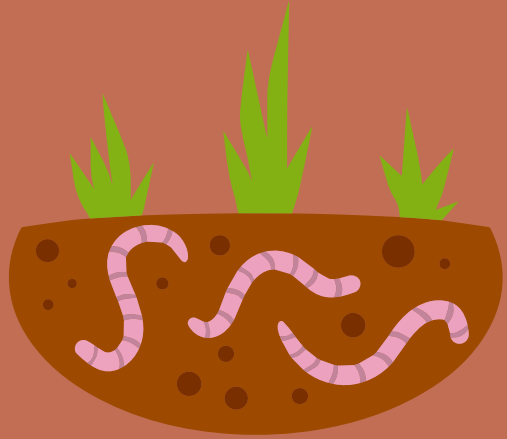


# REGENERATIVE HEALTHCARE



Regenerative Healthcare is a term coined by Rodale Institute.



Soil



Food



Hospitals



Humans

# Regenerative healthcare is...

"A system where **agriculture and healthcare** work together for a **prevention-based** approach to human and environmental health.

Rather than relying on toxic chemicals to solve agricultural issues and pharmaceutical interventions to manage disease, regenerative healthcare aims to prevent disease through an **organic, whole foods, plant-forward diet** that begins on farms that work in harmony with nature."



# 3 steps for Regenerative Healthcare

1. **ADOPT** more-regenerative organic farming practices that increase soil health and nutrient density
2. **IMPROVE** diet through greater consumption of nutrient-dense, whole foods, and reduction of processed foods
3. **INCLUDE** lifestyle changes, reduce/stop smoking, increase physical activity and manage stress levels

# Relevant Blueprints

## Farm to Hospital model



Rodale Institute established an organic farm where farmers grow thousands of pounds of high-quality, organic produce for distribution to all ten St. Luke's campuses in the region to patients and staff.

## Fresh Rx Oklahoma



FreshRx Oklahoma sources local and regeneratively grown, nutrient dense, organic vegetables and fruits to program participants while stimulating local economy by supporting small, local farmers

# Transitioning healthcare

It is important to inspire, empower, and equip the healthcare and wellness sectors with the right knowledge on regenerative farming, food as medicine and food systems.



# European transition

The European Green Deal has on its heart the **Farm to Fork** strategy which aims to make food systems fair, healthy and environmentally-friendly.

One of the transition goals is to "ensure food security, nutrition and public health, making sure that everyone has access to sufficient, safe, nutritious, sustainable food."



We are on a mission to spread awareness amongst **health professionals** about the connexion between **soil-human health**.

**Join us in our mission!**



Coalition of Health Professionals  
for Regenerative Agriculture