



March is 'Food as Medicine' Month

Dear WHAg Farmer

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."—Ayurvedic proverb

If we talk about 'medicine' most people think of pharmaceutical drugs used to treat disease. But what is nature's medicine, and how can it be used to prevent illness? Well...quality sleep, managing stress, regular exercise, and nutrients from food all go hand in hand to build the foundations of good health, a healthy immune system, and subsequently resilience to disease.

The concept of 'food as medicine' certainly isn't new though, as foods have been used for medicinal purposes by different cultures since ancient times. So this month, we set out to explore the differing views on whole food and whole health by chatting to a farmer and a GP.

We interviewed Dr Sally Bell on the importance of food for our health. She has been guiding people back to health using an integrative medical approach; drawing on her training in conventional, functional and lifestyle medicine she has an integrated and comprehensive way of treating the whole person.

Plus, we feature an organic WHAg farmer - Pammy Riggs. She talks about 'growing your own food as medicine' and explains that whilst 'organic' may seem to be a recent trendy term, it was in fact the system that was used by our ancestors until fairly recently.

We've also been asked some pertinent questions by Asiya, a young London GP who we first met at the Real Food Gathering, an event organised by the British Holistic Medical Association. Asiya subsequently told us

"What has struck me about meat and dairy is how little I know about it! In particular, the Real Food Gathering revealed a huge gap in my knowledge about good quality meat, dairy and the potential implications of this on health and wellbeing. It led me to understand and question where the meat and dairy I purchase comes from along with how the animals are treated."

You can read more about her questions, and the response from our WHAg Chairman in our upcoming blog....so, keep an eye on our website and social media channels to learn more.

Finally, if you enjoy this month's read, please forward it to others who might appreciate it too, not forgetting to remind them to **subscribe**....

Until next time, let's all take a little time out to think about what we eat and the impact our choices have on our collective health.

The WHAg team

The Power of Food - Interview with Dr Sally Bell



How does a family doctor with a lifestyle medicine approach differ from your regular GP? WHAg's Sara Kernohan talks to Dr Sally Bell who is a conventionally trained doctor with a refreshing view on health and easy-to-achieve solutions for chronic ill-health. Sally explains how she addressed her own chronic sickness when faced with a future of debilitating medication by teaching herself the changes she needed to make in order to restore her body to excellent health and vitality.

Sally's view is that you need to understand five factors that fundamentally impact your health. In her experience, she says:

"you won't get healthy, or stay healthy, unless you are prepared to address all five – Nutrition, Sleep, Rest, Movement and Connection."

Sally trains her patients to reframe their view on health and address those five factors. Her passion for how food is grown and raised means that she understands the vital role our farmers play in producing the food which is our medicine. She talks to Sara about how she thinks GPs might support patients with these strategies and whether we are making any headway in influencing how our doctors think about food and health.

To watch Sally's interview, click the image below:



Read more about Sally on her website www.drallsallybell.com

Course Special Offer!

Sally is also running two six-week online courses, enabling you to learn how you can address these five factors and restore yourself to bring life-long health.

WHAg mag readers can get a 25% discount

use the code **SPRING2021**

At £130 for 6 weeks it's a bargain even without the discount! Head to the following links to book:

Cancer Recovery Course

Thursday 8th April - Thursday 13th May 7.30pm

[Click for more info' and to book](#)

Hormonal Health Course

Wednesday 12th May - Wednesday 16th June 7.30pm

[Click for more info' and to book](#)



Farmer Feature

Growing Your Own Whole Health Food

by Pammy Riggs

Pammy Riggs is a Devon based organic farmer, a gardener, author, and one of our WHAg Champions. For our March issue she talks about the importance of caring what you put into your food - and - what food you put into your mouth; how you can grow your own food without the input of toxic chemicals and why this is so critical for the health of our soil, our crops and ourselves. She raises a serious question about organic food and why it's now considered to be 'elite' and at the more expensive end of the spectrum. Is this really true or is this a modern day myth?

Join her enthusing about working with the elements, the surprises and the beauty of nature as she takes us on a journey through her gardening experiences, complete with a wealth of supporting images to inspire us.

Join Pammy by clicking on the image below to view.



WHAg Join the 'Alliance to Save Our Antibiotics'



In the UK, routine farm antibiotic use still remains far too high. Over 75% of farm antibiotics are used for mass medication, rather than for the treatment of individual sick animals.

We're proud to announce that we have become the 66th member to join The Alliance to Save Our Antibiotics whose members span a wide range of medical, health, agricultural, environmental, consumer and animal welfare sectors from across the EU. Membership of the Alliance offers a platform from which to raise the profile of human and animal antibiotic resistance at policy, industry and public levels. It means we'll have the opportunity to contribute to outreach work, briefings and consultations, or to support media work and policy advocacy for the Alliance to Save Our Antibiotics.

Find out more at: saveourantibiotics.org

What do wealth inequality, chronic disease, climate change, and the industrialization of agriculture all have in common?

The answer is food, and more specifically our food system.

@DRMARKHYMAN

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