*
- Intermittent fasting

Agave nectar Agave syrup Barley malt **Beet sugar** Brown rice syrup
Brown sugar Buttered syrup Cane sugar Cane juice Cane juice crystals
Carob syrup Confectioner's sugar Corn syrup **High fructose corn syrup**
Corn sugar Corn sweetener Corn syrup solids Crystallized fructose
Date sugar **Dextran** Dextrose Diatase Diastatic malt Evaporated cane juice

WHERE'S ALL THAT SUGAR HIDING?

Fructose Fruit juice Fruit juice concentrate Glucose Glucose solids
Golden sugar Golden syrup **Grape sugar** Grape juice concentrate Honey
Invert sugar **Lactose** Malt Maltodextrin Maltose **Maple syrup** Molasses
Raw sugar Refiner's syrup Sorghum syrup Sucanat Sucrose **Sugar**
Turbinado sugar Yellow sugar



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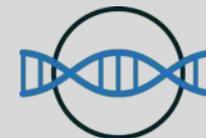
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Eating for Energy

To create energy in mitochondria our body needs an adequate supply of the right macronutrients (proteins, fats, carbs) + B vitamins, coQ10, and antioxidants

Focus on Foods with:

- ◉ protective antioxidants
- ◉ anti-inflammatory nutrients
- ◉ high quality dietary fats
- ◉ low-glycemic impact
- ◉ low-grain, gluten free
- ◉ reduced carbohydrates (ketogenic option)



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Therapeutic Foods: Protein

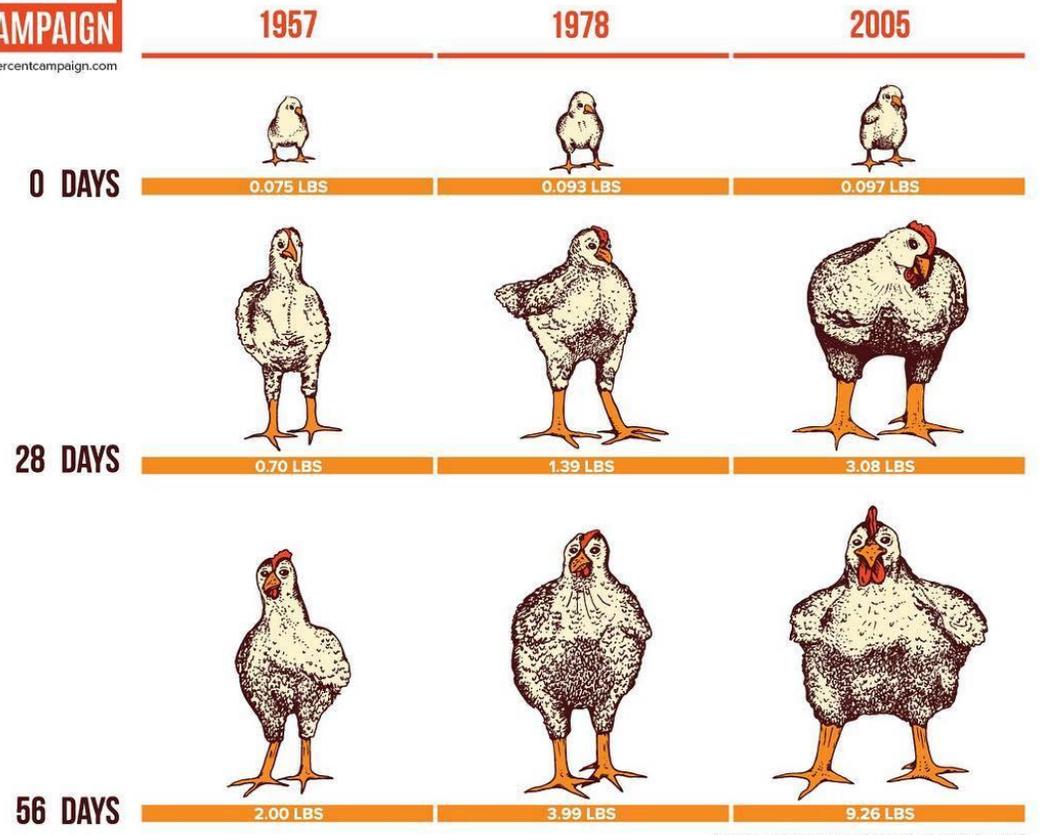
- Choose high quality, clean proteins
 - ◉ Grass-fed, organic, non-genetically modified (GMO) sources
 - ◉ Pasture raised eggs
 - ◉ Wild caught fish
- GMO meats and farmed fish can contain hormones and chemicals that pose a toxic burden to the body » higher risk of disease, fatigue, sluggish liver. etc.
- Bone broth & collagen protein



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CHANGES IN CHICKEN GROWTH



Source : University of Alberta Meat Control



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Therapeutic Foods: Protein

Wild
Alaskan
Salmon

Wild
Cod

Wild Ahi
Tuna

Sardines

Shrimp

Grass-Fed
Lamb

Grass-Fed
Beef/Steak

Grass-Fed
Buffalo
(Bison)

Organic
Chicken

Mackerel

Organic
Pasture
Raised Eggs

Organic
Non-GMO
Tofu

Nitrate-Free
Turkey
Breast

Bone
Broth

Collagen
Powder

Therapeutic Foods: Dairy & Alternatives

- Many people avoid dairy because they find it inflammatory (*remember, listen to **your individual body!***)
- If you are sensitive, but still want to eat dairy, try digestive enzymes with your food
- If you are following a ketogenic approach:
 - ◎ stick to high quality, full fat cheeses (avoid canned or processed)
 - ◎ yogurt & kefir for probiotics & beneficial microbes



Therapeutic Foods: Dairy & Alternatives

Yoghurt

Kefir

Grass-fed
butter

Ghee
(clarified
butter)

Almond
Yogurt

Goat Cheese

Feta Cheese

Parmesan
Cheese

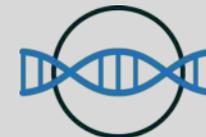
Mozzarella

Almond
Cheese

Almond Milk
unsweetened

Hemp Milk
unsweetened

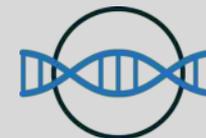
Flax Milk
unsweetened



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Therapeutic Foods: Nuts & Seeds

- Significant sources of omega-3 oils
- Eating a variety of nuts ensures a range of phytonutrients
- Buy nuts & nut butters that aren't heavily salted or roasted in oil
- Easy ways to incorporate:
 - ◎ Try drizzling tahini (sesame seed butter) it over veggies
 - ◎ Add chia, hemp, or flax seeds to salads or smoothies
 - ◎ Snack on fruits/ veggies with nut butter instead of processed snacks
 - ◎ Portion control is key!



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Therapeutic Foods: Nuts & Seeds

Raw
Almonds

Walnuts/
Walnut Oil

Sesame
Seeds /Oil

Chia Seeds

Pumpkin
Seeds/Oil

Raw
Almond
Butter

Raw
Cashews

Tahini

Flaxseeds/
Oil

Pistachios

Raw Pecans

Cashew
Butter

Sunflower
Seeds/
Butter

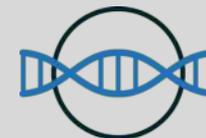
Hemp
Seeds



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Therapeutic Foods: Fats

- ◉ Fat has gotten a bad reputation but actually **fats are friends!**
- ◉ Our body needs **healthy fats** to survive:
 - ◎ Absorb vitamins & nutrients
 - ◎ Create cellular energy
 - ◎ Hormone secretion
- ◉ Stick to **unsaturated** fats (*portion controlled*), stay away from trans & saturated fats
- ◉ For medium to high heat cooking best oils are **coconut oil, MCT oil, & ghee** » less likely to oxidize



Therapeutic Foods: Fats

Extra
Virgin
Olive Oil

Avocados

Avocado
Oil

Coconut
Oil

Flaxseed
Oil

Green
Olives

Black
Olives

Kalamata
Olives

Extra Virgin
Coconut
Butter

Seeds/
Seed Oil

Ghee
(clarified
butter)

Nuts/ Nut
butters

Wild
Salmon/
Sardines

Coconut
Milk

Grass-fed
butter

Therapeutic Foods: Non-Starchy Vegetables

- Provide phytonutrients & antioxidants that nourish/protect the brain
- Aim for a minimum of 4- 6 servings daily, ideally 10-12
 - ◎ *1 serving = only ½ cup of most vegetables/ 1 cup leafy greens*
- Encourage yourself to try new veggies!
- Remember to try to eat organic -- *if not possible, wash your veggies carefully and try to peel before eating*



All Lettuces



All Greens: Spinach
Kale, Collards



Cucumber



Bell Peppers



Tomatoes



Celery



Broccoli



Cauliflower



Snow Peas



Mushrooms



Cabbage



Onions



Zucchini



Yellow Squash



Spaghetti Squash

Therapeutic Foods: Non-Starchy Vegetables

Spinach

Swiss
Chard

Asparagus

Seaweeds

Summer
Squash

Cruciferous
Veggies

Mushrooms

Dandelion
Greens

Fermented
Veggies

Bell
Peppers

Jicama

Daikon
Radish

Orange
Carrots

Green
Beans

Onions

Therapeutic Foods: Non-Starchy Vegetables

Cucumber

Bok Choy

Kale

Collard
Greens

Arugula

Escarole

Celery

Tomatoes

Bean
Sprouts

Zucchini

Bamboo
Shoots

Hearts of
Palm

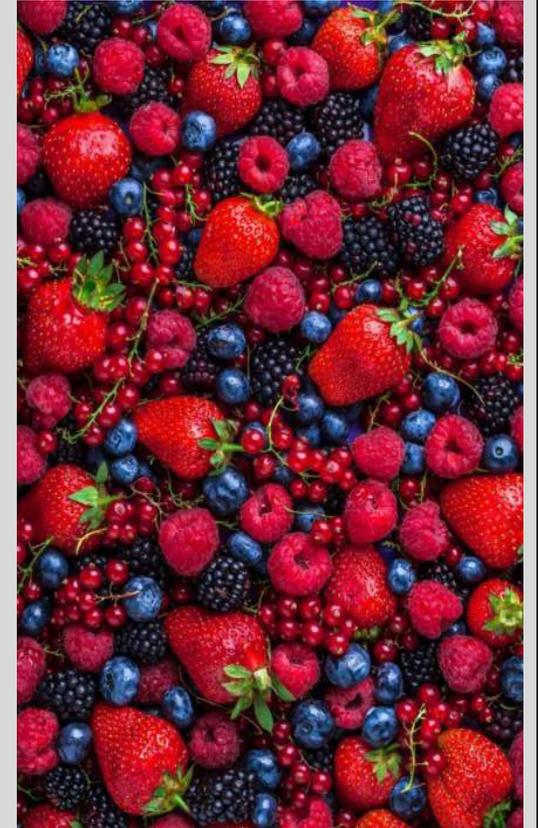
Butter
Lettuce

Romaine
Lettuce



Therapeutic Foods: Fruits

- Fruits are packed with phytonutrients that can fight inflammation &
- A refuge when you're feeling the need for something sweet
- Choose fruits with a low to moderate glycemic response
 - ◎ *All berries, pomegranate seeds, grapes with skin*
 - ◎ *Increase levels of glutathione in the body (antioxidant response)*
- Try to pair fruit with protein/fats/fiber (i.e. nuts/nut butter) to offset blood sugar spikes
- Be mindful of fruit juices & dried fruits as they are concentrated sources of sugar



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Therapeutic Foods: Low-Moderate Glycemic Fruits

Blueberries

Blackberries

Raspberries

Strawberries

Mango

Lemon

Lime

Pomegranate

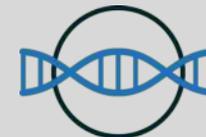
Avocado

Cherries

Cucumber

Apple

Grapes



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Therapeutic Foods: Herbs & Spices

- ◉ Herbs & spices are a simple way to support your health while simultaneously adding delicious flavor to food
- ◉ Many have antimicrobial, antioxidant, anti-inflammatory properties + increase medicinal impact of meals
- ◉ *ALL herbs & spices have the potential to limit damage from oxidation*
 - Ⓞ *i.e. curcum in turmeric = vital to brain health & can activate genes for detoxification*
- ◉ Get creative and dress up your daily meals with a wide range of herbs & spices!



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Therapeutic Foods: Herbs & Spices

Cilantro

Basil

Oregano

Parsley

Tarragon

Cinnamon

Coriander

Turmeric

Ginger

Cayenne

Himalayan
Salt

Sea Salt

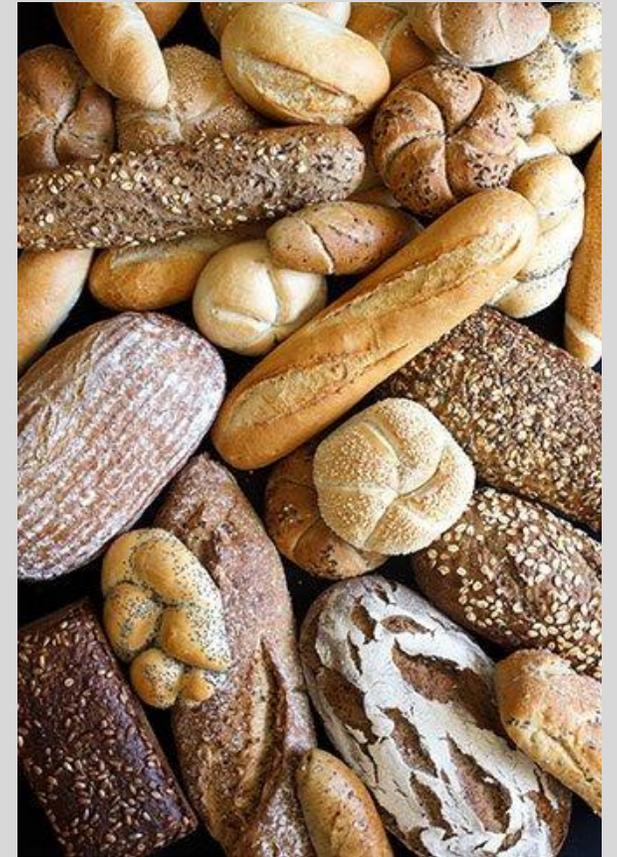
Black
Pepper



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What's the deal with gluten?

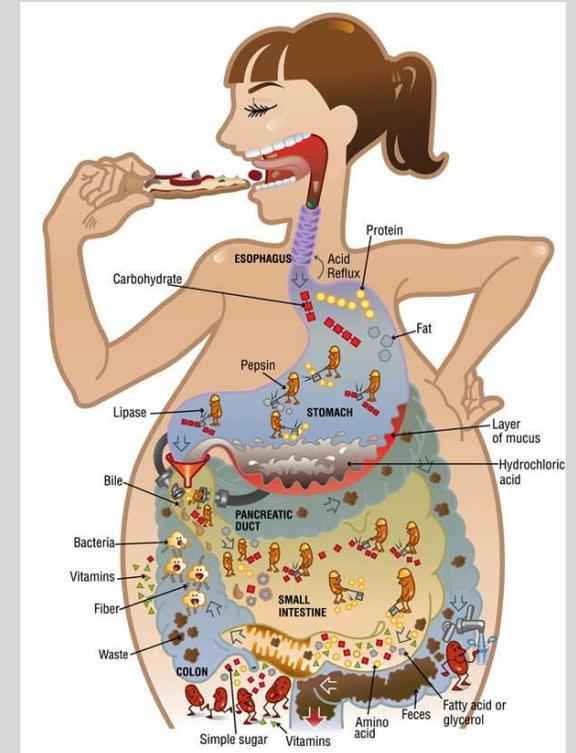
- ◉ Gluten= a sticky family of proteins found in a few key grains (barley, rye, and wheat) and their products like breads, cereals, crackers, pastas, dressings, seasonings etc.
- ◉ Causes inflammation
- ◉ Increasingly linked to neurological symptoms like depression, fatigue, migraines & brain fog
- ◉ *Try alternatives like zucchini noodle pasta, shirataki noodles, almond flour bread, cauliflower crust pizza*



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You are what you digest.

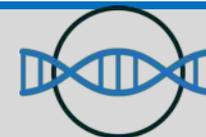
- You are what you digest, not simply what you eat
- Digestion starts with our eyes
 - ◎ When we look at food, we mentally tell our body we are going to eat so it begins to prepare
- No teeth in our tummies!
 - ◎ We must chew well to help our body break down food and absorb nutrients



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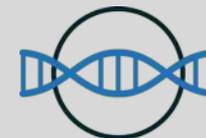
Gut Health = Overall Health

- Gut health translates to overall health
- Unhealthy gut = body cannot effectively digest & absorb nutrients/ minerals from food
- Focus on foods that ENRICH the gut, lower inflammation & nourish from the inside
 - ◎ Probiotic supplements
 - ◎ Fermented foods - sauerkraut, kimchi, pickled veggies
- Chemically processed/ refined foods stress & slow down the body



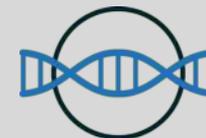
Gut Health = Overall Health

- How often do you eat the same thing each day?
- Statistics say that most of us repeat the same meals at least 3 times a week...
- Our microbiome needs variety to stay strong!
- Stay aware. Do you have a variety of colors on your plate?



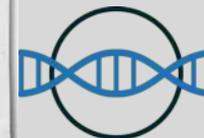
Cravings

- Cravings = our bodies speaking to us
- First, check if you are actually hungry - most of the time our bodies are actually thirsty
 - ◎ Drink a glass of water and wait
 - ◎ Drink something with a bitter or sour flavor like ginger, lemon, or lime water
- Distance yourself from the craving
 - ◎ Change your thought/environment
 - ◎ Go on a walk, call a friend, anything..



Avoid getting extremely hungry.

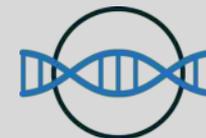
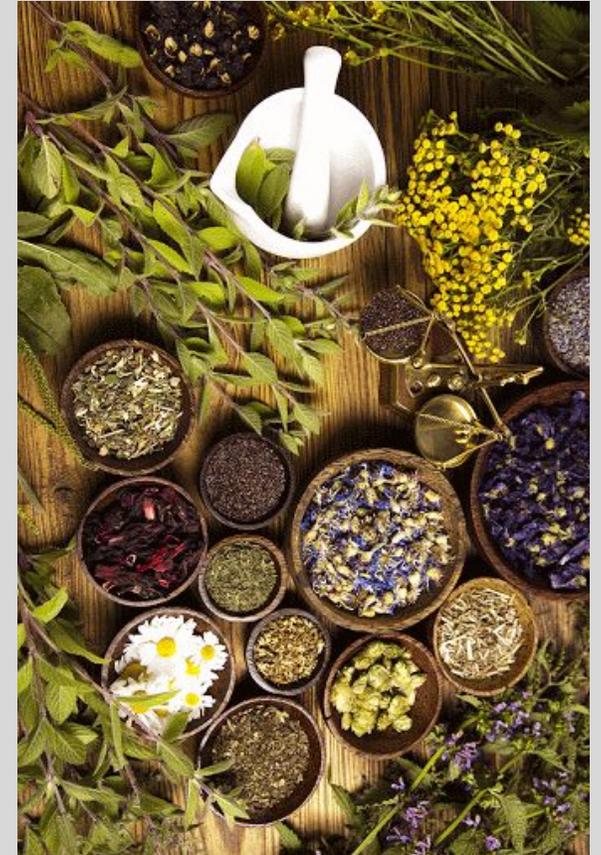
- Hunger is one of the biggest reasons why we experience cravings.
- When blood sugar is low, we'll eat anything.
- Stay armed!
 - ◎ Have nourishing snacks made of protein & fats on hand
 - Make your own trail mix
 - Pre-cut veggies & hummus
 - Single serving almond butter packets



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Adaptogens

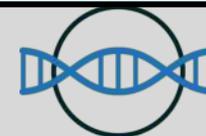
- ◉ Adaptogenic herbs = plants that adapt to conditions in the body - neither overstimulate nor inhibit normal body function but help the body to cope more effectively with stress by recharging the adrenal glands
- ◉ *Always consult with a practitioner before taking new supplements*



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Adaptogens

Asian Ginseng	Powerful effects on brain health
Ashwagandha	Relaxation effect, reduces cortisol, helps manage blood sugar
Astragalus	Helps strengthen immune system, lower chronic fatigue, and promote higher energy levels
Chaga	Antioxidant properties that support daily wellness, energy level, & immune system



Adaptogens

Ginkgo Biloba	Contains antioxidants that optimize blood to flow to the brain, supporting cognitive function & memory
Lion's Mane	Supports memory, concentration, overall cognitive function
Reishi	Supports natural sleep cycle and relaxation response
Rhodiola Rosea	Supports optimal energy & mood



Do the best you can.

- Perfection = misdirection!
 - Try not to strive for perfection
 - Changing a few habits goes a long way
 - Life is real, and we can't do it all, all the time
 - *“Better Than” Rule - if you're in a situation where you don't have any healthy options, go for the next best thing*
- © Airports, traveling, parties, etc

PROGRESS
— OVER —
PERFECTION



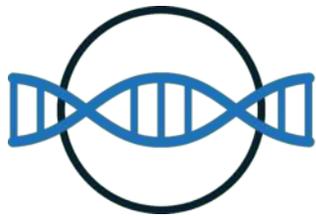
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Other Ways to Support Mitochondria

- **Feel the Earth**
 - ⊙ *touch your bare feet to the the Earth-- you will draw electrons to your body to neutralize free radicals*
- **Minimize EMFs/WiFi**
 - ⊙ *mitochondria are easily damaged from oxidative stress caused by EMF*
- **Block Blue Light**
 - ⊙ *use blue blockers that block out 400-550 nm light*
- **Try Red Light Therapy**
 - ⊙ *helps increase energy production in mitochondria*
- Get daily **Sun Exposure** or sit in an **Infrared Sauna**



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Speaker Series #71020

Sogol Ash, MS

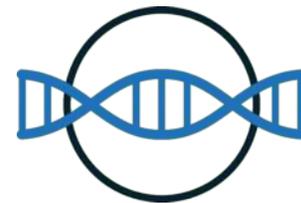
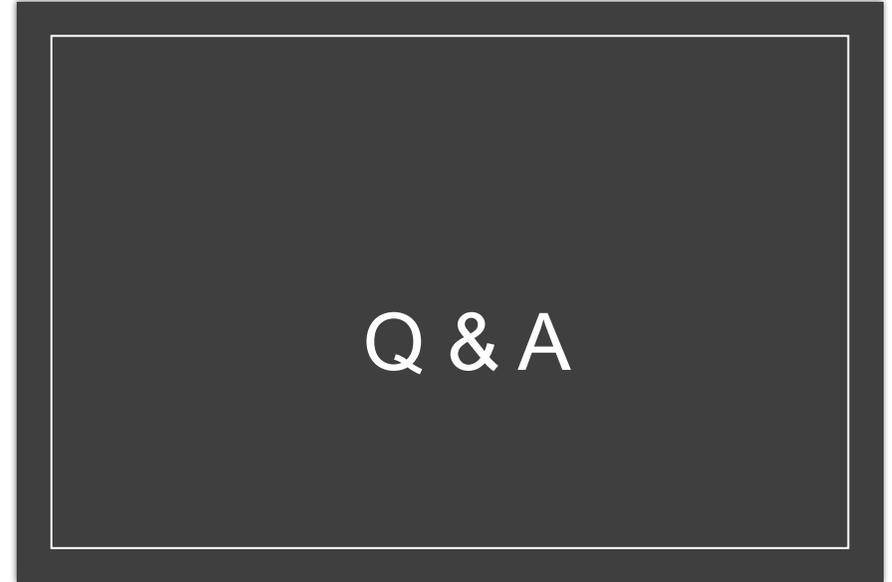
Holistic Wellness Coach and Preventive Health Specialist

“Nutrition for an Optimized Life”

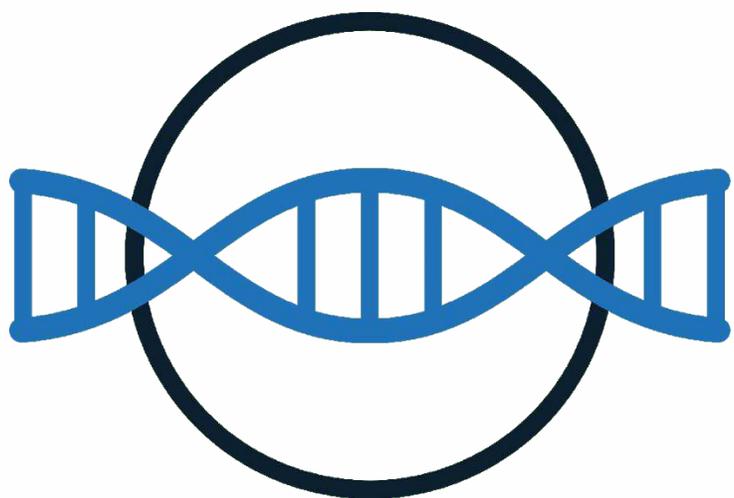
Learn about the mind-gut connection and foods that optimize energy levels

◦ **Key Takeaways:**

- **1. Our nervous system & digestion are intimately connected.** The more we strengthen parasympathetic tone through mindfulness & positive thoughts/experiences, the better our digestion and overall wellness.
- **2. To support our mitochondria we must eat for energy.** By eating less processed & inflammatory foods, and more quality protein, fueling fats, non-starchy vegetables, low-glycemic fruits, and anti-inflammatory herbs we can transform our physical & mental well being.
- **3. Have compassion. Striving for perfection is unrealistic.** A few small changes go a long way, so always just do the best you can!



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