

Agraria Center for Regenerative Practice Presents

Nourishing Life Conference

Friday June 18th Schedule

11:00 AM EDT

Welcome & Introduction

11:10 AM EDT

Dr. Christine Jones, Soil Scientist

Healthy Soil's Impact on Carbon Pathways & Microbial Diversity

Internationally renowned groundcover and soil ecologist, and founder of 'Amazing Carbon', Dr Christine Jones kicks off the conference with a presentation on a healthy soil microbiome and how that translates to healthy people. Using an historical and systems approach, Dr. Jones lays out how civilizational collapses have occurred because of topsoil loss—something that is happening at an increasing rate today. Our depleted soils are also having a big impact on human health. Yet biological answers, including regenerative practices, hold out hope for soil reconstruction, and microbial diversity in our soils and in our human biomes.

12:00 PM EST

Vandana Shiva, PhD

The Link Between Soil Health & Human Health

Dr. Vandana Shiva will discuss how the health emergency of the coronavirus is rooted in an anthropocentric worldview that also underlies the climate and biodiversity crisis--and how regenerative agriculture is a holistic answer to these threats.

1:30 PM - 2:15 PM EDT

Paula Penn-Nabrit, JD

Community Garden Partnerships for Increasing Equity & Food Access

Ms. Penn-Nabrit will talk about the community garden she established on her church's (The Church of Christ of the Apostolic Faith) property, and how partnerships like the ones she and her church have pursued with The Ohio State University, FarmsSHARE (Farms Serving Health and Racial Equity), and the Ohio Farmers Market Network are a model that can be used anywhere to improve access to fresh, whole produce and to promote equity.

2:15 PM - 3:05 PM EDT

Tamara Melton, MS, RDN

How Diversity At All Levels Supports Regenerative Practice

Regenerative practices support the resilience and vitality of communities. Diversity of perspectives among professionals who counsel on diet and nutrition improves outcomes for patients and expands the knowledge base of all providers, thus supporting the resilience and vitality of both patients and providers. Ms. Melton will speak about the many ways that diversity enriches regenerative practice. Attendance at this session and the panel discussion on Friday June 18 has been approved for one hour of Continuing Professional Education by the Commission on Dietetic Registration.

3:15 PM - 4:00 PM EDT

Cecily Clark-Ganheart, MD, FACOG

Racial Disparities in Health & Wellness

Dr. Clark-Ganheart believes we cannot talk about health and wellness without discussing how racial disparities prevent people from achieving health and wellness. Dr. Clark-Ganheart will discuss racial disparities in healthcare, which were present before the COVID pandemic. She will also discuss how her own experience with metabolic syndrome informs her clinical practice.

4:00 PM - 5:00 PM EDT

Panel Discussion

Join moderator Dawn Knickerbocker, Dr. Cecily Clark-Ganheart, Tamara Melton, and Paula Penn-Nabrit for Q&A and discussion of the meeting place of medicine, dietetics, community gardening, and regenerative practice.

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Saturday June 19th Schedule

12:00 - 1:15 PM EDT

Drew Ramsey, MD

The Link Between Nutrition & Mental Health

Drew Ramsey, M.D. is a psychiatrist, author, and farmer. He is a clear voice in the mental health conversation and one of psychiatry's leading proponents of using nutritional interventions. He is an assistant clinical professor of psychiatry at Columbia University College of Physicians and Surgeons. Dr. Drew Ramsay kicks off our Saturday session with a talk about research into the intersection between nutrition and brain health. He'll focus on his new book *Eat to Beat Depression and Anxiety*, 'a revolutionary prescription for healing depression and anxiety and optimizing brain health through the foods we eat.'

1:30 - 2:15 PM EDT

Chelsea Dorsett RD, LD

The Importance of Whole Foods

Chelsea Dorsett RD, LD is an integrative care Registered and Licensed Dietitian aiming to find the root cause of disease through medical nutrition who will be speaking on the importance of eating real, whole food and how to translate nutrition guidance into practical tips regarding food selection and preparation.

2:15 PM - 3:05 PM EST

Vyvyane Loh, MD

Addressing Metabolic Health: The Importance of Ethnic Differences

Metabolic disease has sky-rocketed globally within the last few decades and is an important driver in the development of chronic illness including heart disease, diabetes, and hypertension. Dr. Loh will discuss what constitutes metabolic health and the existing great disparities in health status, particularly among people of color. Because of the global prevalence of metabolic disease, it is all the more important to consider physiological differences between ethnicities, understand the role of food and diet as both a cause and solution, and present practical strategies for metabolic healing.

3:15 PM - 4:00 PM EDT

Mark Cucuzzella, MD

Type 2 Diabetes Remission: Fact or Fiction?

Mark Cucuzzella, MD will present an updated primer on the art and science of Type 2 diabetes remission. He will discuss the roles of real, whole food, sleep, exercise and the new continuous glucose monitoring technology in Type 2 diabetes reversal. The approach not only changes lives but has brought changes to his local hospital and beyond.

4:00 PM - 5:00 PM EDT

Panel Discussion

Dr. Vyvyane Loh and Dr. Mark Cucuzzella

Moderated by Jim Linne

For More Information Visit:

<https://nourishing-life.eventbrite.com/>