Farming is Medicine
Climate, Racial, Health and Economic Justice

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Acknowledgement

Climate Justice / Racial Justice / Health Justice / Economic Justice
Deep Medicine Circle

Care for the Earth.
Care for the People.
Soil Health (Soil Microbiome)

- Biodiverse Soil Stores More Carbon (Sequesters CO2)
- More Carbon Means More Water and Biodiversity
- More Beneficial Microbes
- Less Human and Animal Pathogens
- Greater Food Nutrient Density
- Less Wind/Erosion
- More Drought Resilience

Synthetic Pesticides
- Synthetic Herbicides
- Synthetic Fertilizers

Carcinogens
- Endocrine disruption
- Nervous System Disruption
- NAFLD
- Airway Inflammation
- Reproductive Harm

Human Health (Human Microbiome)

- Through Diet and Environment: Greater Microbial Biodiversity to counteract Inflammation-based Diseases
- Increased Nutrient Density in Foods
- Decreased Concentration of Pathogens and Resistant Organisms

Climate/Environmental Health

- CO2 Sequestration
- Water Retention
- Clean Air and Clean Water

Plant Health (Plant Microbiome)

- Greater Disease Resistance
- Greater Food Nutrient Density
- More Drought Resilience

Rupa Marya, MD
Prevalence of malnutrition in hospitalized COVID-19 patients. A All patients with complete nutritional data. B All patients stratified according to their mode of admission (not from ICU or from ICU). Chi-square test was performed to compare nutritional status according to mode of admission. ICU: Intensive Care Unit.

# Diseases of Inflammation

<table>
<thead>
<tr>
<th>Condition</th>
<th>Condition</th>
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</thead>
<tbody>
<tr>
<td>Heart attack</td>
<td>Inflammatory Bowel Disease</td>
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<tr>
<td>Hypertension</td>
<td>Depression/Anxiety</td>
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<tr>
<td>Stroke</td>
<td>Substance Use Disorders</td>
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<tr>
<td>Diabetes</td>
<td>Alzheimer’s Dementia</td>
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<tr>
<td>Obesity</td>
<td>Autoimmune Disease</td>
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<tr>
<td>Cancer</td>
<td>Chronic Kidney Disease</td>
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<tr>
<td>COPD/Asthma</td>
<td>Nonalcoholic Fatty Liver Disease</td>
</tr>
<tr>
<td></td>
<td>Severe Covid</td>
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</tbody>
</table>
INFLAMED
DEEP MEDICINE AND THE ANATOMY OF INJUSTICE

RUPA MARYA & RAJ PATEL

**Fig. 1** Impact of diet on the gut microbiome and human health.
Biodiversity Inside

Biodiversity Outside

80% of the world’s biodiversity stewarded by Indigenous people, 5% of human population

Build a System That Heals

Climate Justice

Health Justice

Racial Justice

Economic Justice
Farming is Medicine

Farming Practices

Soil
- Land Rematriation
- Farmers = Ecological Stewards
- Indigenous Sovereignty
- Soil Biodiversity
- Water Retention
- CO2 Sequestration
- Pollution
- Nutrient Density

Food
- Climate-Adapted Seeds

People
- Consumer Health
- Farmer Health
- Indigenous Health
- Zero-Barrier Access
- “Probiotic” Foods

Rupa Marya, MD
Farming is Medicine

Land Rematriation to Indigenous People

Reframe Farmers as Health Workers, Ecological Stewards

Grow Diverse Crops Using Agroecological / TEK Methods

Partnering Food Hubs for Distribution
American Indian Cultural District, TNDC, UCSF

Creek Restoration for Salmon

Education for Urban Youth

Job Training for Urban Indigenous Community
Farming is Medicine

Engage Healing Around Land Rematriation
Storytelling as Medicine

Evaluate Farmer Happiness, Stress, Health

Evaluate Soil: Microbiology, Fertility, Water Retention

Evaluate Water: Turbidity, Health

Ensure Salmon Health: Bring Them Back

Evaluate Dietary Pattern Change
Urban-Rural Corridor Training
SF—A Culture of Care

Commit 1% of Open Space to Farming is Medicine

Develop a Department of Urban Agroecology

Partner with Local Indigenous Groups

Preference Indigenous, Black and other marginalized people for Employment

Eliminate Hunger and Malnutrition in SF

Meet SF Climate Goals

Improve Public Health
To make a great dream come true, the first requirement is a great capacity to dream; the second is persistence.

—— Cesar Chavez ——