



Amy Sapola, PharmD, FAIHM, IFMCP



Applying Culinary Medicine From the Farm to the "Pharmacy"

Join Dr. Amy Sapola in the kitchen as she discusses the basics of culinary medicine along with her experience in a variety of clinical settings (including a rural hospital, food shelf, regenerative farm, and large hospital) utilizing grassroots methods to bring "Food as Medicine" into a variety of settings. This talk will provide practice examples along with Q&A on how to create your own unique position as a healthcare professional interested in farming or as a farmer interested in working more closely with healthcare professionals.

Bio: Amy Sapola, PharmD, FAIHM, IFMCP

Dr. Amy Sapola is passionate about public health issues related to the social determinants of health, soil health, and planetary health.

Dr. Sapola is a Clinical Pharmacist, Institute for Functional Medicine Certified Practitioner (IFMCP), and Certified Wellness Coach with a B.S. in Nutrition. Dr. Sapola has completed a 2-year Fellowship with honors in Integrative Medicine from the Academy of Integrative Health and Medicine (AIHM) and has trained in Culinary Coaching and Culinary Medicine (Level 1 Certification).

As a mother of two young children, avid gardener, passionate cook, and long-time yogi (200hr TT), Amy has an integrative approach to health and wellness both personally and professionally.