



CREATING A CULTURE OF HEALTH



BIOMED PROGRAMS
Promoting Health Equity



GROW EDUCATION
Building Resilient Communities



SOUTHCOAST FOOD POLICY COUNCIL
Advocating for Food Justice

JUNE 2021 | MARION INSTITUTE NEWSLETTER

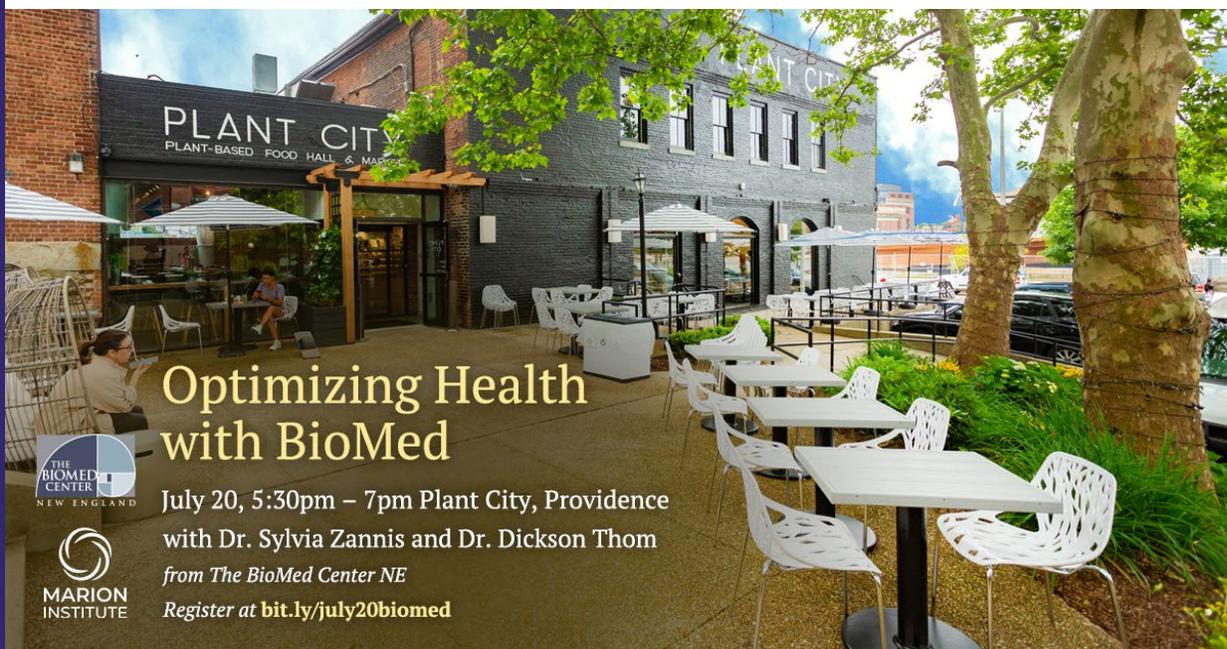


Join us LIVE at Plant City on July 20th to learn about BioMed!

by Katie Mannix, BioMed Program Coordinator

No matter the circumstances of your health and well-being today, being proactive about your health and wellness is imperative. The BioMed Center New England specializes in the optimization of patient health. Its providers work closely with patients to treat chronic or acute illness and to support the optimization of the body's systems to prevent illness.

Join us in 'The Cellar' at Plant City in Providence, RI on July 20th for our 'Optimizing Health with BioMed' event to learn how the BioMed Center NE and its providers support patients on the road to better health. Make a night of it by grabbing a bite at Plant City, the world's first vegan food hall and marketplace, and joining us to learn more from Dr. Dickson Thom, DDS, ND and Dr. Sylvia Zannis, DDS of the BioMed Center NE. This event is offered FREE of charge, though donations in support of the Marion Institute's Mary Shands Scholarship Fund are strongly encouraged. Space is limited to the first 35 registrants, and pre-registration is required. To learn more and to register, click [HERE](#) or below.



Optimizing Health with BioMed
July 20, 5:30pm – 7pm Plant City, Providence
with Dr. Sylvia Zannis and Dr. Dickson Thom
from The BioMed Center NE
Register at bit.ly/july20biomed




[Click here to register for the July 20th at Plant City](#)



BioBlog: Understanding Histamine Intolerance

by Dr. Martin Hart, DC, NASM-CES, Biologix Center for Optimum Health

Do you have sensitivities and allergies that you and your doctor can't seem to figure out? Food reactions that come and go? Will the wrong thing touching your skin create hives and rashes for days? Maybe it is worse than that; maybe it's not just rashes, but your reactions include heart palpitations, lightheadedness, intense acid reflux, and chronic bladder pains.

If this is starting to sound like you, then hopefully we can shed some light on your situation by explaining Histamine Intolerance (HIT). [<<< Click to hear from Dr. Hart about the effects of HIT on the body and how individuals suffering from HIT can address histamine toxicity in the body. >>>](#)

BioBites

a virtual house call for
your health and wellness



[Click here to sign up for the July 6th BioBites Event](#)



What's Growing On? June 2021 News from Grow Education

by Adam Davenport, Grow Education Program Manager

June is the month for planting at New Bedford's Public elementary schools! Students and teachers alike were excited to get outside and put their hands in the dirt after a long, virtual school year. Throughout June, Grow Education led planting workshops at each of our partnered schools, planting the vibrant seedlings we sourced from Ivory Silo Farm in Westport. [<<< Click here to read more about the impact planting days have for NBPS students! >>>](#)



Moving Forward with the Southcoast Food Policy Council

by Christine Smith, Program Manager SFPC

The newest emergency food provider partnership on the Southcoast began in January 2021 with the Shah Foundation, Stock Pot Malden, and a committed group of community partners. In six months, we have delivered 285,952 catered breakfasts and lunches to children, 18 years and younger, in Wareham, New Bedford, and Fall River.

Now, the Southcoast Food Policy Council is turning its attention to setting up the infrastructure of the Food Policy Council. [<<<Click here to read the full article, "Free Meals Through Shah Foundation with Local Partners".>>>](#)



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