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## **GNEM SYMPOSIUM SPEAKER SERIES**

*presented by The Neuromuscular Disease Foundation*

# **Naturopathic Medicine Approach To Digestion, Pain And Inflammation**

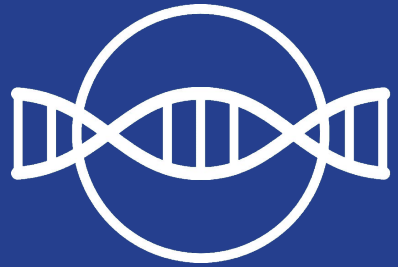
**Sunday, November 6th 2022 • 9am PT**

Introduction & Summary Slide for:  
Naturopathic Medicine Approach to Digestion, Pain & Inflammation

**An Overview of what to expect in this talk:**

- About naturopathic medicine
- The connection between digestion, pain, & inflammation
- Intestinal permeability aka “leaky gut”
- Feeding the microbiome
- Therapeutic foods & cooking methods for weight loss & detoxification
- How to fight disease with phytonutrients
- Triggers and mediators of chronic pain
- Natural modalities to relieve pain





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Speaker Series #110622

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FINAL HIGHLIGHTS:

**“Naturopathic Medicine Approach to Digestion,  
Pain & Inflammation”**

### **Key Takeaways**

1. The microbiome is a key regulator of inflammation & pain
2. Our digestive system is central to health
3. You can fight oxidative stressors with phytonutrients & food



# Q & A Responses



# Q & A Responses

- **Decreasing Cholesterol**

- Eat fiber-rich whole foods! Fiber binds cholesterol
- Red Yeast Rice 2400mg- 4800mg daily
  - has statin like effects
- Bergamot 500-1000 mg daily
  - reduces LDL cholesterol, increases HDL
- Berberine 500 mg daily
  - reduces LDL, lowers blood glucose, anti-inflammatory

- **Probiotic Recommendations**

- Ther-biotic Complete by Klaire Labs
- Megaspore by Microbiome Labs
- *Saccharomyces boulardii*

- **Vegetarian Diet & Weight Loss**

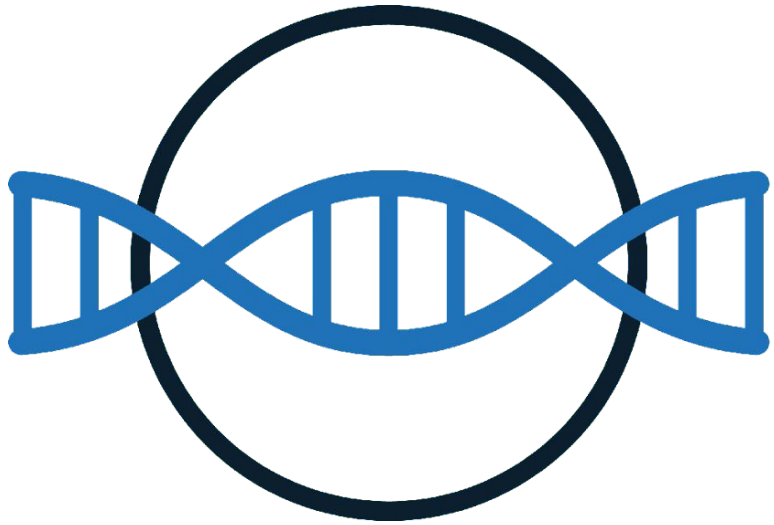
- Focus on a balanced plate!
- Whole food plant proteins like legumes combined with NON-starchy vegetables and high quality fats

- **Perimenopause/Menopause**

- This requires an individualized approach but some ideas:
  - Eat phytoestrogenic foods
  - Try a supplement with things like Black Cohosh, Wild Yam, *Angelica sinensis*, etc.
  - Bioidentical Hormone Replacement Therapy
- Supplement Companies I like:
  - Wise Woman Herbals
  - Vital Nutrients
  - Thorne
  - Integrative Therapeutics

*Please check with a clinician before taking a supplement to make sure it is safe for your individual health picture.*





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