

Food as Medicine Study Day

Healing through food

14th October 2023

Mayo University Academy

Castlebar



Let's improve peoples lives together.



University of Galway's Mayo University Academy Castlebar

St Mary's Church Building

**Opposite Mayo University Hospital
Main Entrance:
Eircode F23 YV60**

Welcome

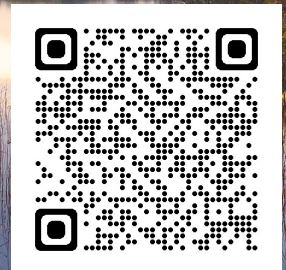
Modern Medicine is in crisis: A tsunami of chronic diseases paralyses the existing system. Most of these diseases are deemed incurable:

Are they? Let's find out together!

- **Learn** how food can affect your health and well-being.
- **Discover** the latest research on nutrition and disease prevention.

The study day will be in a free format: allowing speakers to take as much time as they need and allowing the audience to engage and ask all the burning questions.

Please register here:



Please support the study day here:



Supported by

Plant-Based Health Professionals UK
(PBHP UK)



PLANT-BASED
Health Professionals UK

Founded in 2018 by Dr Shireen Kassam, PBHP UK is a community interest company based in the UK. PBHP UK's mission is to provide education and advocacy on whole food plant-based nutrition for the prevention and treatment of chronic disease, as well as for supporting planetary health. Our work encompasses healthcare professionals, members of the public and policy makers. We are a membership organisation, open to all, with nearly 1000 members from a range of health professional and non-health professional backgrounds.

Since our formation, our work and activities have expanded exponentially. We provide education in medical schools, universities, hospitals, general practice, for civil service

organisations and public events. We support hands-on community cooking at Vinny's plant-based cook school in Liverpool. We collaborate with national and international campaigns such as Running on Plants, Veganuary, No Meat May, the Plant-Based Treaty, Plant-Based Universities and Scrap Factory Farming. We work with those involved in policy recommendations such as the UK Health Alliance on Climate Change and Greener Practice. More recently we have collaborated with the BDA, the UK's association of dietitians. Our resources are used by health professionals and the public to support widespread dietary change. We also enjoy working with and supporting like-minded organisations around the world.

Find out about all our work and projects on our [website](#). [Join as a member](#). Connect with us on social media [Facebook](#), [Instagram](#) and [Twitter](#)



Greener Practice



VEGANUARY 



UK Health Alliance on Climate Change



No MEAT MAY



PROGRAMME

11.00

Introduction to Food as Medicine
Ulrich Bartels

11.40

Plant-based Diets: where is the real evidence?
Surabhika Lunawat

12.40

Plant-based diets for treating Type 2 Diabetes
Sundhya Raman

13.10

A whole food plant-based summer: me & my mom's experience
Danial Ejaz

CASE STUDY

LUNCH

14.00

Personal Journey of healing from Diabetes
Susanna Sweeney

CASE STUDY

14.40

Implementing a holistic approach to inflammatory bowel disease
Rachel Huban

15.30

Hero of Health: Implementing Lifestyle Medicine into A&E and beyond
Linda Mizun

16:30

Healing from Psoriatic Arthritis
Kate Dunbar

END

CASE STUDY



Dr Ulrich Bartels

Introduction to Food as Medicine

Dr Ulrich Bartels works as an Obstetrician & Gynaecologist in Mayo University Hospital. His training was started in Germany having obtained his degree and PhD in Germany, University of Göttingen. Ulrich completed his training in Ireland and worked here and in the UK. He was appointed Honorary Lecturer to the University of Galway earlier this year.

When his daughter became vegan his concerns about her health led him to research nutrition and health. Culminating in taking the University of Winchester's Plant-Based Nutrition course in 2020; this course fundamentally changed his view of health and disease. Throughout his career he realised the strong link between trauma and disease, and he trained in trauma informed care.



Dr Surabhika Lunawat

Plant-based Diets: where is the real evidence?

Dr Surabhika Lunawat is a general practice specialty registrar and the chair of the Royal College of General Practitioners' West Midlands Associates in Training committee. She studied medicine at the University of Liverpool, with a Master's degree in clinical neuroscience from University College London, being awarded a distinction. Her subsequent calling to preventative and lifestyle medicine prompted her to change her career path and, more importantly, her own life. She has completed a plant-based nutrition course at the University of Winchester and has become a certified lifestyle medicine physician, achieving a diploma in lifestyle medicine from the British Society of Lifestyle Medicine.

She is a passionate advocate for health equity, and is currently doing health equity-focused training as part of her general practice training. She is doing research in the social determinants of health in the context of chronic lifestyle-related diseases at the University of Keele. She also created and leads a successful physician-led walking group of over one hundred members in her community, where she regularly delivers educational talks on a wide range of health-related topics. She hopes to integrate both health inequalities and lifestyle medicine in her future practice as a fully qualified general practitioner.

Meet Surabhika here:

<https://www.youtube.com/watch?v=M8esG5NcgHI>



Dr Sundhya Raman

Plant-based diets for treating Type 2 Diabetes

Dr Sundhya Raman is the founder and director of My Wellness Doctor – a Lifestyle Medicine Health consultancy. She has a degree in Pharmacology & Physiology, a Medical degree from Guys, King's and St Thomas's, London, a PhD (D.Phil) in Genetics & Epigenetics from Oxford University and is a qualified Lifestyle Medicine physician with the International Board of Lifestyle Medicine & British Society of Lifestyle Medicine.

Dr Raman has held a variety of both clinical and research roles. She has worked with well known scientists in labs around the world including in cancer genetics at Yale University, and Alzheimers' cellular physiology at the Wolfson Centre, London.

Her current roles include: creating toolkits on lifestyle for cardiovascular health on behalf of NHS England; lifestyle doctor at the Primary Care Cardiovascular Society and diabetes lead at Plant Based Health Online. She has created and runs a lifestyle programme for lowering cholesterol in primary care. She regularly delivers talks and teaching on lifestyle medicine and healthy ageing to both healthcare professionals as well as to the lay public, including a focus on specific risks and solutions for ethnic minority groups. Her advice on lifestyle shifts for optimum health has been featured in national news publications.



Rachel Huban

Implementing a holistic approach to inflammatory bowel disease

Rachel Huban is a Nutritional Therapist and Functional Blood Chemistry Analysis (FBCA) practitioner who specializes in teaching a holistic approach to inflammatory bowel disease. Rachel has been living with Crohn's Disease for 24 years and managing the condition holistically, without medication, for the last 4 years. Having trained in FBCA with Dr Dicken Weatherby, Rachel focuses on analyzing bloodwork through the lens of functional medicine.

The sole focus of Rachel's work is identifying the root cause triggers, leading to her client's symptoms.

Visit Rachel here:

Beyond IBD: <https://beyondibd.com/>





Dr Linda Mizun

Hero of Health: Implementing Lifestyle Medicine into A&E and beyond

Award-Winning Healthy Ageing Lifestyle Doc | Raising SEIS Investment HealthTech B2B | Founder of Hero of Health including an App that reverses chronic diseases & builds healthy ageing communities | NHS Clinical Entrepreneur

Dr. Linda Mizun is a dedicated A&E physician working within the NHS, and she is also a board-certified lifestyle medicine practitioner. Driven by her deep passion for leveraging lifestyle medicine to empower individuals in preventing, managing, and even reversing chronic diseases, she has amassed a compelling portfolio of successful cases, including her own remarkable health transformation.

Over many years, she has meticulously developed unique tools, such as the Fiber Tool and 0-Minute Movement, while also curating a robust body of evidence linking chronic health issues to one's sense of purpose. Co-founding Hero of Health, she has embarked on a mission to address critical societal issues, from loneliness to mental health, with the aim of making healthy lifestyle habits accessible to all within their communities. Her vision is to prevent and reverse chronic diseases, enabling everyone to lead a long, fulfilling life unburdened by health issues.

Visit her Page:

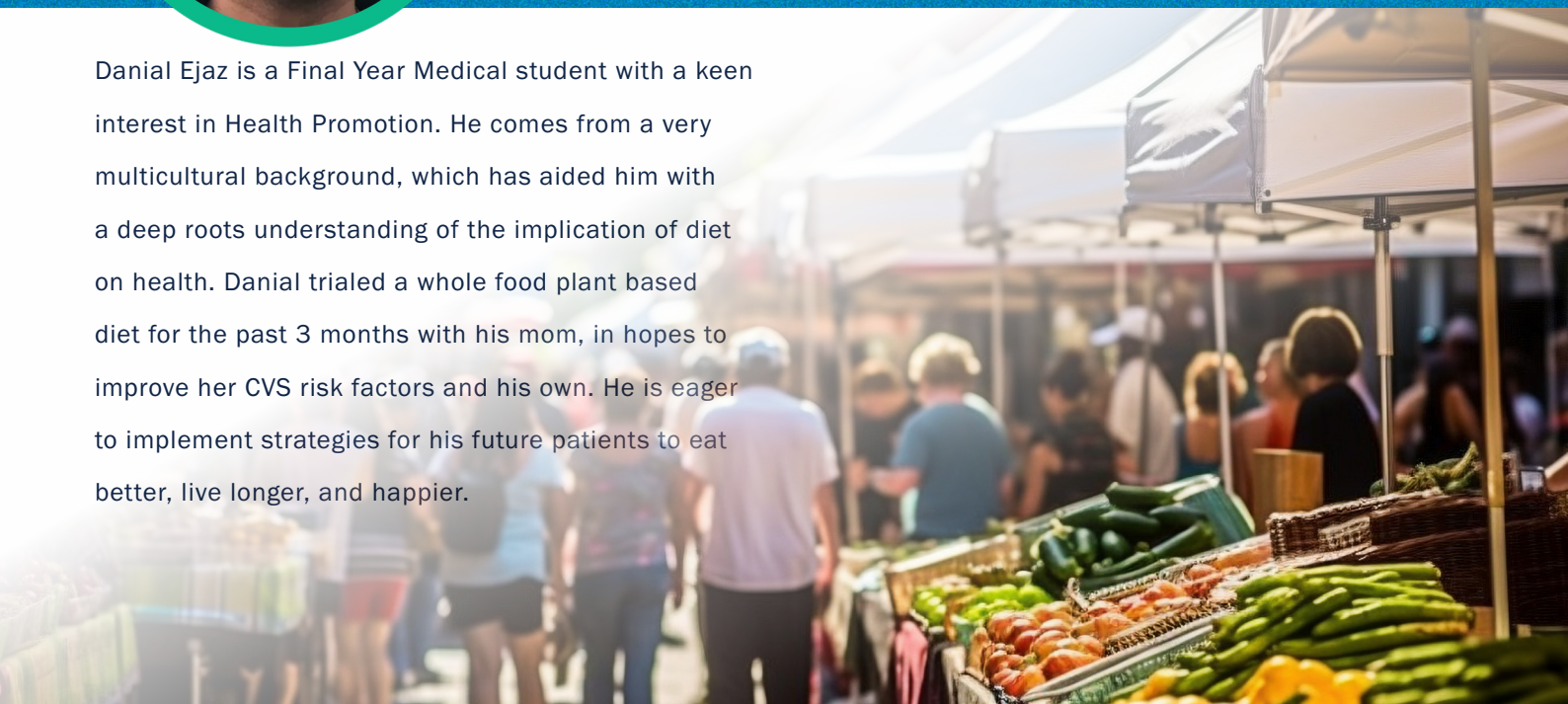
Hero of Health: <https://www.heroofhealth.com/>



Danial Ejaz

A Whole Food Plant Based Summer: Me & My Mom's Experience

Danial Ejaz is a Final Year Medical student with a keen interest in Health Promotion. He comes from a very multicultural background, which has aided him with a deep roots understanding of the implication of diet on health. Danial trialed a whole food plant based diet for the past 3 months with his mom, in hopes to improve her CVS risk factors and his own. He is eager to implement strategies for his future patients to eat better, live longer, and happier.





Kate Dunbar

Kate knows first-hand the power of a whole food plant-based diet (WFPBD). Nearly 20 years ago and a highly stressed teacher, she became seriously ill with psoriatic arthritis. She spent the whole summer in bed, in excruciating pain all over and dosed up on painkillers. Once on the mend, she started to wonder if certain foods might be contributing to symptoms, even though close family members also had this disease. However, she was told that, 'diet has nothing to do with it'.

17 years ago, she became an ethical vegan and in doing so managed to cut her medication by half but still suffered flare-ups. Now, she is five years medication and pain free having discovered No Oil WFPBD. At the age of 60 much to her astonishment,

she has just completed her first marathon. Her patient case study has been published in the American Journal of Lifestyle Medicine.

Kate is an enthusiastic member of her local community, helping bring people together to plant a community orchard of over 180 trees. She loves parkrun, either running herself or cheering very loudly.

Kate loves cooking and growing her own food. As a graphic designer, she is honoured to work with members of PBHPUK to produce their factsheets. She sincerely hopes that others can also improve their health and be their best selves.

Read Kate's Case Study here: <https://journals.sagepub.com/doi/10.1177/1559827621993435>



Suzanna Sweeney

Susanna Sweeney is a retired P/T Lecturer at Mayo Campus, Atlantic University. In 2015 Susanna was diagnosed with Diabetes Type 2 and she followed all of the 'instructions' provided to her to live with diabetes. Susanna was told "there is no cure, once you have it, you have it for life." In 2021 Susanna was introduced to 'Food as Medicine' and in 2023 was given a normal diabetes check and is now free from diabetes medication.

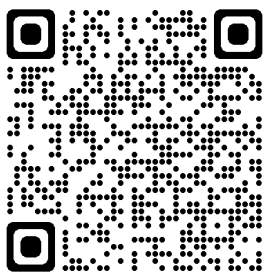


Are We What We Eat? The Moral Imperative of the Medical Profession to Promote Plant-Based Nutrition

The typical Western diet, high in processed and animal-based foods, is nutritionally and ethically problematic. Beyond the well-documented cruelty to animals that characterizes the practices of the factory-farming industry, current patterns of meat consumption contribute to medical and moral harm in humans on both an individual level and a public health scale. We aim to deconstruct, by highlighting their fallacies, the common positive and normative arguments that are used to defend current nutritional patterns. Animal-based foods promote the mechanisms that underlie chronic cardiometabolic disease, whereas whole-food plant-based nutrition can reverse them. Factory farming of animals also contributes to climate

change, antibiotic resistance, and the spread of infectious diseases. Finally, the current allocation of nutritional resources in the United States is unjust. A societal shift toward more whole-food plant-based patterns of eating stands to provide significant health benefits and ethical advantages, and the medical profession has a duty to advocate accordingly. Although it remains important for individuals to make better food choices to promote their own health, personal responsibility is predicated on sound advice and on resource equity, including the availability of healthy options. Nutrition equity is a moral imperative and should be a top priority in the promotion of public health.

Scan here to read more:



[The American Journal of Cardiology, 188, 15–21](#)



Recommended bookshop

The Castle Book and
Card Centre,
Castle Street
Castlebar, Co. Mayo

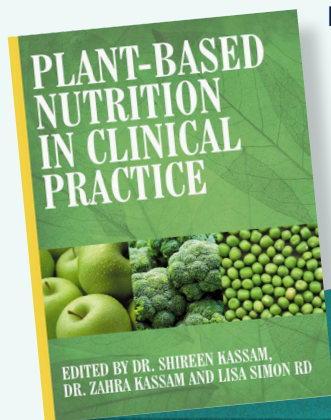


Castle Books are an independent book store located in Castlebar. Take a look at their book stall showcasing an array of exciting reads. Please also visit their wonderful cafe situated above the store.

They specialise in books written about the beautiful county of Mayo and books written by local authors from Co. Mayo. The Castle Bookshop has been in Castlebar for the past 30 years, providing a platform for books about Mayo.

They can also be found online <https://www.mayobooks.ie/>

Recommended books

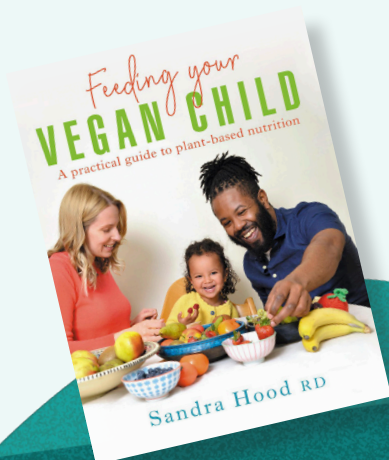
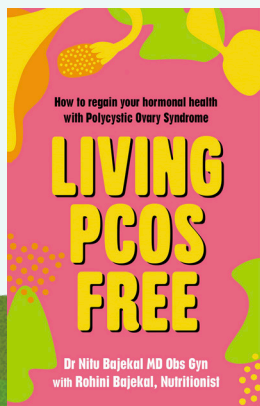


Plant-Based Nutrition in Clinical Practice

edited by
Dr Shireen Kassam,
Dr Zahra Kassam and
Lisa Simon RD

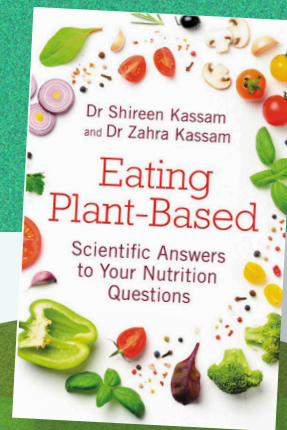
Living PCOS Free How to regain your hormonal health and go from surviving to thriving with Polycystic Ovarian Syndrome

by Rohini Bajekal and
Dr Nitu Bajekal MD Obs
Gyn



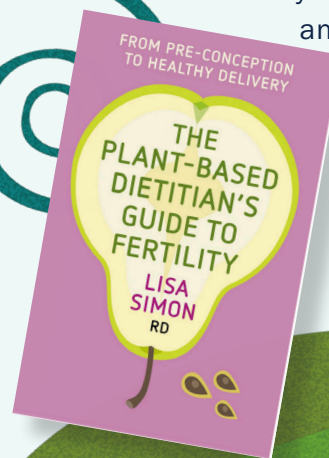
Feeding Your Vegan Child

by Sandra Hood RD



Eating Plant-Based; Scientific Answers to Your Nutrition Questions

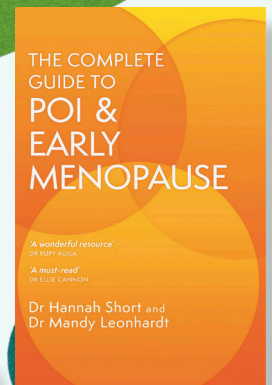
By Dr Shireen Kassam
and Zahra Kassam



The Plant-Based Dietitian's Guide to Fertility From pre- conception to healthy delivery by Lisa Simon RD

The Complete Guide to POI and Early Menopause

by Dr Hannah Short and
Dr Mandy Leonhardt



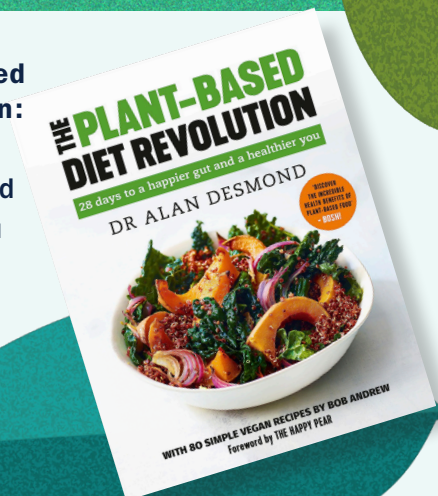
The Plant Power Doctor: A simple prescription for a healthier you

by Dr Gemma Newman

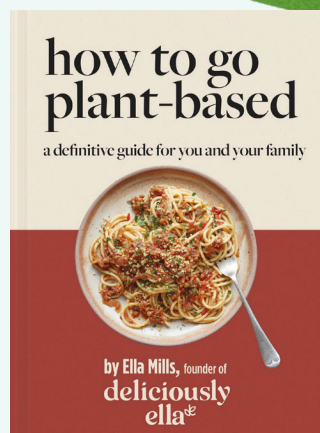
Recommended books

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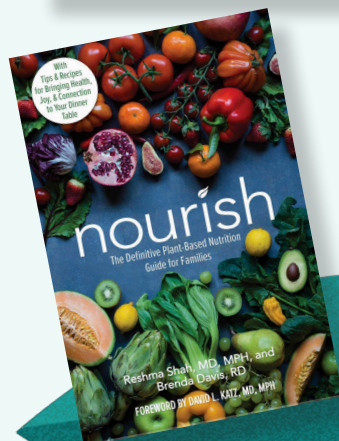
The Plant-Based Diet Revolution:
28 days to a happier gut and a healthier you
by Dr Alan Desmond



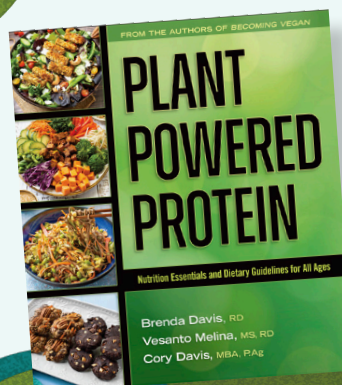
The Adventures of Chef Animo and Granny Vegano
by Hayley Tait



How To Go Plant-Based
by Ella Mills
(Deliciously Ella)

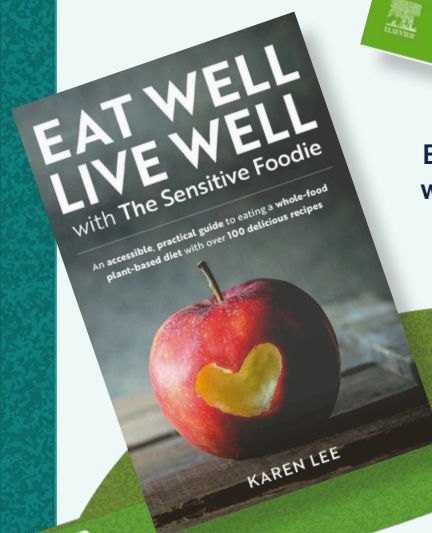


Nourish: The Definitive Plant-Based Nutrition Guide for Families
by Reshma Shah M.D. M.P.H. and Brenda Davis R.D.



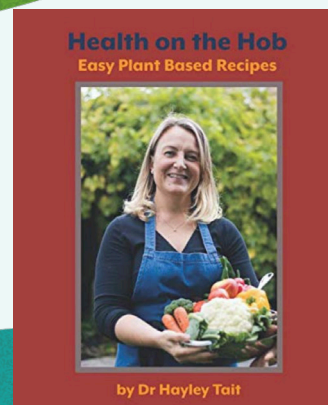
Plant-Powered Protein: Nutrition Essentials and Dietary Guidelines for All Ages
by Brenda Davis and Vesanto Melina

Rethinking Food and Agriculture
Amir Kassam and Laila Kassam



Eat Well Live Well with The Sensitive Foodie
by Karen Lee

Health on the Hob: Easy Plant Based Recipes
by Dr Hayley Tait



Recommended Courses



UNIVERSITY OF
WINCHESTER

Plant-based nutrition: A sustainable diet for optimal health

University of Winchester online course

Diet choices are now the top cause of death and disability globally. Not only is our diet causing ill health, it is a major factor contributing to climate destruction. A global shift to a predominantly plant-based diet is deemed necessary to preserve both human and planetary health. But what is a healthy plant-based diet? How can it be achieved? What are the benefits? All these questions will be answered in this short course, designed for those interested in improving their knowledge and expertise in the field of

plant-based nutrition. The course is designed for health professionals (e.g. doctors, nurses, dietitians, nutritionists, physiotherapists) who would like to incorporate evidence-based nutrition into routine clinical practice. The course is a facilitated self-paced short course to be completed within 8 weeks. There are 6 modules, each requiring at least 6 hours of personal study to complete.

Lifestyle medicine for cancer prevention and survivorship

University of Winchester online course

This course will provide the knowledge and skills required to implement evidence-based lifestyle medicine strategies for cancer prevention and living well after a cancer diagnosis. Although aimed at practicing healthcare professionals from all disciplines, it also has relevance to the wider public. The content covers the six pillars of lifestyle medicine, namely healthy diets, physical activity, restorative sleep, healthy relationships, management of stress and

avoidance of harmful substances, and provides actionable takeaways for personal and professional practice. The course aims to provide individuals and practitioners the confidence to disseminate this information amongst their patients, families and their communities.



Resources

Factsheets including....



PLANT-BASED
Health Professionals UK



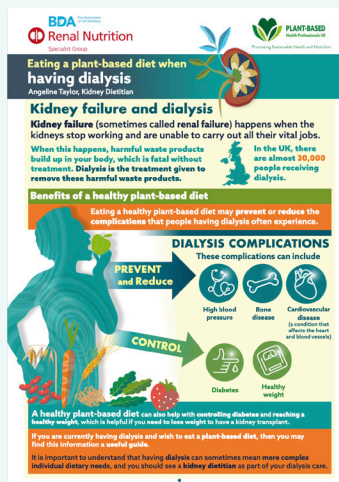
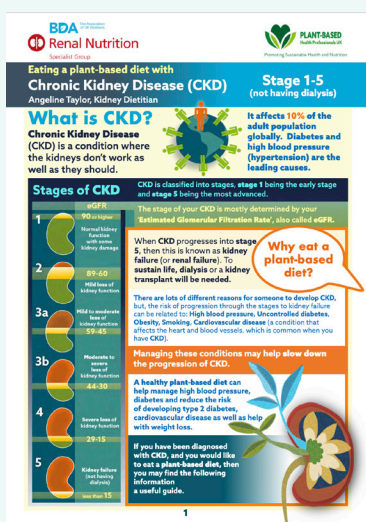
Plant-based
on a budget

Bone health

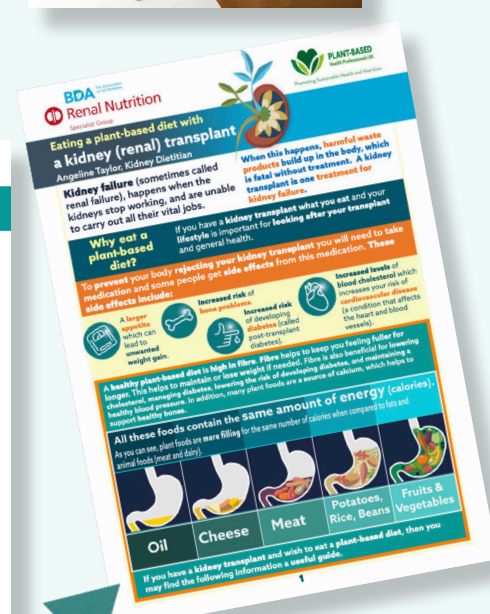
Kidney health

Chronic
Kidney
Disease

All factsheets



Having
dialysis



Renal
transplant

21-day plant-based health challenge

This free, 21-day email support has been created by registered dietitian Claire Lynch. It aims to support people to transition to a healthy plant-based diet. The challenge provides 21 daily emails that include written information, short videos and meal ideas to get you started on your plant-based journey.



21 Day Plant-based health challenge



This can be used to support friends, family and patients to adopt a healthy plant-based diet.

Useful organisations

Plant Based Treaty aims to put food systems at the heart of combating the climate crisis.

[The Treaty](#) aims to halt the widespread degradation of critical ecosystems caused by animal agriculture, to promote a shift to more healthy, sustainable plant-based diets and to actively reverse damage done to planetary functions, ecosystem services and biodiversity. We gather endorsements from individuals, groups and businesses to put pressure on governments at the local and global levels to implement the PBT.





Health for Extinction Rebellion is a collective of doctors, nurses and other health professionals who are deeply concerned about the climate and ecological crisis and its devastating impact on the health and wellbeing of our patients, the public and people across the world.



Alongside PBHP UK we are members of the planetary health coalition asking the government for a public health climate and health campaign.



Greener Practice is the UK's primary care sustainability network. We are a community of primary care professionals working collaboratively to act on the climate and ecological crisis for the benefit of people, patients, and the planet. We are made up of clinical and non clinical primary care staff with over 30 local groups and several national special interest groups.

Our [website](#) provides information and resources to support and inspire sustainable primary care and includes an open access Asthma Toolkit designed



to help UK general practices achieve high quality low carbon asthma care. We are also a not-for-profit Community Interest Company (CIC) and work in collaboration with other organisations to achieve the goal of greener primary care at local, regional and national levels.