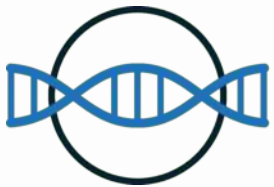


Welcome to our Series  
Please turn off your cameras and mute your audio  
We will get started shortly



**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:**

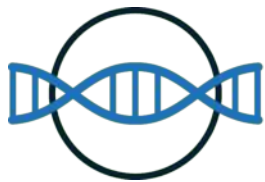
Intro:

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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## **GDEM SYMPOSIUM SPEAKER SERIES**

*presented by The Neuromuscular Disease Foundation*

Speaker Series #71020

Sogol Ash, MS

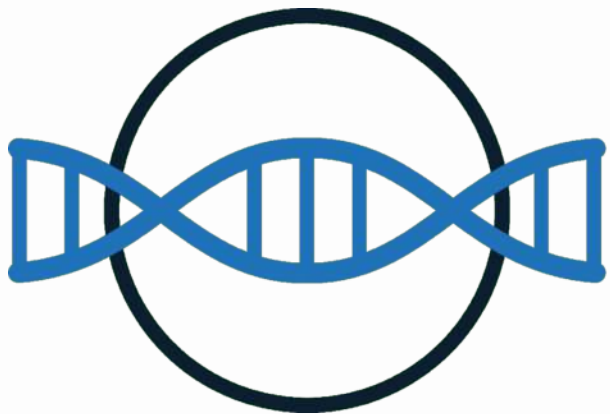
Holistic Wellness Coach and Preventive Health Specialist

### **“Nutrition for an Optimized Life”**

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

#### ◦**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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