



Zuzanna Zielinska



Linking Agriculture to Healthcare

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The farming and health crises are inextricably linked. The European Union is impacted by both - 60% of soils in Europe are degraded because of intensive agriculture practices and up to 90% of deaths are caused by non-communicable diseases. Furthermore, crops have greatly reduced their micronutrient, antioxidants, and polyphenols and a decrease in human micronutrient intake has been noted. Here, we explore pathways toward a regenerative agricultural and healthcare system that not only revitalizes soil health but also promotes human well-being. By embracing a holistic One Health approach, we can envision strategies to address these interconnected challenges, ensuring the health and sustainability of both ecosystems and communities.

Speaker Bio: Zuzanna Zielinska

Zuzanna is a systemic entrepreneur, environmental nutritionist, and healthcare change maker. Her venture **HarvestCare** works on regenerative food pharmacy for diabetes type 2 patients. She is also a co-founder at **Regenerative Healthcare European Association**.