

# The Logical Solution to our Nation's Healthcare Crisis: ~~Ph~~*Farm*acy

Bianca Garilli, ND  
FVC  
May 4, 2017



When **diet** is *wrong* medicine is of no use.

When **diet** is *correct* medicine is of no need.

-Ayurvedic proverb

# Quick look at my journey to here...

- Iowa kid, military brat and farm living
- USMC (1993-1998)
- University of Maryland
- Bastyr University
- NorCal Center for Lifestyle Medicine
- Children's Heart Foundation, CA Chapter President
- Crazy, chaotic, blessed jumbled mess of family life, work and .... laundry.





The Power of Real Life Experience.... I have to accept that I'm not a (real) farmer





## Purpose of discussion

- Outlining the problem we are facing in healthcare
- Identifying logical and available solutions
- Creating a pathway for implementation and success

# Today's Landscape:

## Chronic Disease – the leading cause of death and disability in the US

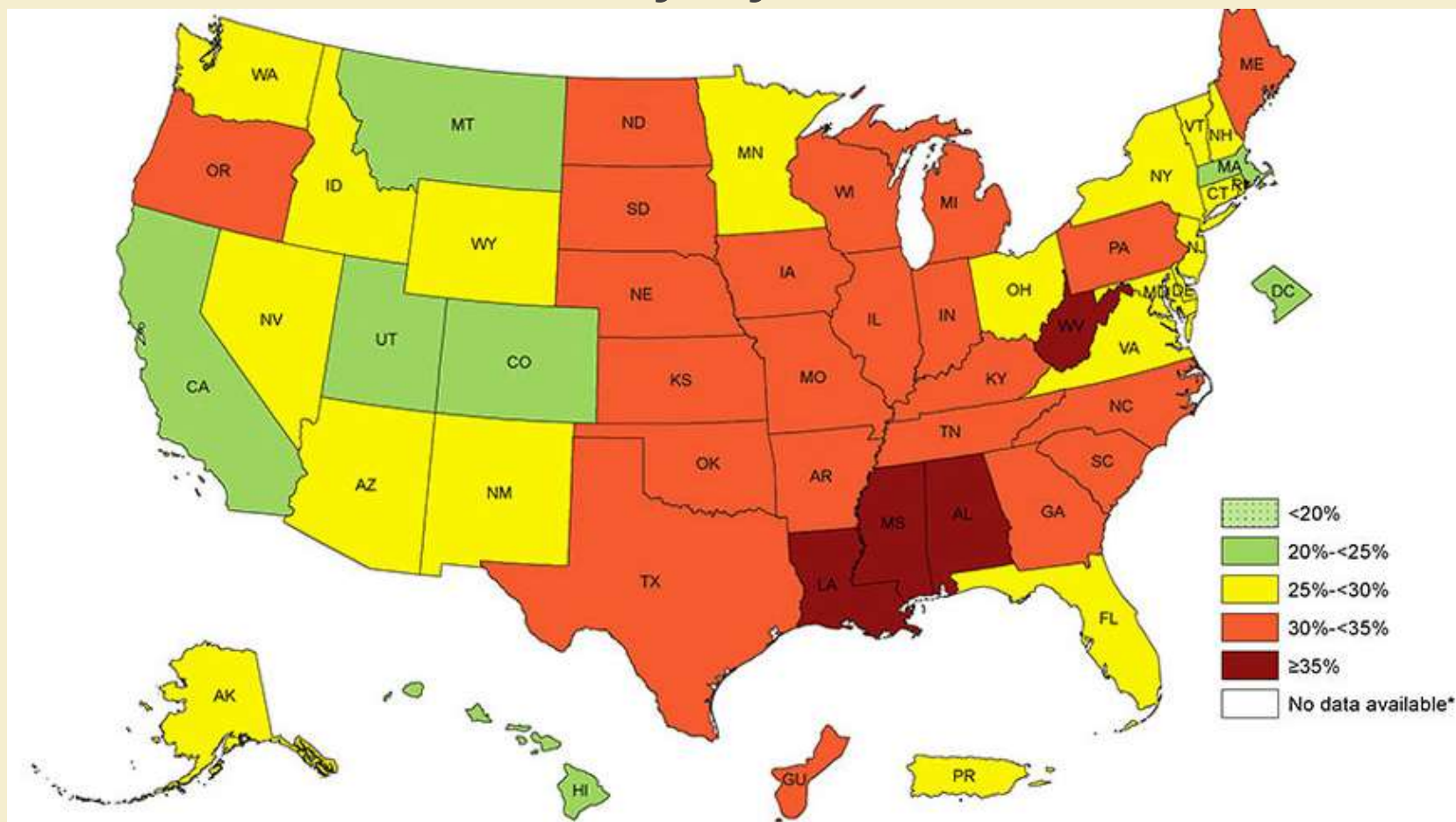
- *Lifestyle related* chronic diseases account for **50% of deaths** in the US today.
- These chronic diseases and conditions—such as heart disease, stroke, certain forms of cancer, type 2 diabetes, fatty liver (NASH), sleep apnea, gall bladder disease, high blood pressure, cholesterol problems, obesity, and arthritis—are among the most **common, costly, and *preventable*** of all health problems.
- It is estimated that 86% of chronic disease is **preventable!!**

# Today's Landscape: Chronic Disease Snapshot

- Seven of the top 10 causes of death in 2010 were chronic diseases **PREVENTABLE**
- T2D is the 7<sup>th</sup> leading cause of death in US: affects 29 million Americans, 86 million with prediabetes – precursor to T2D **PREVENTABLE**
- Over 50% of patients report 6 or > dx, average sx = 30; average age 44! Majority = **PREVENTABLE**
- Obesity is a serious health concern and driving force in chronic disease. During 2009–2010, more than one-third of adults, or about 78 million people, were obese. In large part **PREVENTABLE**



# Today's Landscape: Chronic Disease & Obesity by state, 2015



Source: [Behavioral Risk Factor Surveillance System](#)

\*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%



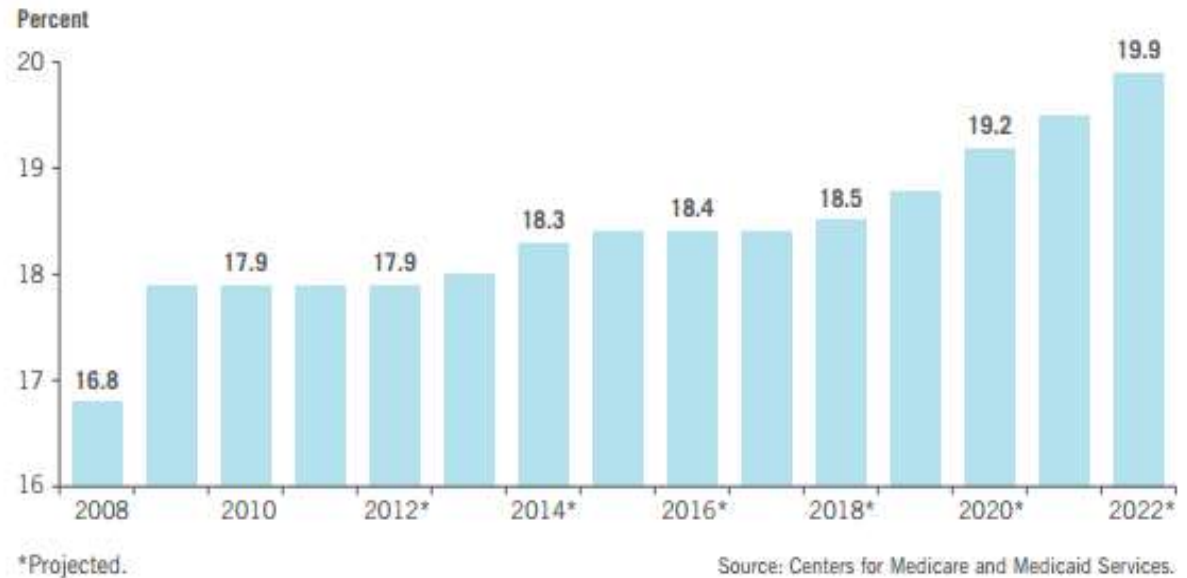
## Milken Institute Report: Chronic Disease and Wellness in America – Economic Burden as an estimate of GDP

2008 - 16.8% of GDP

2022 - projections, just below 22% of  
GDP

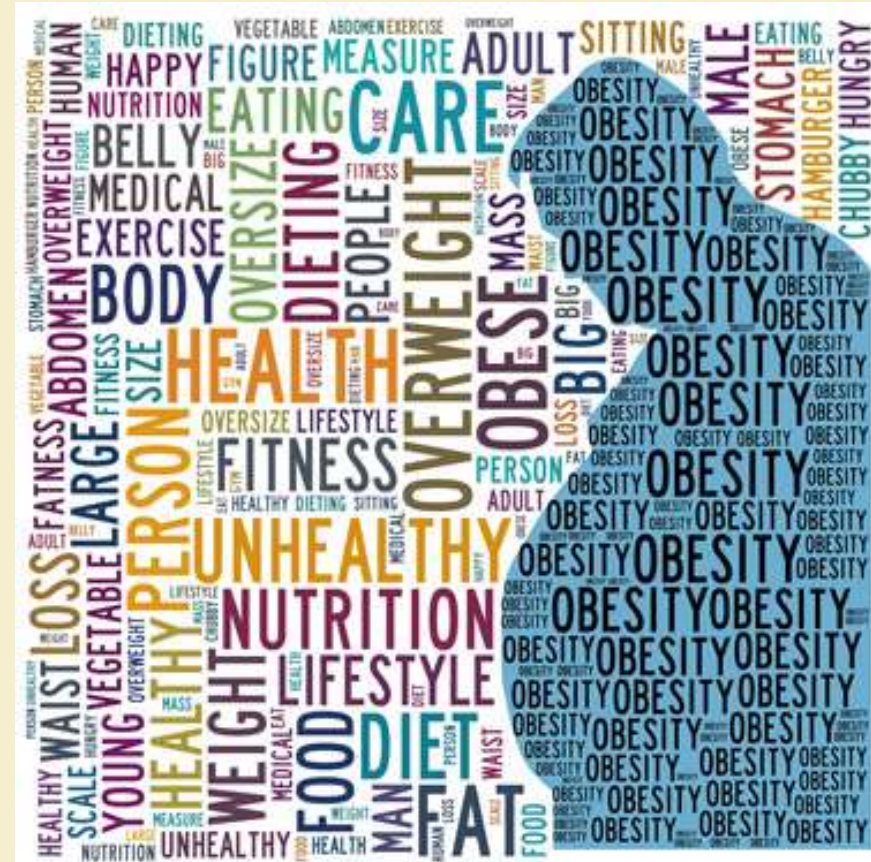
According to the Centers for Disease Control and Prevention (CDC), chronic illness affects one of every two adults in the U.S., and they are responsible for 75 percent of health-care costs. Needless to say, the rising expense is a burden for the country. In 2008, those costs were 16.8 percent of GDP, and by 2022 they are projected to be just shy of 20 percent. That's far too fast an increase in only 14 years.

**Rising health-care costs (as % of GDP)**



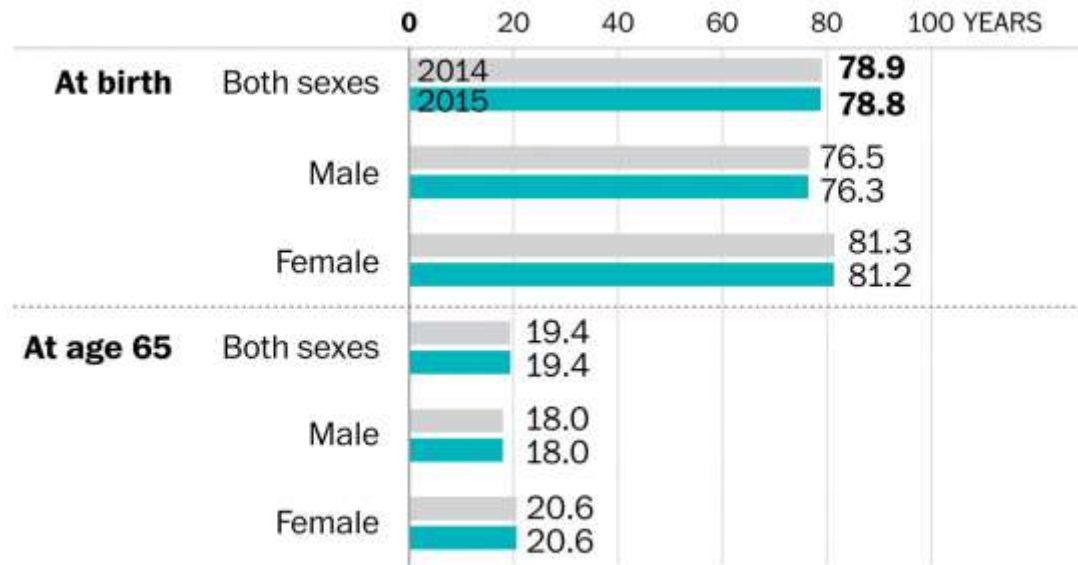
# Today's Landscape: Chronic Disease & Economic Burden

“Our current healthcare spending is unsustainable and could eventually bankrupt the country absent dramatic changes in our current healthcare programs and systems.” (Former U.S. Comptroller General David Walker – 2012)



# It's not just economics....

## Life expectancy of Americans has declined



Source: CDC, NCHS, HHS NVSS

THE WASHINGTON POST

## National Center for Health Statistics – 2017

Life expectancy in the United States has declined for the first time in more than two decades.

Highest causes of death:  
dementia and heart disease

# Our Children: the next victims of unhealthy & unsustainable lifestyle habits

LIFE EXPECTANCY FOR CHILDREN IS EXPECTED TO DECLINE  
2-5 YEARS SHORTER!


“Obesity is such that this generation of children could be the first basically in the history of the United States to live less healthful and shorter lives than their parents,” David S Ludwig, director of obesity program at Children’s Hospital Boston at one of lead authors of this paper published in NEJM.




“ I never worry about  
action, but only  
about inaction  
– Winston Churchill

**The danger of inaction affects  
the individual and society.**

**It leads to a devastating loss of  
potential & greatness in the  
world.**



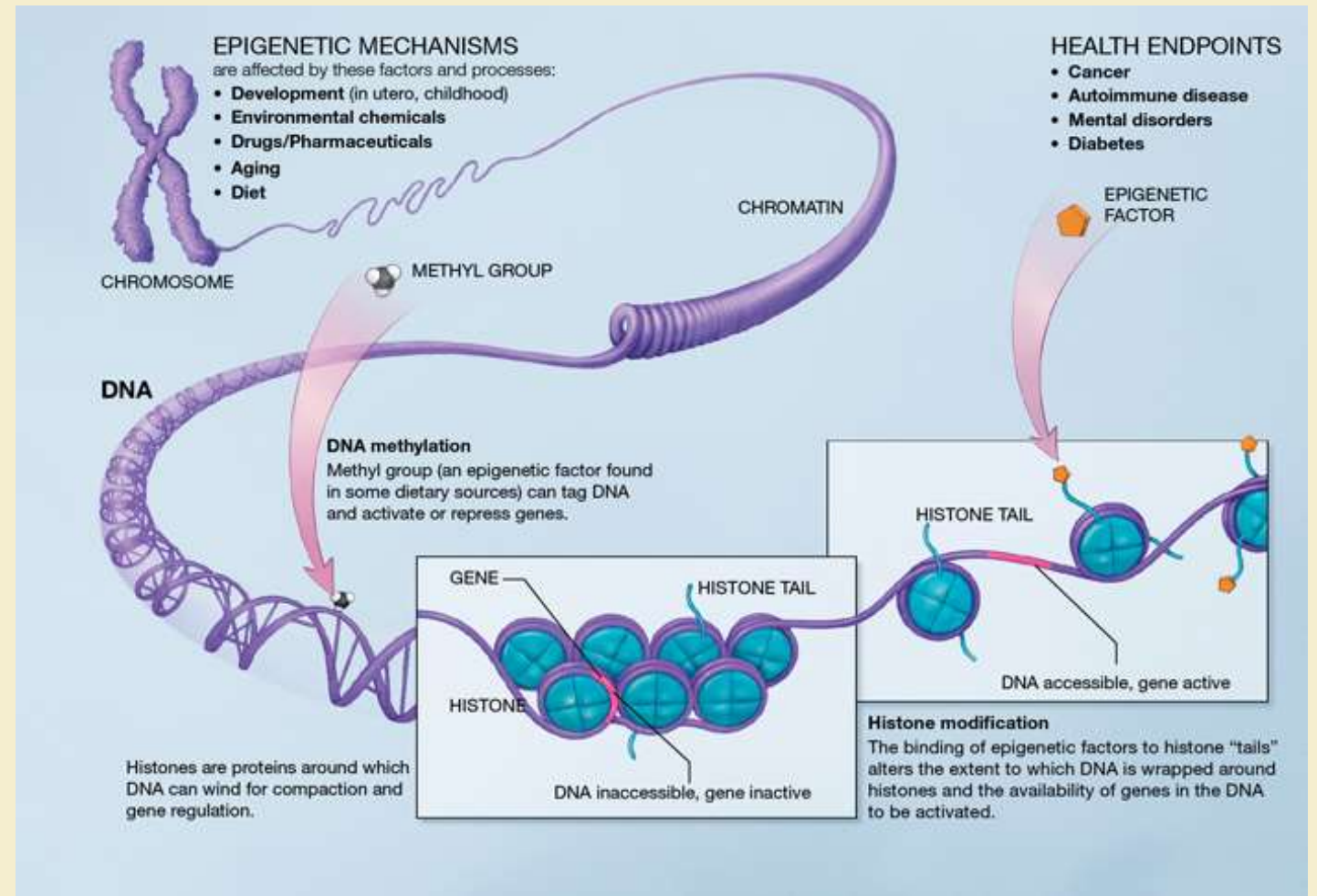
**Epigenetics** simply means this: The *foods* you eat, the *air* you breathe, the *water* you drink, the *thoughts* you think, the *feelings* you feel, the *exercise* you do, and the *lifestyle* you lead can all powerfully influence your **genetic expression.**



[www.psychologyofeating.com](http://www.psychologyofeating.com)

# EPIGENETICS

These epigenetic modifications which influence gene expression can not only affect the individual at various times in their lives, but may also be passed on to next generation(s).....**up to 4 generations!**







## NUTRIGENOMICS

We interact with the world, multiple times per day, through our food.

Food provides messages to the genes

Nutrition is *the* ultimate gene whisperer.

- Nutrition can affect self and offspring and their subsequent adult health status.





# SOLUTIONS

**PREVENTION & EDUCATION**

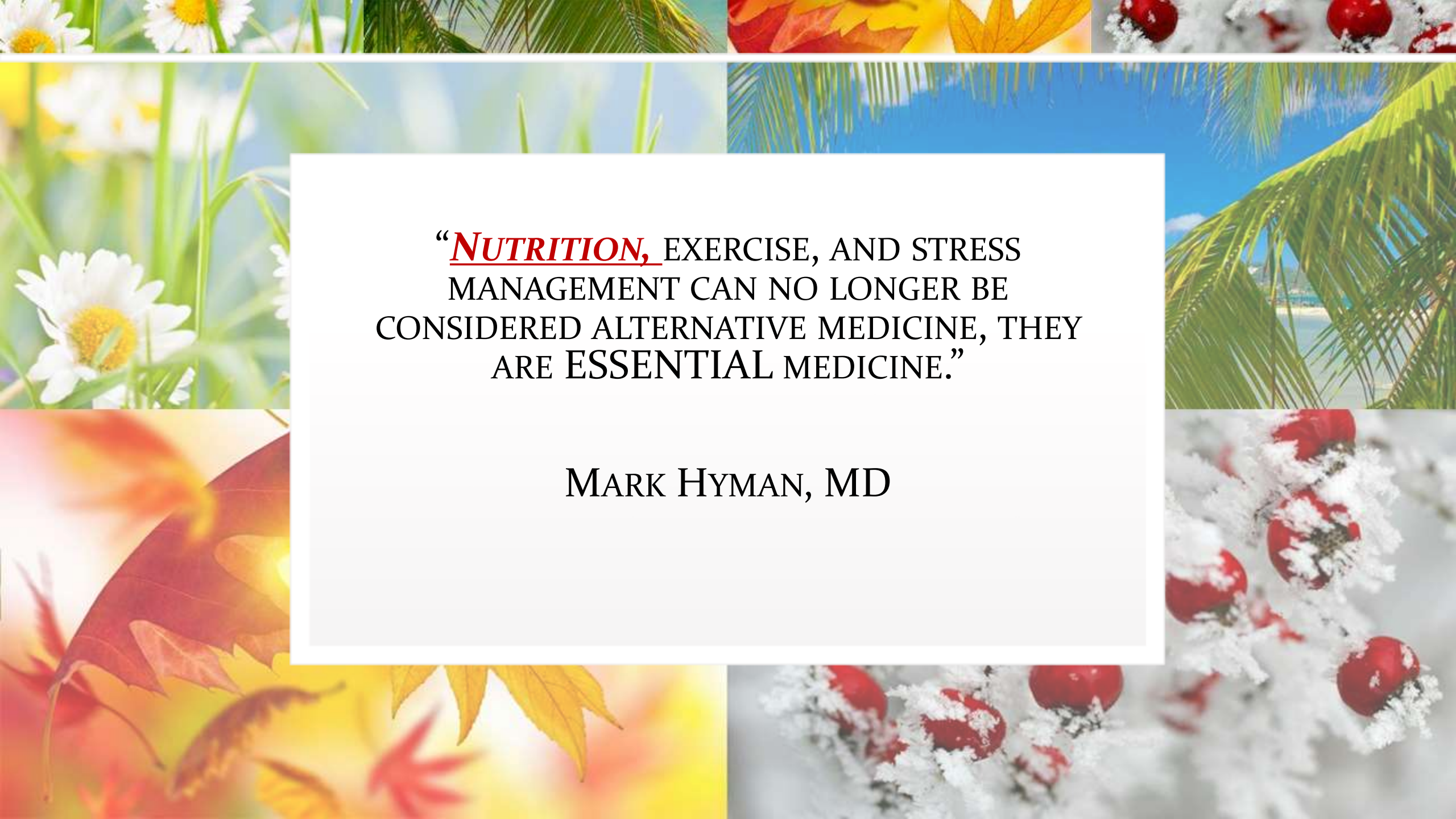
**LIFESTYLE CHANGES & PERSONAL RESPONSIBILITY**

**BACK TO BASICS**

“Lifestyle medicine is not just about preventing chronic disease but also about treating them, often more effectively and less expensively than relying only on drugs and surgery. Nearly all the major medical societies recently joined in publishing a review of the scientific evidence for lifestyle medicine for both the prevention and TREATMENT of chronic disease”.

## Rescuing Health Reform: Why Doctors Should Practice Lifestyle Medicine

M. Hyman, D. Ornish, M. Roizen (Sep. 15/09) [www.functionalmedicine .com](http://www.functionalmedicine.com)



“**NUTRITION**, EXERCISE, AND STRESS  
MANAGEMENT CAN NO LONGER BE  
CONSIDERED ALTERNATIVE MEDICINE, THEY  
ARE ESSENTIAL MEDICINE.”

MARK HYMAN, MD



YOU are a Major and Integral part of  
the Solution

Your products belong in the  
healthcare system

Farmers' products ARE medicine!







## A SHIFT IN THINKING ABOUT HEALTH

Building Roads

Building Relationship

Building Networks

**Building a new paradigm**

“Food as Medicine”

“Farmer as Pharmacist”



WOMEN ARE CARETAKERS,  
HEALERS, NURTURERS,  
EDUCATORS

WISE WOMEN





## *THOUSANDS* OF HEALTHCARE PROVIDERS PRESCRIBING YOUR MEDICINE EVERYDAY!

- Naturopathic Physicians
- Integrative and Functional Medical Doctors, PA, NP
- Nutritionists
- Health coaches
- Mental health care providers
- Chiropractors
- TCM Providers
- Massage therapist, body workers, personal trainers....
- And on and on and on.....

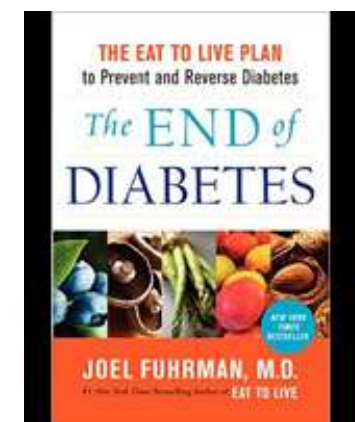
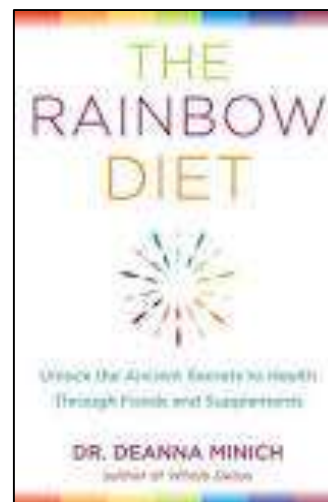
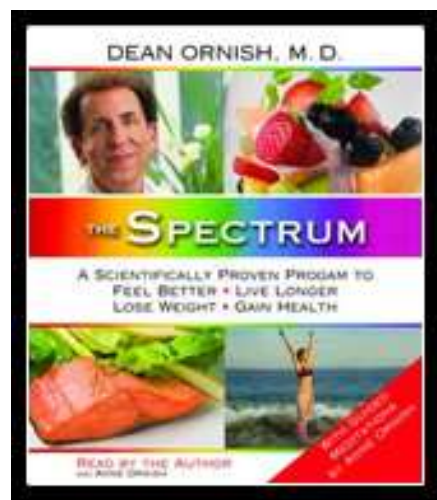
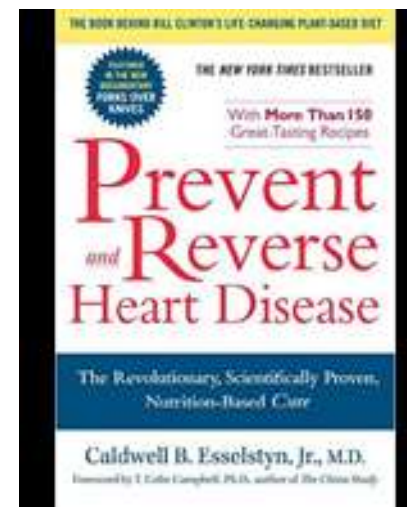
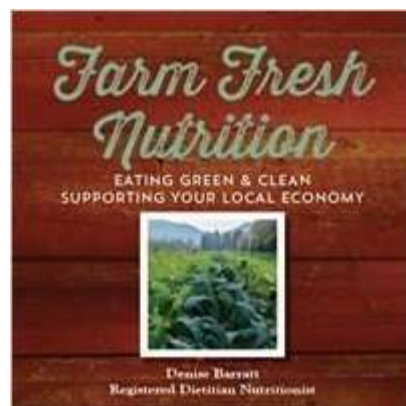
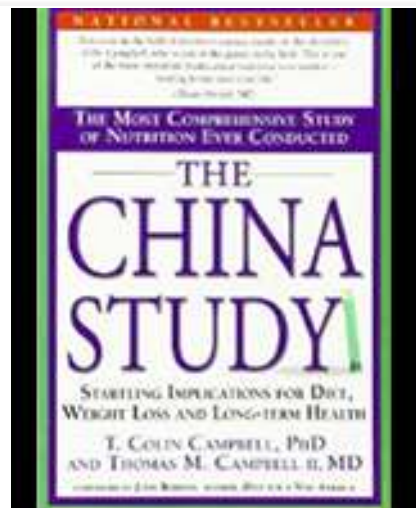


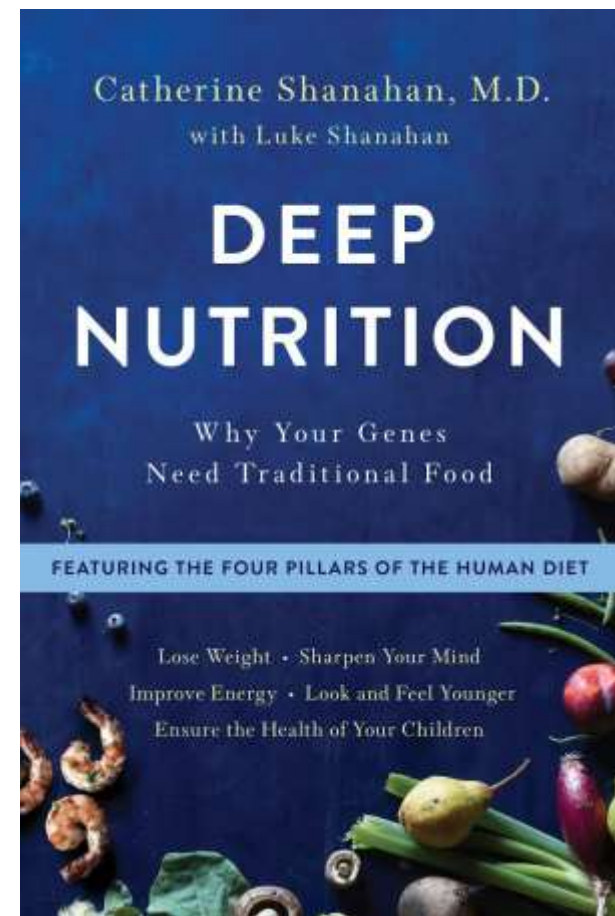
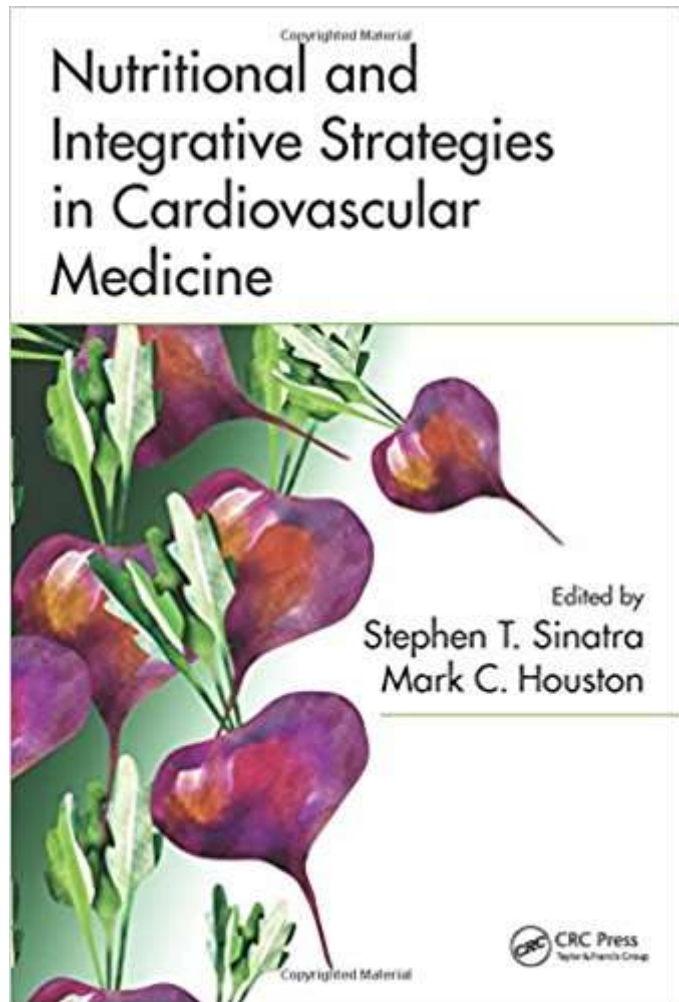
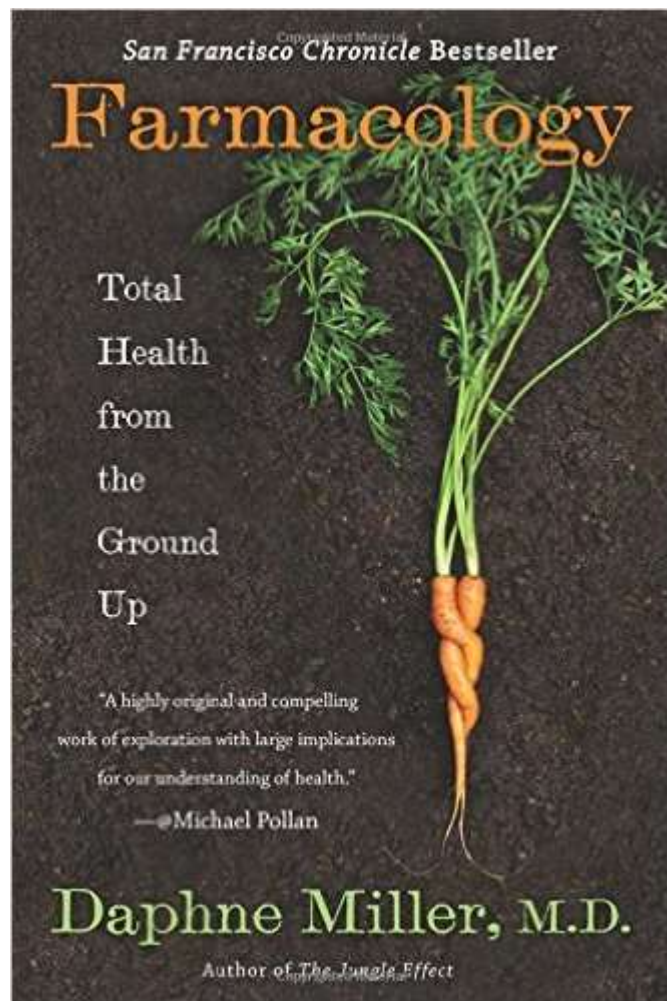
# If you feel the calling.... Let's brainstorm!

- What is your product?
- How does it fit into the “new” healthcare paradigm?
- Who in your community or beyond needs your product?
- Some initial thoughts to consider as we go through the next slides....
  - CSA, Point of Sale products, health education on the farm, articles for HCP newsletters, hospital and clinic gardens, supplement company raw product provider, event and conference sponsor....

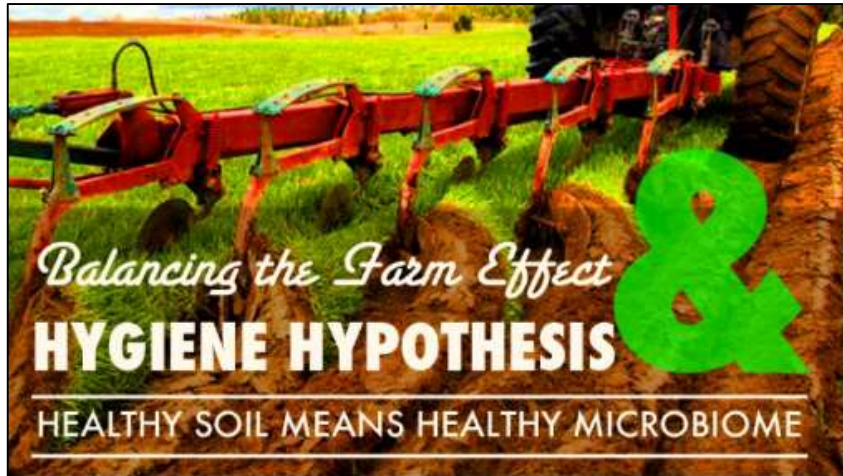












By editor Posted June 24, 2015 In Autoimmune, Garilli



## HEALTHY SOIL MEANS HEALTHY MICROBIOME

Dr. Bianca Garilli, ND  
@DoctorBianca

In recent years developing research has continued to amaze us with new information on the connection between our health and the environment. Having been raised on a farm in my teenage years, the emerging link between the diversity and quantity of microbe exposure in the early years of life and subsequent health status caught my immense interest.

In the late 1990's the term "farm effect" began to gain attention. The hypothesis goes like this: those who are frequently exposed early on, possibly even in-utero, to naturally occurring microbes in healthy soil such as those which might be found on a farm, have lower incidence of a multitude of



### The Farm Effect: How Dirt Makes You Happy and Healthy

7 Ways Dirt Is A Powerful Immune System Booster

Posted by Christiane Northrup, M.D.

Pin it 185



Dirt is not just good for children. We *all* need a little need dirt in our lives! — Christiane Northrup, M.D.



**Christiane Northrup, M.D.**

Women's Health Expert, Visionary Health Plan Wellness Speaker, and New York Times Best Selling Author [Read More](#)

#### TOP POSTS



**Why I Won't Take These 'Safe' Drugs**  
227 Comments



**7 Tips To Organize Your Home Using the KonMari Method**  
217 Comments



**Is This Your Perimenopause Transition?**  
173 Comments

# Change is in the air....everywhere!

Tulane's medical school was among the first to take on a licensed chef as an instructor. Its curriculum, developed in partnership with the College of Culinary Arts at Johnson & Wales University, has been sold to 16 other medical schools.

[www.npr.com](http://www.npr.com); Dec 2015; *If Doctors Learned To Cook, They Might Give Better Advice*



**Chef Coaching Program– Teaching doctors to cook and to prescribe food as medicine in their clinics.**

Institute for Lifestyle Medicine; collaboration between Spaulding Rehab Hospital and Harvard Medical School





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## What You Will Learn

- Food-based solutions for chronic disease prevention and management
- Understanding hormones for health, happiness, and a vital life
- Energy: The adrenal and thyroid connection
- Digestive distress, including microbiome-centric strategies for bloating, IBS, reflux, and more
- Autoimmune conditions and a science-based immune recovery plan
- Healthy weight management and blood sugar strategies
- Anxiety, depression, panic, and stress solutions
- How nutrition helps chronic pain and fibromyalgia Integrated cancer care
- Vitamins, minerals and herbal guidelines
- Mindful eating, meditation, movement and the art of self-care

## Who Should Attend?

- MDs, DOs, NDs & DCs
- RD's, Nutritionists & CHHC's
- Medical, Nursing & Nutrition School Faculty
- Medical, Health & Public Health Students
- Clinical Faculty in Residency Programs
- Nurses & Nurse Practitioners
- Physician Assistants
- Social Workers
- Community Health Practitioners
- Psychologists
- Acupuncturists
- Other Health Professionals





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### HERBAL SPOTLIGHT

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# From Seed to Shelf

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### Growing & Sourcing

We start with growing and sourcing the highest quality herbs, timing their harvest precisely and selecting only the most medicine-rich plant parts. For those herbs we don't grow ourselves, our worldwide network of organic growers and wildcrafters is thoroughly committed to upholding our rigorous standards.

[Learn more](#)

### Purity & Safety

The purity, potency and safety of our herbs are verified and documented through careful testing and meticulous extraction methods carried out by our team of expert [herbalists and scientists](#).





# Healthcare providers KNOW that we need a “NEW” TYPE OF MEDICINE: Farmacy



YOU are a Major and Integral part of  
the Solution

Your products belong in the  
healthcare system

Farmers' products ARE medicine!





Five years ago, when Lankenau Medical Center was confronted with evidence that it was serving the unhealthiest county in Pennsylvania, the hospital decided to embrace the findings with an unconventional approach: building a half-acre **organic** farm on its campus to provide fresh produce to patients.



The Deaver Wellness Farm at Lankenau Medical Center.

Lankenau Medical Center





## **New this Season**

### **Volunteer opportunities: Weeding Wednesdays**

Every Wednesday for the 2017 season we are encouraging St. Luke's University Health Network employees to join our farm team for Weeding Wednesdays! Join us on the farm as we weed to harvest the farm fresh produce that services all 7 of the hospitals in the St. Luke's network. After we weed stay for a tour of the farm!

To volunteer for Weeding Wednesdays please contact Farmer Lynn at [lynn.trizna@rodaleinstitute.org](mailto:lynn.trizna@rodaleinstitute.org).

The fourth season of the St. Luke's Rodale Institute Organic Farm will reflect the following changes:

- Servicing 7 hospitals in NJ and PA
- Increased the number of varieties of produce plants to 100
- Doubled the acreage to now span 11.5 acres
- Partnered with the Kellyn Foundation and its mobile healthy grocery market known as the "Eat Real Food Mobile Market"
- Partnership with St. Luke's University Health Network CSA to service all 7 hospitals
- Campers from Active Learning Center visiting the farm

# A New Type of Rx : “Pharmacy”

(2015) There is now a full two-year, **\$68,000 Oregon Department of Agriculture (ODA) grant** to fund a training program for five vegetable farms including Zenger Farm (5) and Love Farm Organics (6) who want to partner with these types of institutions (*healthcare facilities, doctor's offices, gyms*).

While CSAs help those who buy them, **the ODA's main goal is to give local farmers a larger customer base that they need to support their business.** By participating in the Prescription CSA, you can make a healthy diet more practical as well as support your local community of farmers.



food as  
medicine  
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## Prescription Foods – Rx CSA

### The Doctor's Prescription for Whole Foods via Community Supported Agriculture



Consistent with our philosophy of using whole foods to prevent and reduce chronic disease (1), some doctors in the Portland metro area can now prescribe food to their patients. This is being done through a pilot program launched by Zenger Farm who is partnering with the National College of Natural Medicine and the Multnomah County Health Department. They are offering prescription

▼ FAMI Blog

[Eating Healthy Through the Holidays](#)

[Food and Mood - World Mental Health Day](#)

[Introducing our Nutrition in Fruition Project!](#)

[Learn About the Gut at the 4th Annual Food as Medicine Symposium](#)

[Nutrition & Breast Cancer Prevention](#)

[Pumpkin \(Pie\) for Your Health This Fall](#)



THE POSSIBILITY FOR  
COLLABORATION BETWEEN  
FARMERS & HEALTHCARE  
PROVIDERS IS LIMITLESS....  
& NECESSARY







# What's next....

Ongoing discussion....

Brainstorming new opportunities, new markets, new products, new relationships

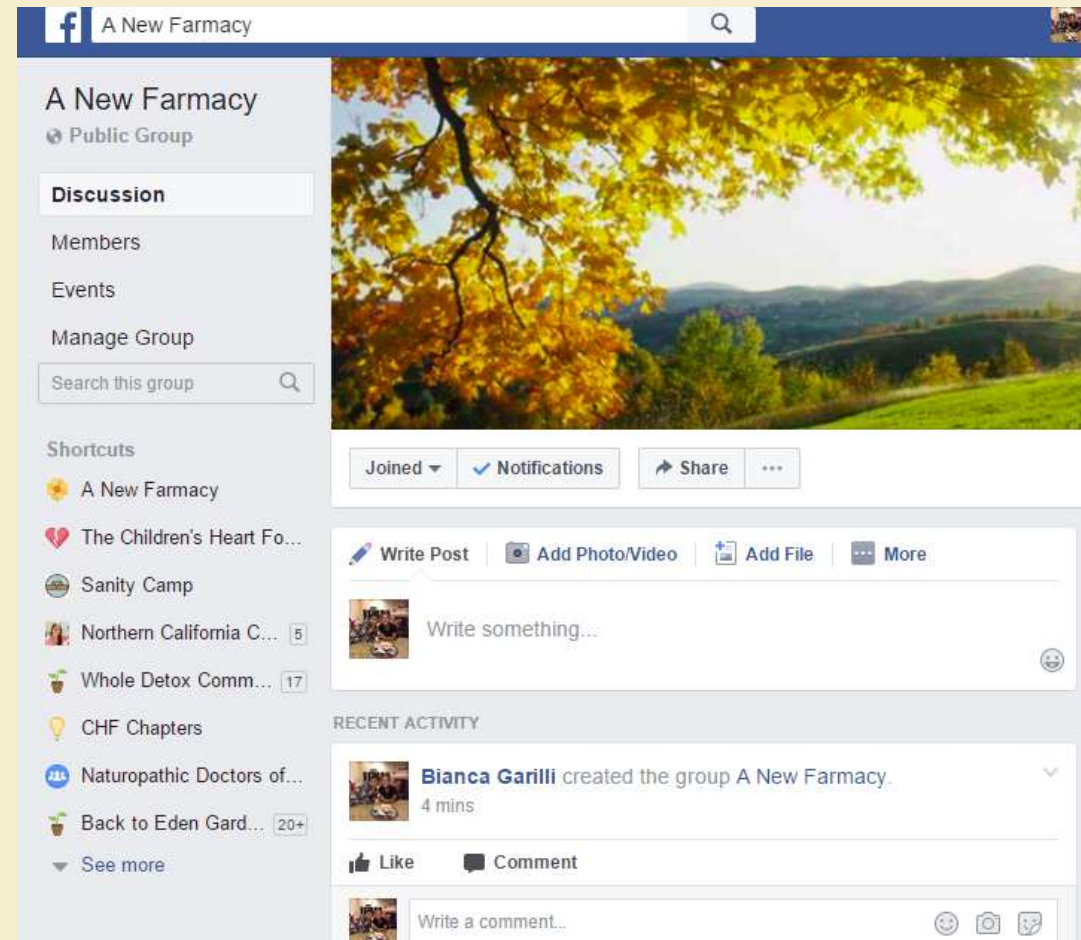
- Healthcare providers
- Supplement companies
- Direct to patients of local doctors
- Direct to hospitals
- On-site gardens
- Food, herbs, products, education, classes
- Disease or condition specific
- Age group specific
- ..... What else?
- ..... Where else?
- .....Who else?

Everyone!  
Everywhere!



# A New Farmacy

## Connect on FB



The doctor of the future will  
give no medicine, but will  
interest her or his patients in  
the care of the human frame,  
in a proper diet, and in the  
cause and prevention of  
disease.

- Thomas Edison (1847-1931)

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your time and  
your passion!