

From Beth

My desire for Food As Medicine Global (FAMG) is to grow a positive movement resulting in food that makes people's lives better, and readily available for all. Many of us already know that food is medicine. The way that food is grown, as well as how it is prepared and consumed, impacts so many areas ranging from our own health and well-being to the welfare of our communities, economies, and climate. This was really brought home to me in the teachings of Mark Hyman, and his book Food Fix. Many of the threats we are currently facing are caused, at least in part, by food, and can be ameliorated with food – chronic illness, mental health, cost of healthcare, climate change, “natural” disasters, hunger, food scarcity, social isolation, and more.

Food has played a large part in my personal journey. I was sick every day of my life until I was 25 years old, going from doctor to doctor until I discovered that I had food allergies and chemical sensitivities. After learning how food affected my health I developed a passion for eating foods that made me feel good. The joy of preparing healthy foods in creative, nourishing, delicious ways, in community, is something we want to promote in FAMG.

It is my fervent desire to transform hospitals to be proactive and pro-health, rather than scary, disease treatment focused institutions. FAMG aims to have healthy food served in hospitals, and to educate communities about the healing properties of food, and to foster collaborations between health and educational institutions and farmers in the growing and distribution of healthy foods.

I have been interested in holistic health and experienced many different practices since my teenage years. For the last two decades, I have been working with integrative health and medicine practitioners and educators to further interprofessional education and interprofessional collaboration. After forming a non-profit organization, Healing Centers United, I was hired by the Academic Consortium for Complementary and Alternative Health Care (ACCAHC), which became the Academic Collaborative for Integrative Health (ACIH) and in 2021 merged with the Academy of Integrative Health and Medicine (AIHM), where I worked until April 2022.

I hold MBA and PhD degrees from the University of Chicago Booth School of Business, and a Masters degree in Public Health from the University of California, Berkeley. My undergraduate BA degree is from the University of Michigan. I live in Chicago, San Diego, and Charlevoix (Michigan) throughout the year and enjoy eating healthy foods and dancing in all three locations!

I believe the most important factors Heather and I bring to FAMG are: deep passion for wellness and social justice, our skills in relationship building and collaboration, and a proven track record of providing leadership and facilitation in moving projects forward.