



The Wellness Committee of the Barristers Club invites you to attend



Nutritional Therapy: Foods that Fuel a Healthy Body

*How diet can improve energy, endurance,
brain function and stress.*

Thursday
August 5, 2021

3:00-4:00 p.m.

Location: Online

Event Code: B211254

Cost: This is a free event for all
BASF members.

Special Requests:

People with disabilities should
contact BASF regarding reasonable
accommodations.

Speaker

Jessica Campbell, MS, FNTF

Owner and Founder, Food Foundation Guru

Moderator

Nathalie Fayad

Lewis & Llewellyn

This program will offer accessible ways to improve your diet and health as taught by an expert in the field of nutrition and functional medicine. Learn how and why certain foods may have a negative impact on your mind and body, as well as how your diet can improve your overall wellbeing, including your mental health.

Topics

- Find your bio-individual protein requirements
- Are you eating the right fats for inflammation?
- Good carbs, bad carbs, and when to carb load
- What foods enhance brain cognition and avoid dementia?
- Cooking two different meals? How to balance feeding a family.
- The How and When - Eating to reduce stress
- The 5 main foods to avoid that cause disease
- The 5 main foods to include for a long healthy life

RSVP: www.sfbar.org/calendar