

October 16 - 19, 2022



Regenerative (20) Healthcare (22) Conference

The Power of the Plate





REGENERATIVE HEALTHCARE

Regenerative Healthcare lies at the intersection of soil health, ecological health, and human health.

We live in a deeply interconnected world. Yet our systems often operate in silos. Healthcare has been separated from agriculture in the past century, but it hasn't always been that way.

Regenerative Healthcare honors the complexity of the web of life and our role as conscious stewards within that web, as Indigenous communities have embodied for millennia. It holds a powerful key to addressing the rising epidemic of chronic illnesses and the climate crisis, as both crises take root in the irresponsible soil stewardship practices of the 20th century.

Regenerative Healthcare is a return to our roots. We are only as healthy as our soil and the food that grows in it.

At Rodale Institute, we believe that regenerative organic agriculture is essential to healing our broken healthcare system.

How we care for our Earth and her soil is intertwined with our own health outcomes. As we work to regenerate the health of our planet's soil, we work to regenerate the health of ourselves and our communities.

Thank You To Our Funding Partners

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slhn.org



**HEALTHY SOIL =
HEALTHY FOOD =
HEALTHY PEOPLE**

— J.I. RODALE

ABOUT RODALE INSTITUTE

Rodale Institute is a 501(c)(3) nonprofit dedicated to growing the regenerative organic agriculture movement through rigorous research, farmer training, and education. The Institute’s groundbreaking science and direct farmer-support programs serve as a catalyst for change in farming and food production worldwide. Over its 75-year history, Rodale Institute has proven that organic farming is not only viable but essential to mankind’s survival.

Our founder, J.I. Rodale, was an entrepreneur from New York City who struggled with health problems all his life. One day he wrote these words on a chalkboard: “Healthy Soil = Healthy Food = Healthy People.” In 1940, in response to the introduction of chemicals in farming after WWII, he decided to buy a rundown farm in Pennsylvania and experiment with a way of growing food without chemicals that he referred to as “organic.” There, he founded the Soil and Health Foundation in 1947—what is known as Rodale Institute today.

In the 1970s, Rodale Institute moved to its current headquarters in Kutztown, Pennsylvania. J.I.’s son, Robert Rodale, took over the operation and started using the word “regenerative” to signify a method of farming that didn’t only sustain resources, but improved them. Since then, Rodale Institute has grown exponentially, expanding throughout the United States, and sharing scientific findings about regenerative organic agriculture with farmers, policymakers, and consumers around the world. Rodale Institute also provides consultants to farmers looking to transition to regenerative organic methods, trains farmers beginning their journey into organic farming, educates consumers, and moves the needle on the connection between soil health and human health.

Learn more at rodaleinstitute.org



J.I. Rodale



OUR FARM TO HOSPITAL MODEL: ST. LUKE'S RODALE INSTITUTE ORGANIC FARM

Rodale Institute is recognized globally as an advocate and a resource for regenerative organic agriculture, with campuses across the United States and a new center in Parma, Italy. One of the jewels of the Rodale Institute farm network is our unique farm-to-hospital campus in Easton, Pennsylvania in partnership with the St. Luke's Hospital Anderson campus, the St. Luke's Rodale Institute Organic Farm. This partnership started in 2013.

Founded in 1872, St. Luke's University Health Network (SLUHN) is a fully integrated, regional, non-profit network providing services at 14 hospital sites in over 11 counties in the Lehigh Valley region. The St. Luke's University Health Network is committed to raising awareness about the importance of healthy eating and the impact of food choices on overall health and well-being. Through our unique partnership, we join together in the common mission of educating consumers about the importance of preventative health habits

and the impact of food choices on overall health and well-being. To honor this shared mission, the St. Luke's Rodale Institute Organic Farm grows produce for 12 of the 14 St. Luke's hospital campuses.

The 14-acre farm includes seven acres of certified organic vegetable production. The remaining acreage is transitioning from conventional to certified organic farmland, with annual and perennial fruit production in those transitioning fields. The organic produce grown on the farm

serves St. Luke's University Hospitals with over 120 varieties of local organic vegetables, culinary and medicinal herbs, and cut & edible flowers. Each season the farm grows about 50,000 pounds of produce and continues to expand.

The produce is distributed through two different CSA programs and wholesale orders to hospital chefs across the Lehigh Valley. The CSA shares are packaged identically for both an employee wellness program as well as clinical trials. The employee wellness program provides hospital employees weekly access to local organic produce at their place of work.

Prior to 2022, our clinical trial shares were prescribed by doctors to patients. Over the course of the season, the health impacts of organic vegetable consumption were studied in the participating patients. This year, we have begun distributing the clinical trial shares through a new program with a nearby agency serving at-risk communities in need. We also offer wholesale orders to supplement hospital kitchens across the region. Those wholesale orders are provided to patients, visitors and staff from the hospital cafeterias. All the produce grown stays within the St. Luke's Health Network and is delivered by

hospital couriers. The St. Luke's Rodale Institute Organic Farm maintains a balance in our crop rotation to satisfy the diverse needs for wholesale as well as CSA shares for up to 300 members.

Through farm to hospital programs, organic farming is working to flip the healthcare paradigm. Farm to hospital models offer widespread educational and awareness opportunities for the farmers, institution, and consumers involved in the program. Each part of the supply chain is reminded about the human health benefits local organic produce provides. Eating locally brings awareness to seasonality, food waste, packaging costs, and freshness, all while supporting small business in your community. The presence of a farm at the hospital alone provides an unprecedented and valuable opportunity for education and community engagement.





DAILY ITINERARY

DAY ONE | SUNDAY, OCTOBER 16

Regenerative Healthcare Kickoff: Healing Our Soil, Systems, & Selves

3 – 3:25 PM	Arrive at Rodale Institute & event registration Parking available on-site at Rodale Institute
3:30 – 5 PM	Wagon Tours of the Farm depart & Conference Kick-off: Jeff Moyer, Jeff Tkach, Nadine Clopton
5 - 6 PM	Dr. Mark Hyman, “The Soil and Health: A 21 st Century View”
6 - 8:30 PM	Dinner by Chef Erik Oberholtzer & Panel Discussion
6:30 - 7 PM	Welcome, recognition of chef, and introduction of panel
7 - 8:30 PM	“Why our farming system is broken & how regenerative organic practices can heal both people & planet” Panelists: Jeff Moyer, Reginaldo Haslett-Marroquin, Christa Barfield, Kegan Hilaire & Congresswoman Chellie Pingree; Moderated by Jeff Tkach

DAY TWO | MONDAY, OCTOBER 17

Connecting Soil Health with Human Health: An Introduction to Regenerative Organic Agriculture

8 - 8:45 AM	Movement & Qi gong Activity by Instructor Julian DeVoe
8:45 - 9:30 AM	Organic, farm-to-table breakfast buffet by Dundore & Heister
9:30 - 10 AM	Welcome Jeff Tkach and Dr. Scott Stoll
10 - 10:30 AM	Conference Cohort Connection Intention setting for the conference & building a community of practice, led by Nadine Clopton & Jeff Tkach
10:45 - 11:45 AM	Dr. Gladis Zinati, “Learnings from the Rodale Institute Vegetable Systems Trial”
12 - 1:30 PM	Organic, farm-to-table lunch by Dundore & Heister.
12:30 - 1:30 PM	Dr. Reza Afshar, Dr. Drew Smith, “Rodale Institute Farming Systems Trial – 40 Year Research Report”
1:45 - 2:45 PM	Dr. Maya Shetreat, “Navigating Unknown Terrain: How Nature Helps Us to Be Regulated and Resilient”
3 - 4:30 PM	Experiential learning on the farm
5 - 6 PM	Kombucha Cocktail Hour
6 - 8 PM	Organic, farm-to-table dinner by Chefs Stephen & Nick Servis
7 - 8 PM	Dr. Rupa Marya, Sage LaPena, & Benjamin Fahrer, “Farming is Medicine: Innovating Whole Systems Health”

Educating the Medical Community on the Concept of Food as Medicine

8 - 8:45 AM	Mindful Movement Activities Qi gong with Julian DeVoe or Yoga with Amy Ippoliti
8:45 - 9:30 AM	Organic, farm-to-table breakfast buffet by Dundore & Heister
9:30 – 10:30 AM	Dr. Monica Aggarwal, “From Plant Health to Human Health: A look at Chronic illness, Inflammation and the Microbiome”
10:30 - 11:30 AM	Dr. T. Colin Campbell, “Food, Trees, Human Health, and Human Survival: The Protein Connection”
11:40 - 12 PM	Breathwork with Sue Elkind
12 - 1 PM	Organic, farm-to-table lunch by Dundore & Heister
1 - 2 PM	Dr. Uma Naidoo, “Nutritional Psychiatry: The New Frontier in Food as Medicine”
2 - 2:30 PM	Break check out Rodale Institute Visitors’ Center & Store (optional)
2:30 - 3:30 PM	Experiential learning on the farm
4 - 5:15 PM	“Disrupting the Food Access Paradigm”, Jesse Barrett, Ashley Walsh, Christa Barfield, Dr. Rajika Reed, Jen Malkoun; Moderated by Nadine Clopton
5:30 - 6:30 PM	CBD Cocktail Hour featuring Pocono Organics CBD
6:30 - 8:30 PM	Dinner by Chef Lindsay McClain from Pocono Organics
7:15 - 8:15 PM	Dr. Michelle Perro, “Glyphosate and its Effect on our Children’s Health”

Farm-to-Hospital Models & Programs

7:30 AM	Bus pick-up at Hampton Inn, Kutztown to shuttle to St. Luke’s Organic Farm
8:30 - 9:30 AM	Tour of St. Luke’s Farm with Farm Manager, Aslynn Parazenese & St. Luke’s President, Ed Nawrocki
9:30 – 10:30 AM	Experiential learning at the Farm-to-Hospital model
11 - 12:15 PM	“The St. Luke’s Farm-to-Hospital Model: On the Leading Edge of Community-Centered Care” Introduction by Ed Nawrocki, presentation by Dr. Meagan Grega, Dr. Andy Goodbred, & Dr. Ileana Figueroa-Perez
12:15 - 1:15 PM	Farm-to-hospital lunch Tour of farm-to-food-service area at St. Luke’s Anderson & optional open discussion with members of the St. Luke’s team
1:30 - 2:30 PM	Dr. Ron Weiss, “The Food as Medicine Approach to Healing from Chronic Illness & Optimizing Your Health”
2:30 - 3:45 PM	“Regenerative Healthcare from Philosophy to Practice: A Model in Our Own Backyard” Dr. Shehzad Malik, Dr. Scott Stoll, Dr. Meagan Grega; Moderated by Jeff Tkach
4 - 5 PM	Bus returns to Rodale Institute
5 - 6 PM	“Integration & Reflection: Translating Education into Impact & Building A Regenerative Healthcare Community of Practice” facilitated by Nadine Clopton & Jeff Tkach
6 - 8 PM	Organic, farm-to-table dinner by Dundore & Heister and send-off bonfire farewell remarks by Jeff Moyer, Jeff Tkach, Nadine Clopton, & Dr. Scott Stoll



ORGANIC FARM-TO-TABLE DINNERS

DAY ONE

by Chef Erik Oberholtzer

A CELEBRATION OF AUTUMN PLANTS

- Primordia mushrooms, roasted butternut, sage, cider vinegar
- Blue moon organic rice, fermented cabbage and chilis
- Cauliflower, onion, preserved tomatoes
- Charred potatoes, yogurt, dill
- Beluga lentils, cumin turnips, fresh coriander
- Broccoli, kale, roasted garlic vinaigrette
- Pomegranate glazed celery root, green cardamom, mint
- Bison stuffed portobello
- Rodale apple crisp, whipped Moyer Farm cream



Erik Oberholtzer is the co-founder of Tender Greens, a pioneering fine casual brand founded in| Los Angeles, CA in 2006 with a mission to democratize good food. A vision of the future he continues to drive as a Food Forever Champion on global biodiversity for the Crop Trust with whom he cooks globally alongside the world’s leading chefs. He joined the Rodale Institute’s board in 2019 to help drive awareness around soil health, regenerative organic agriculture and food as medicine. Erik is the author of Ten Year Plan and works with Cohere advising founders of conscious brands that are putting the health of people and the planet first. A daily practice of meditation, fitness and good food helps Erik show up with a calm demeanor in a dynamic world. Erik is based in Princeton, NJ on a small organic farm.

DAY TWO

by Chefs Stephen & Nick Servis

- Za’atar spiced carrots, tzatziki, parsley
- Seared Cauliflower, cauliflower puree, raisin gel, nut mix
- Charred Broccoli Salad, apple tahini dressing, soft herbs, dried cherry puree
- Chilled roasted beets, soft herbs, whipped feta, honey, pistachio
- Farm green salad, confit shallot vinaigrette, shaved fall veg, Castle Valley Mill corn breadcrumb
- Local Kale “Caesar,” almond dressing, shaved piave, brown butter bread crumb
- Roasted Chickens, spicy squash, smashed potato, chicken jus
- Maitake Mushrooms, carrot risotto, hard herbs, crispy leeks
- Chocolate dessert, Castle valley mill caramel coated colonial popcorn



Servis Events is made up of Identical twins Nicolas and Stephen Servis. They focus on providing an excellent in-home, seven course, chefs tasting menu composed of hyper local and seasonal ingredients to showcase farm fresh produce at its peak. The Service Brothers nourish and entertain their guests while also educating them about the healthy and delicious meal at their table. Their intimate in-home, fine dining, farm-to-table chef service sets up complete events including full breakdown, which allows hosts to sit back and enjoy the evening.

DAY THREE

by Chef Lindsay McClain

SWEET & SOUR GREENS

Crispy Pork Belly with spring mix, grilled apples, herbs, cucumbers, and spicy pepper jelly

MUSHROOM BOLOGNESE

Smoked oyster mushrooms simmered in a tomato-coconut cream sauce, served over sweet potato gnocchi (gluten free & vegan) offered with shaved parmesan

PEAR COBBLER

Pears topped with a walnut streusel (gluten free & vegan)



Lindsay McClain, a Bucks County native, graduated in 2009 from Indiana University of Pennsylvania. Lindsay’s culinary career began in Las Vegas working as a cook at Emeril’s New Orleans Fish House, then moving on to join Estiatoria Milo’s, where they won best seafood restaurant in Las Vegas. In 2011, Lindsay moved home to Philadelphia to join restaurateurs Marcie Turney and Val Safran, where she worked for 8 years. In 2014, Lindsay appeared on Season 20 of the hit Food Network TV show, Chopped, where she was crowned Champion. As Chef, Lindsay’s restaurants have received numerous honors including best Tapas in Philadelphia at Jamonera, and best Red Sauce in Philadelphia, at her most recent restaurant, Little Nonna’s. In April of 2020 Lindsay joined the Pocono Organics team as the Executive Chef of the Pocono Organics Cafe, where the menu focuses on agrobiodiversity.

DAY FOUR

by Dundore & Heister

TRIO OF ORGANIC BEETS

Peppery rocket/pumpkin seed vinaigrette

SWEET LIME GRILLED RODALE CHICKEN

Cilantro chimichurri, Sweet potato mash

LIVE FIRE CHARRED TRI TIP OF BEEF

“Hand carving station” espresso-black vinegar steak sauce

ALEPPO GRILLED CAULIFLOWER STEAK

Curry leaf, yellow lentils, caramelized onions

FALL POBLANO PEPPER WITH PUMPKIN RICE

Deep reduction of coriander scented cream

OAK SMOKED LOCAL YAM & HEIRLOOM PEPPERS

Date syrup, cracked toasted cashews

FARMERS 5 BEAN MUSHROOM STEW

Garden root vegetables, vegan Quince-maple butter

TRIPLE DARK CHOCOLATE GANACHE CAKE

Gluten-dairy free , macerated blackberries

LOCAL APPLE FOLD OVER PIE

Burnt honey butterscotch sauce



Dundore and Heister, a whole animal butcher, nestled amongst the picturesque rolling hills of Southeastern Pennsylvania, offers a full-line of services including retail pastured and organic meats, to-go prepared meals, shipping, delivery and fire-roasted catering. Through artisan butchery, “D&H” proudly offers a gateway to the past, resurrecting an oft-forgotten art form and celebrating the provenance of local traditions. What results is a culture of craftsmanship. What’s strengthened is the trust shared among customers, farmers and purveyors culminating in the makings of transcendent meals.



SCHEDULED SPEAKERS

Dr. Reza Keshavarz Afshar is the Chief Scientist at Rodale Institute. Dr. Afshar has a Ph.D. in Agronomy with 15 years of experience in conducting applied research in the field of sustainable agriculture. His research focuses on intensification and diversification of cropping systems to build regenerative and resilient farming systems. Dr. Afshar has authored and co-authored over 60 peer-reviewed journal articles.



DR. REZA AFSHAR
Chief Scientist,
Rodale Institute



DR. MONICA AGGARWAL
Integrative Cardiologist &
Chief Medical Officer,
4Roots Farm

Monica Aggarwal, MD, is an adjunct Associate Professor in the University of Florida’s Division of Cardiology where she conducts research on the impact of nutrition in chronic illness. She also serves as the Chief Medical Officer of the nonprofit, 4Roots Farm which is looking at how to improve food quality to improve human health. She received her medical degree from Virginia Commonwealth University School of Medicine, residency in internal medicine at Tufts University Hospital in Boston, MA and cardiology fellowship at the University of Maryland in Baltimore, MD.

Dr. Aggarwal’s own path to understanding the impact of nutrition on illness started when she developed an advanced form of rheumatoid arthritis. She was placed on medications that gave her severe side effects. It was only through learning about the microbiome (gut), its impact on the immune system and the role of nutrition in affecting the gut, was she able to truly heal. Determined to change the face of medicine, Monica left private practice and returned to academics in order to pursue research on the role of diet and to create an integrative cardiology practice focused on nutrition and lifestyle

Christa Barfield is a healthcare professional turned farmer and lifelong Philadelphia resident. It was 10 years into her career in healthcare administration when she realized her work-life balance was unhealthy; she resigned from her job just weeks before she turned 30. It was important for her to take back her life, health, and happiness. After a solo trip to Martinique in January 2018, she returned home inspired to connect with the land, plant life, and social issues that heavily impact Black and Brown communities and all people’s perception of food. Her business is a reincarnation of her healthcare career with a focus on regeneration. Since 2018, she has developed earth-born brands based in regenerative agricultural values with a goal of traceable and transparent origins of 100% Organically Dope foods. Viva Leaf Tea and FarmerJawn Agriculture are her original two ventures and she now operates a non-profit arm whose mission is to train and educate the nation’s next Black and Brown Agripreneurs. Christa has also begun expanding her hemp farming knowledge with the goals of destigmatizing cannabis and impacting regulation related to unfair incarceration surrounding the plant.



CHRISTA BARFIELD
Urban Farmer, Herbalist,
Former Healthcare
Professional, & Founder
of FarmerJawn Philly



JESSE BARRETT
Food Production Specialist,
Rodale Institute

Jesse has Bachelor's Degree in Sociology from William Paterson University of New Jersey. Soon after college, Jesse spent over ten years as a high-volume kitchen manager for corporate restaurants. For the past six years, he was a manager in a farm-to-table, fine-dining restaurant where he established relationships with local farmers ordering and purchasing their products. His experiences as a restaurant manager led him to the realization that there were major flaws in how our food system operates. Passionate to make a change, Jesse is now a food production specialist, and looks forward to improving our local and national food system through regenerative organic agriculture. Most recently, Jesse has been managing Rodale Institute's Food Access programming in the cities of Allentown and Reading, Pa. Underserved communities deserve access to regenerative organic, healthy, nutritious foods. Jesse has worked with several models of distributing these foods through his work in food access.



NADINE CLOPTON
Program Manager,
Rodale Institute

Nadine is devoted to cultivating a world that places compassion, communities, & ecological wellness at the root of transformative change. At Rodale Institute, she's building the Regenerative Health program from the soil up — combining her expertise in public health, environmental justice, sustainable development, & systems thinking with her personal passions for functional medicine, herbalism, & soil ecology. She is the Producer of the inaugural Regenerative Healthcare Conference & manages Grow Clean Water, a consumer education campaign focused on watershed health. Outside of Rodale Institute, she founded Conscious Consulting, LLC and volunteers with Caring & Living As Neighbours as an NGO Youth Representative to the United Nations. She is the first young person to serve as Vice President of the Global NGO Executive Committee (GNEC), a storied nonprofit that, for 60 years, has partnered with the United Nations to guarantee a voice at the decision-making table for civil society leaders, serving over 1,500 UN-vetted NGOs. Leading consultative processes with young people around the world, she co-authored both the *Global Youth Climate Action Declaration & Phoenix Manifesto*. She holds a Master's in Environmental Policy Design from Lehigh University, where she graduated summa cum laude as a Presidential Scholar. She lives on unceded, ancestral Lenape land in southeastern Pennsylvania.

Dr. Campbell grew up on a dairy farm then studied pre-veterinary medicine at Penn State (B.S.) then completed his education at Cornell University (M.S., Ph.D.) and MIT (Research Associate) in nutrition, biochemistry and toxicology. He then spent 10 years on the faculty of Virginia Tech's Department of Biochemistry and Nutrition before returning to Cornell in 1975 where he presently holds his Endowed Chair as Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry. Dr. Campbell's research experience includes both laboratory experiments and large-scale human studies and has authored over 350 research papers, most in peer-reviewed science journals. Dr. Campbell co-wrote *The China Study: Startling Implications for Diet, Weight Loss and Long-term Health* (2005, 2016), now more than 3 million copies purchased worldwide, translated into 50 foreign languages. He also authored The New York Times bestseller *Whole* (2013) and *The Future of Nutrition* (2020). Several documentary films feature his research, including *Forks Over Knives* and *PlantPure Nation*. He has delivered hundreds of lectures around the world and is the founder of the T. Colin Campbell Center for Nutrition Studies and the online Plant-Based Nutrition Certificate powered by eCornell.



DR. T. COLIN CAMPBELL
Author & Nutritional
Biochemist

Farmer Ben is the AgroEcology Site Director with the Deep Medicine Circle and is a professional trained ecological builder, farmer, licensed contractor and educator. His farming and building experience spans over three decades in which he has designed, built and managed a diversity of ecologically-based farming projects both in the rural and urban landscapes, including innovating rooftop farming systems with Top Leaf Farms to help restore and rewild the urban centers with a passion for seeds and soil. As an international designer and educator he has facilitated, led and taught in dozens of Design Courses, seminars and trainings including 10 years with public high school students in Natural Resource Management. Farmer Ben sees water as the driver of design and invests a great deal of focus on techniques and practices in planting water for ecosystem rehydration.



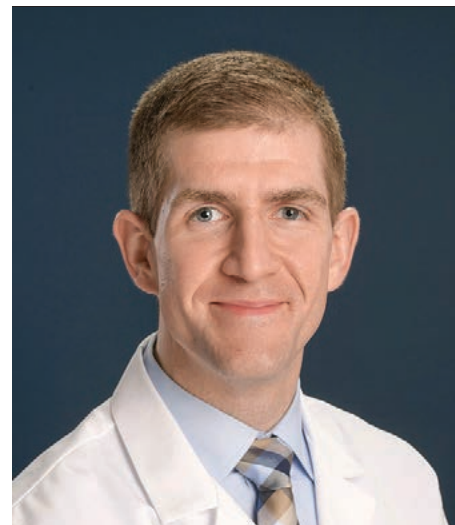
BENJAMIN FAHRER
AgroEcology Site Director
of Deep Medicine Circle



DR. MEAGAN GREGA
Co-Founder & Chief Medical
Officer of Kellyn Foundation

Dr. Meagan L. Grega is the Co-Founder and Chief Medical Officer of Kellyn Foundation (www.kellyn.org), a 501(c)3 non-profit dedicated to making the Healthy Choice the Easy Choice. Kellyn provides school-based healthy lifestyle education and “Garden as a Classroom” programs; supports access to nutrient-dense produce via the Eat Real Food Mobile Market; engages participants in hands-on, plant-based cooking classes in community settings and offers intensive therapeutic lifestyle change interventions for individuals and families. She is a graduate of Bucknell University with a B.S. in Biochemistry/Cell Biology and earned her MD degree from the University of Pennsylvania Medical School. Dr. Grega spent several years as a medical officer in the United States Navy and is currently the Managing Director of Llantrisant Retreat and Wellness Center (www.llantrisantretreat.com). She is honored to serve as faculty for the St. Luke’s University Health Network Anderson Campus Family Medicine and Internal Medicine Residency programs, Clinical Assistant Professor for the Lewis Katz School of Medicine at Temple University and as the faculty advisor for the LKSOM/SLUHN medical student Lifestyle Medicine Interest Group. She frequently lectures on the topics of Lifestyle Medicine and local food systems/food access and serves as a member of several national task force groups dedicated to the expansion of evidence-based lifestyle medicine services. She is a member of the American Academy of Family Physicians, a Fellow of the American College of Lifestyle Medicine and is board certified in both Family Medicine and Lifestyle Medicine.

Dr. Andrew Goodbred is a Family Physician, practicing in Easton, PA as part of St. Luke’s University Health Network. A Diplomate of the American Board of Lifestyle Medicine, Dr. Goodbred also serves Program Director of St. Luke’s Family Medicine Residency – Anderson Campus, an implementation site of the Lifestyle Medicine Residency Curriculum. After his undergraduate studies at Moravian College and medical school at Temple, Dr. Goodbred completed his residency training at St. Luke’s Family Medicine Residency – Bethlehem Campus, where he was a core faculty member until the Anderson Campus program opened in 2019. In addition to his clinical and administrative roles, he serves as Team and School District Physician for Palmerton Area School District. Dr. Goodbred is also licensed as a Ringside Physician for the State of Pennsylvania, allowing him to serve as physician for combat sport events. He enjoys marrying his love of sports to the practice of Lifestyle Medicine in these athletic roles. Dr. Goodbred lives in Palmerton, PA with his wife and three young sons, and enjoys outdoor activities, playing and coaching sports, reading, and training in Brazilian Jiu-Jitsu.



DR. ANDY GOODBRED
Family Physician, St. Luke’s
University Health Network



**REGINALDO (REGI)
HASLETT-MARROQUIN**
Farmer & Founder,
Regenerative Agriculture
Alliance & Salvatierra Farms

Of Guatemalan origin, Reginaldo Haslett-Marroquin has worked in regenerative agriculture since his childhood. He served as a consultant for the United Nations Development Program and as an advisor to the World Council of Indigenous Peoples among founding many fair-trade initiatives. Before coming to the U.S. in 1992, Regi worked with artisan communities across the highlands of Guatemala, and built fair trade networks in Europe, the U.S. and Canada. Among many other recognitions, Haslett-Marroquin was named one of the Twin Cities International Citizens of the Year in 1996. He has served on numerous non-profit boards. He is the current Board VP of Marbleseed (formerly MOSES). Haslett-Marroquin is an owner-founder of Regeneration Farms LLC, Founder of Regenerative Agriculture Alliance and Regenerative Agriculture Solutions. For his work in Regenerative Poultry Systems, Regi was awarded a prestigious lifetime Ashoka Fellowship in 2018. Regi and his wife Amy currently farm at Salvatierra Farms, a 75-acre operation in Northfield Minnesota. Most recently, Regi authored *In the Shadow of Green Man: My Journey from Poverty and Hunger to Food Security and Hope*. It can be ordered from the publisher acresusa.org, and numerous other book sellers.

Dr. Mark Hyman is a practicing family physician and an internationally recognized leader, speaker, educator, and advocate in the field of Functional Medicine. He is the founder and director of The UltraWellness Center, Senior Advisor for the Cleveland Clinic Center for Functional Medicine, a fourteen-time New York Times best-selling author, and Board President for Clinical Affairs for The Institute for Functional Medicine. He is the host of one of the leading health podcasts, The Doctor’s Farmacy. Dr. Hyman is a regular medical contributor to several television shows and networks, including CBS This Morning, Today, Good Morning America, The View, and CNN. He is also an advisor and guest co-host on The Dr. Oz Show. Dr. Hyman’s nonprofit, the Food Fix Campaign, is dedicated to transforming the dysfunctional policies that shape our food and agricultural systems. The Food Fix Campaign has played a key role in supporting first White House Conference on Hunger, Nutrition and Health and creating the first federal entity dedicated to address chronic disease and nutrition through updated and coordinating all food programs and policies. Their work has supported the \$20 billion in Federal funding for regenerative agriculture.



DR. MARK HYMAN
Physician & Host of
The Doctor’s Farmacy podcast



KEGAN HILAIRE
Lead Consultant,
Specialty Farms Division,
Rodale Institute Consulting

Kegan was born and raised in the Lehigh Valley before moving to Philadelphia to complete his bachelor’s degree in Economics at Temple University. After graduation and a few years in corporate sales, Kegan began looking for a more fulfilling career. After joining a CSA in the city, he was hooked on the production of fresh, local, seasonal food. It has led him from Sales Manager of a 5th-generation dairy farm, to managing a diversified organic farm raising pasture-based livestock and high value vegetables, to the Rodale Institute Farmer Training Program (RIFT), and now to Lead Consultant of the Specialty Farms Division in the Rodale Consulting Department. Kegan also owns and operates his own certified Organic vegetable farm, Blackbird Farms, in Emmaus, PA.



DR. SHEHZAD MALIK
Cardiologist &
Integrative Practitioner

Dr. Shehzad M Malik is a native to Pennsylvania having grown up in Schuylkill County, PA. With great support from his family, Dr. Malik made his way into the field of Medicine. After completing his undergraduate training at the University of Pennsylvania and medical education at the St. George’s University School of Medicine in Grenada, West Indies, Dr. Malik completed his Internal Medicine and Cardiovascular Medicine training at Drexel University College of Medicine. Dr. Malik is the president of The Heart Care Group, PC in the Lehigh Valley, he is affiliated with multiple hospital networks in the area and is the founding member of CardiOralogy®, an integrated healthcare platform that combines the fields of medicine, dentistry, nutrition, fitness and chronic stress with a patient-centric approach. His passion for helping his patients in a proactive manner has allowed him to become a renowned physician nationwide. Recently, Dr. Malik has become a recent board member for the Foundation of Airway Health which is a non-profit healthcare organization stressing the importance of airway health in the general patient population. Outside of taking care of his patients, he is an amazing father who loves to spend time with his family, an amazing support to his community and most importantly a Philadelphia Eagles fan!

Sage LaPena is a Nomtipom Wintu ethnobotanist and certified medical herbalist. She has worked for years to preserve and pass along Native uses of plant medicines — from both native and introduced plants — and other aspects of Traditional Ecological Knowledge connected to plants. She is the Director of Traditional Ecological Knowledge/Indigenous Plant Medicine Doctor of the Deep Medicine Circle.



SAGE LAPENA
Director of Traditional
Ecological Knowledge &
Indigenous Plant Medicine
Doctor, Deep Medicine Circle

Jeff Moyer is a world-renowned authority in organic agriculture.

His expertise includes organic crop production systems with a focus on weed management, cover crops, crop rotations, equipment modification and use, and facilities design. Jeff is perhaps most well-known for conceptualizing and popularizing the No Till Roller Crimper for use in organic agriculture. His vast experience and knowledge regarding organic farming has provided the media with a reliable source and perspective for information on current agricultural issues. Jeff has been on staff at Rodale Institute for over 44 years, working over 30 years as Farm Manager/Director. He was appointed as Executive Director in 2015 and became CEO in 2019. Jeff was project leader on the highly acclaimed Organic No-Till project and is the author of “Organic No-Till Farming” and “Roller/Crimper No-Till – Advancing No-Till Agriculture.” He previously chaired the National Organic Standards Board and currently sits on the boards of Regenerative Organic Alliance, the Soil Health Institute and advisory board of The Real Organic Project. Jeff is a founding board member of Pennsylvania Certified Organic and past Founder and Board Chair of The Seed Farm, a new farmer incubator project.



JEFF MOYER
Farmer & CEO,
Rodale Institute



JEN MALKOUN
Director of Programs
& Partnerships,
Greener Partners

Desiring to advance an equitable and ecologically-rooted alternative to the extractive and industrialized food system and wanting to be in reciprocal relationship with the earth, Jen found her way into organic farming a decade ago. She discovered the power and transformative joy of community-grown food and uncovered, what is for her, a spiritual practice. Most recently, she contributed her vision, creativity, and love of growing food to the creation of a hospital-based farm just outside of Philadelphia, PA. Jen believes that food is medicine and when folks are able to grow and access it for themselves it has the capacity to promote health, equity, and belonging. Jen resides on unceded Lenapehoking land in southeastern Pennsylvania and works as the Director of Programs and Partnerships with Greener Partners.



DR. UMA NAIDOO
Nutritional Psychiatrist,
Chef, & Author

Dr. Uma Naidoo, MD, is a Harvard trained nutritional psychiatrist, professional chef, and nutritional biologist & author of the national & international bestseller: *This is Your Brain on Food*. Michelin-starred chef David Bouley described Dr. Naidoo as the world’s first “triple threat” in the food & medicine space. Her book has been published in 22 countries & 18 languages. Dr. Naidoo founded & directs the first & only hospital-based Nutritional Psychiatry Service in the USA. She is the Director of Nutritional & Metabolic Psychiatry at Massachusetts General Hospital & Director of Nutritional Psychiatry at the MGH Academy while serving on the faculty at Harvard Medical School. She is a regular contributor at CNBC & is on the Harvard Health Publishing Editorial Advisory Board. She consults the World Economic Forum on their New Frontiers of Nutrition Initiative. After being one of only four US physicians to be invited to meet personally with King Charles III, she lead a public health Brain Food collaboration in the UK. She is currently developing the first & only CME-based educational program at Massachusetts General Hospital/Harvard to educate other clinicians globally about nutrition for brain health. Dr. Uma has appeared as a Nutritional Psychiatry expert on Live with Kelly & Ryan, Today Show, 700 Club, ABC, and been featured in the New York Times, Wall Street Journal, Fast Company, Thrive Global, Harpers, Shape, Parade, Boston Globe, AARP, & more.

Dr. Rupa Marya is a physician, activist, writer, mother, and a composer. She is an Associate Professor of Medicine at the University of California, San Francisco and a co-founder of the Do No Harm Coalition. She is the Executive Director/Web Weaver of the Deep Medicine Circle. Her work sits at the nexus of climate, health and racial justice. She is the co-author with Raj Patel of the book *Inflamed: Deep Medicine and the Anatomy of Injustice*. She works to decolonize food and medicine in partnership with communities in Lakota territory at the Mni Wiconi Health Circle and in Ohlone Territory through the Deep Medicine Circle. She has toured twenty-nine countries with her band, Rupa and the April Fishes, whose music was described by the legend Gil Scott-Heron as “Liberation Music.”



DR. RUPA MARYA
Physician & Executive
Director, Deep Medicine
Circle

Edward Nawrocki (Ed) is President, East Region and Anderson Campus for St. Luke’s University Health Network. As President of the East Region, he oversees St. Luke’s Monroe, St. Luke’s Easton, and St. Luke’s Upper Bucks|Quakertown Campuses, in addition to day-to-day leadership of the Anderson Campus. Today, St. Luke’s University Health Network located in the Allentown, Bethlehem, and Easton region of Pennsylvania, is comprised of twelve hospitals, 1,900+ physicians and providers, primary and specialist care sites. Prior to joining St. Luke’s, Mr. Nawrocki worked at the University of Wisconsin Hospital and Clinics, Sentara Health System in Virginia, and the University of Pennsylvania Health System. Ed currently serves as a member of the Moravian Hall Square Retirement Community Board, the University of Wisconsin-Industrial Engineering Advisory Board, and is a community volunteer for HealthSpark. He previously served as a member of the Hospital Association of Pennsylvania (HAP) Board, local United Way, and Chamber of Commerce Boards.

Ed earned a Bachelor of Science in Industrial Engineering from the University of Wisconsin-Madison and a Master of Science in Organizational Dynamics from the University of Pennsylvania.



ED NAWROCKI
President, East Region &
Anderson Campus, St. Luke’s
University Health Network



ASLYNN PARAZENESE
Farm Manager

My name is Aslynn Parzanese (She/They). Growing up in Berks County Pa., I traveled the country only to find that my life's work was here in Pennsylvania all along. I started working at the Rodale Institute as an intern in Spring 2019. I studied and worked with many outstanding mentors at Rodale which empowered me to be shift into to the role of Farm Manager at the St. Luke's Organic Farm in the Summer of 2021. The farm grows organic produce to be distributed CSA style and supplement the hospital cafés which raises awareness about the impact of nutrition on our wellness. When I am off the farm you can find me at the Kula Kamala Foundation, in Reading Pa where I am studying to become a yoga therapist.



DR. MICHELLE PERRO
Integrative Pediatrician
& Author

Michelle Perro, MD, is a veteran pediatrician with forty years of experience in emergency and integrative medicine. Two decades ago, Dr. Perro transformed her clinical practice to include pesticide and health advocacy. She has both directed and worked as attending physician from New York's Metropolitan Hospital to UCSF Benioff Children's Hospital, Oakland. Dr. Perro has managed her own business, *Down to Earth Pediatrics*, creating a new field of integrative urgent care medicine. Dr. Perro has co-authored the highly acclaimed book, *What's Making our Children Sick* and is presently working on her second book, "Making our Children Well", to be published in early 2023. She co-founded and is Executive Director of a non-profit scientific-based website, GMOScience.org. She has authored many publications, lectured both nationally and internationally, and has a pediatric column with the journal, *The Townsend Letter*. Dr. Perro is proud to be a member of the newly formed non-profit, *Regeneration Health International*, sister organization to *Regeneration International*. The focus of this project is to educate, bringing food as medicine to the table of global eaters, while highlighting the relationships between soil and environmental good health.

Dr. Ileana Perez-Figueroa, MD, was born and raised in Virginia, completed her undergraduate studies at Barry University, and pursued her Master's in Public Health at UC Berkeley. She attended St. George's School of Medicine for her medical training and completed her Family Medicine Residency at the St. Luke's Anderson Campus.

Dr. Perez-Figueroa is passionate about Lifestyle Medicine and with the support of the Rodale Organic Farm, Anderson Administration, and her Family Medicine colleagues, she was able to develop the Community Supported Agriculture [CSA] program for primary patients.

During her free time Dr. Perez-Figueroa enjoys going on hikes with her husband and has recently welcomed her first daughter.



DR. ILEANA PEREZ-FIGUEROA
Family & Lifestyle Medicine
Practitioner, St. Lukes'
University Hospital Network

Chellie Pingree became an organic farmer on the small island of North Haven, Maine in the 1970s. After graduating from College of the Atlantic, she sold produce to summer residents and raised sheep for wool, eventually starting a mail-order knitting company. She owns Nebo Lodge and Restaurant, and previously owned Turner Farm, a diversified organic farm. In Congress, Chellie has relied on her experience as a certified organic farmer to support the diverse range of American agriculture, including sustainable, organic, and locally focused farming. As a member of the House Agriculture Committee and the House Appropriations Subcommittee on Agriculture, and as the founder and chair of the Food Recovery Caucus, she has been a vocal advocate for food policy reform. Because of her leadership, the 2018 Farm Bill more than doubled funding for organic research, created the first federal produce prescription program, and established the first federal local food program with permanent funding. She introduced the Agriculture Resilience Act, a comprehensive bill that recognizes farmers as an integral part of the climate solution. She will continue to advocate for strengthened local food systems and sustainable agriculture in the 2023 Farm Bill.



**CONGRESSWOMAN
CHELLIE PINGREE**
(D-Maine)



DR. RAJIKA REED
Vice President of Community
Health at St Luke's University
Health Network

Dr. Rajika E. Reed, Ph.D., MPH, M.Ed. is the Vice President of Community Health at St Luke's University Health Network. The Department's mission is to create pathways for measurable health equity outcomes through advocacy, access, and navigation of resources for underserved communities and partners across the Network. She manages the Community Health Needs Assessment across all fourteen St. Luke's campuses. Dr. Reed has worked in the field of public health for more than 20 years. She is an adjunct professor at Lehigh University and an adjunct Clinical Assistant Professor at the Temple Lewis Katz School of Medicine in Bethlehem, Pennsylvania. She serves on the Board of Directors for the Allentown Board of Health, Hispanic Center Lehigh Valley, and New Bethany Ministries. Additionally, she is a member of the Lehigh Valley Chamber-Nonprofit and Business council, the Muhlenberg College Board of Associates, and contributes to the Da Vinci Center's Women in Science and Engineering Executive Advisory Council and the JEDI (The Collaborative for Research on Justice, Equity, Diversity & Inclusion) Advisory Board at Penn State Lehigh Valley.



DR. ANDREW SMITH
Chief Operating Officer,
Rodale Institute

Dr. Andrew Smith, PhD, oversees the research and farm operations at Rodale Institute and is passionate about growing the organic movement by providing science-based solutions to farmers and facilitating opportunities to expand the number of organic farmers and farmland across the globe. He has over twenty years of experience working in the organic industry as an agronomist, researcher, and farmer. While trained as an entomologist, his motive for entering the organic industry was to reduce the use of chemicals for food production that end up in our environment, food, and bodies. He now has the opportunity to support an amazing group of dedicated people working diligently on many projects to transform the food system and the way we farm to improve the lives and health of all people and the planet. He also continues to live and work on his own organic family farm.

Maya Shetreat, MD is a neurologist, herbalist, urban farmer, and author of *The Dirt Cure* which has been translated into 10 languages. She has been featured in the New York Times, The Telegraph, NPR, Sky News, The Dr. Oz Show and more. Dr. Maya is the founder of the Terrain Institute, where she teaches earth-based programs for transformational healing, including professional training programs for psychedelic-assisted approaches. She works and studies with indigenous communities and healers from around the world, and is a lifelong student of ethnobotany, plant healing, and the sacred.



DR. MAYA SHETREAT
Neurologist, Urban Farmer,
Herbalist, & Author

Dr. Stoll is board certified physician specializing in sports and regenerative musculoskeletal medicine and is a recognized as an international leader in lifestyle medicine and whole food plant-based nutrition. He is the co-founder of the Plantrician Project, the International Plant Based Nutrition Healthcare Conference, the International Journal of Disease Reversal and Prevention, and the Regenerative Health Institute, a unique collaborative project with the Rodale Institute that integrates a regenerative vision of human health, agriculture, and the environment. He was a member of the 1994 Olympic Bobsled team and served as a team physician for the United States Bobsled and Skeleton Team and Lehigh University. Dr. Stoll served as a member of the Whole Foods scientific and medical advisory board and consults with healthcare organizations globally to integrate lifestyle medicine solutions. Every year Dr. Stoll hosts the very popular one-week total health immersions in Florida and helps attendees recover lost health, overcome addictions, and restore emotional balance. In addition to authoring numerous books, scientific articles and speaking internationally, Dr. Stoll has appeared on a wide variety of national shows including the Dr. Oz show, hosting a 2018 PBS special Food As Medicine, and numerous documentaries including The Game Changers, Eating You Alive, Disease Reversal Hope, Plantwise, and upcoming TV series based health immersions.



DR. SCOTT STOLL
Physician & Co-founder,
Plantrician Project



JEFF TKACH
Chief Impact Officer,
Rodale Institute

As Rodale Institute’s Chief Impact Officer, Jeff Tkach is on a mission to reconnect humans with the earth. He is responsible for growing the Institute’s global influence in healing people and the planet through regenerative organic agriculture. He works like our future depends on it—because it does. Jeff rolls up his sleeves to create and execute the Institute’s core strategies, global initiatives, and external affairs that drive positive outcomes for Rodale Institute’s mission. He is the founder of the Regenerative Healthcare Conference. Previously, Jeff served as Managing Director and Vice President for Rodale’s Organic Life and Prevention, where he oversaw business objectives and strategic operations. Previously, he served as VP of Sales and Marketing at LifeTime Fitness and as Group Publisher of Yoga Journal and Vegetarian Times. Jeff earned a degree in business marketing from Kutztown University and a postgraduate Authentic Leadership Certificate from Naropa University in Boulder, CO. He is an advocate for bringing regenerative leadership to corporations and organizations to help people reach their greatest potential. Jeff’s highest purpose is to help people restore a right relationship with our food system in an effort to heal our society.



DR. RON WEISS
Doctor & Founder,
Ethos Farm Project

Dr. Weiss is the doctor you have always wished you had. He listens deeply and compassionately, giving you the time, you need to share all the moving parts of your story, those related both directly and indirectly to your health. He is the kind of doctor who will get you off pharmaceutical drugs instead of putting you on them.

Dr. Weiss is the Founder and Board President of Ethos Farm Project, a semifinalist in the Rockefeller Foundation 2050 Food System Vision Prize competition. He has been featured in top media, including The New York Times, The New York Post, The Today Show, New Jersey Monthly, and the feature-length documentary, “Eating You Alive.”

As part of caring for the health of his patients, he cares for the health of the planet. His primary care practice in New Jersey is located on a 342-acre farm which employs conscientious, chemical-free farming methods to restore the vitality of this historic land.

As a leader in a multi-generational family business, Ashley knows the value of vision, passion, and impact. Those attributes were engrained in her by her grandparents, Dr. Joe and Dr. Rose Mattioli, who built and ran the famous Pocono Raceway. However, it was Ashley’s health journey in her late ‘20s, when diagnosed with gastroparesis, a paralyzed stomach, that led her to breaking ground for Pocono Organics in July of 2018. While her doctors suggested removing parts of her stomach, inserting feeding tubes, and putting her on a regiment of medications, Ashley sought guidance from doctors who suggested using food as medicine. She adopted an organic diet and lifestyle and incorporated plant-based supplements into her wellness routine - her health results were undeniable. Sprawling over 380 acres, Pocono Organics is now a Global Center for Research, Education, and Innovation and is one of the largest Regenerative Organic Certified (ROC) farms in the U.S. In 2022, Pocono Organics and its long-standing strategic partner, Rodale Institute, announced that the farm would become a Regional Resource Center, hosting full-time, on-site scientists to continue investing in the science behind regenerative organic agricultural practices to inspire people and heal the earth.



ASHLEY WALSH
Founder, Pocono Organics

Dr. Gladis Zinati is a Soil Scientist and serves as Director of the Vegetable Systems Trial at Rodale Institute. Her research focuses on linking soil health to crop and human health by evaluating side by side vegetables grown under organic and conventional systems with intensive and reduced/regenerative tillage practices. One goal of her project aims at enhancing growers’ knowledge to make informed decisions on adopting effective cropping systems and practices that conserve soil health and increase nutrient content of crops. The other goal is to educate the public on the importance of eating nutrient dense vegetables to enhance their health.

Dr. Zinati earned her Ph.D. in Soil Fertility-Soil Science from Michigan State University and has 33 years of experience, conducting research on the use of no-till practices, cover crops, compost formulations, and biological tools to improve soil and crop health.



DR. GLADIS ZINATI
Director of the
Vegetable Systems Trial,
Rodale Institute

MOVEMENT & BREATH INSTRUCTORS



JULIAN DEVOE

Julian is a wellness educator on a mission to joyfully awaken the best of the human spirit. He currently teaches movement internationally, specializing in mobility, total body coherence, movement efficiency and innate physical intelligence. Julian’s *Elemental Movement System* is practical & accessible, fun & informative, and illuminates the core competencies of human motion.



SUE ELKIND

Sue Elkind is an internationally respected Yoga teacher, educator, and author of the widely distributed Dig Pregnancy, Birth & Baby: A Conscious and Empowered Approach to Prenatal and Postnatal Yoga. Sue’s in-depth knowledge of alignment, biomechanics, meditation, and philosophy enrich and enliven all of her classes. Her creative sequencing and passion to teach from her heart, motivates her students to expand their potential both physically and spiritually. When not traveling to teach, Sue offers weekly classes, meditations, and teacher trainings (200-hour, 300-hour and Pre/Post Natal) through Dig Yoga, her home studio, in Frenchtown, New Jersey.



AMY IPPOLITI

Amy Ippoliti is an American yoga teacher, author, and earth conservationist. She is the co-founder of 90 Monkeys, an online school for advanced yoga education. Amy has studied yoga for over 30 years and has been teaching since 1997. She shares her passion for yoga, health and earth conservationism through her writing for major publications, including Yoga Journal and MindBodyGreen. Amy lives an environmentally-conscious lifestyle and supports businesses that operate by this ideal. She is an enthusiastic advocate for sustainable farming and effectively reducing our carbon footprint by making informed decisions about what we eat and buy.





FROM OUR CEO

Healthy Soil=Healthy Food=Healthy People! When was the last time you or a colleague had the opportunity to ask a patient or client about the soil where their food comes from? Probably never. And even if you did, the patient likely wouldn't know how to respond. They might be interested in engaging in a conversation, however, the links between soil health and human health are not clearly understood. That's why an event such as this is so important. Any opportunity we have to create a platform to host a conversation between health professionals, farmers, soil scientists and food service providers, should be utilized. In the past, Rodale Institute initiated the conversation that changed the language from one based on soil quality to soil health. We now stand on the front line of expanding that conversation to include healthcare professionals as we look deep into the links we share with the soil.

— JEFF MOYER
CEO at Rodale Institute



FROM OUR CIO

The Regenerative Healthcare Conference is a new frontier for Rodale Institute. One that was born out of JI Rodale's mission to connect soil health with human health. The impetus for this conference also stems from my experience recovering from a chronic illness. Through that struggle, I discovered that my body is a whole system and found that food can serve as medicine. I champion regenerative healthcare because it prioritizes the systems-based approach that healed me. It also has the unique benefit of empowering farming and healthcare professionals to work jointly to advance the state of human and planetary health. After all, regenerative healthcare takes root on farms that work in harmony with nature. And at Rodale Institute, a human health organization, we use agriculture as a tool to improve health outcomes.

— JEFF TKACH
CIO at Rodale Institute



FROM THE ORGANIZER

Welcome to the first ever Regenerative Healthcare Conference! It has been an absolute privilege to get to connect with so many of you throughout this planning process. This conference is truly a labor of love, and I am grateful to have the opportunity to bring it to life.

It is my hope that you savor each moment that we are here together in this community of like-minded souls, rising to the challenge of healing our broken healthcare and agricultural systems. May what you experience at this gathering be a source of strength, knowledge, and hope for you in the years to come, as I am certain it will be for me. This is only the beginning of our journey into the vast web of Regenerative Healthcare.

Together, we have the power to create a ripple effect. May we return to our communities emboldened to cultivate a shared remembrance of what makes us most human: our interconnectedness with a living, breathing Earth & our responsibility as conscious stewards to tend her well.

— NADINE CLOPTON,
Program Manager at Rodale Institute

ACKNOWLEDGMENTS

The Regenerative Healthcare Conference would not be possible if it were not for the dedicated team at **Rodale Institute** who worked tirelessly to bring this inaugural conference to life.

Thank you to **Nadine Clopton, Shawn Brown, Tammy Hobar, Josh Lilly, Kim Schroeder, Maria Pop, Chloe Nouvelle, Sarah Longenecker, Dave Pryor, Annie Brown**, all of whom have worked relentlessly behind the scenes throughout this process.

In addition to the Rodale Institute staff, we'd like to thank our friends at **St. Luke's Health Network (Jane Grube, Marissa Lewicki, Marie Ann Sutera-Wendells, Kira Bub, Jenna Mooney, Matt Martinez, Ed Nawrocki, among others)**, for their support with CMEs and their ongoing transformative partnership in our Farm-to-Hospital model.

A big thank you to **Emily Prusak** for designing this beautiful conference booklet!

Lastly, we'd like to thank **Dr. Scott Stoll and Plantrician Project** for your partnership and inspiration along the journey.

DAY ONE REFLECTIONS & INTEGRATION

Biggest takeaways from today:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Why is healing our broken farming & agricultural system imperative to our healthcare system?

How does it feel to be in a community of people dedicated to cultivating a healthier future?
How do I hope to deepen my connection to this community over the next few days?

DAY TWO REFLECTIONS & INTEGRATION

Biggest takeaways from today:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

How will I carry what I learned today about soil stewardship, soil health, health & regenerative organic agriculture forward into my work?

What are the biggest challenges we face to implementation of better soil stewardship practices and how can they be addressed?

DAY THREE REFLECTIONS & INTEGRATION

Biggest takeaways from today:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

How will I integrate what I learned today about Food as Medicine into my own practice?

How does stratification in food access add another layer to health inequities and how can we work towards supporting equitable access to healthy, nutrient-dense, organically grown food?

DAY FOUR REFLECTIONS & INTEGRATION

Biggest takeaways from today:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

How is our current system making people sicker?

How can models like the Farm-to-Hospital model revolutionize how we collectively work towards healing?

CONFERENCE REFLECTION & INTEGRATION

How can I be of service & transform the world around me with what I have learned?

NOTES

We hope that you hold on to this booklet. Add it to your library, use it as a journal for your thoughts on this week and look back on it often, or pass it on to a friend.

Presented by:



Rodale Institute
rodaleinstitute.org



The Plantrician Project
plantricianproject.org