



MARCH 2022 | MARION INSTITUTE NEWSLETTER

Happy Spring! We hope you are adjusting to the time change and beginning to relish these longer, slightly warmer days. We have lots of exciting updates happening here at the Marion Institute. This past month, our Biological Medicine (BioMed) program, led by Katie Mannix, has been spreading the word about immune-building and living a healthier life through several health "challenges". Tabor Academy students and staff took part in a 21-day Live Well Challenge that wrapped up earlier this month and the Sid Wainer & Son's team is finishing up a 10-day Worksite Wellness Challenge with us this week. These challenges are a fun, informative way for our community members to learn about the basics of biological medicine, including the importance of having fun, exercising,



drinking enough water, and eating nutritious foods. Though these represent common wisdom, they don't often enough become common practice; when incorporated into our daily lives, they lead to better health.



Our BioMed program also completed the first roll-out of our [BioMed for Practitioners Certification course](#). This course, broken out into three parts, engages practitioners in learning about biological medicine and provides guidance to practitioners as they incorporate BioMed diagnostics and therapies into their health practices. These are major strides in our effort to make BioMed more accessible and understood in the communities we serve and across the country!

Grow Education also has some big news – read below to learn about what is happening with Grow and the latest from our Southcoast Food Policy Council.



Is Cancer Curable?

by Dickson Thom, DDS, ND

Cancer needs no introduction. Based on 2015-2017 data, the American Cancer Society estimates that 1 in 2 American men and 1 in 3 American women will be diagnosed with an invasive form of cancer in their lifetime^[1].

By 2050, researchers estimate cancer rates will have increased by 50% unless interventions are introduced to help lower cancer risks^[2].

For most, cancer is a 'watch and wait' disease with patients keeping an eye on their regular exam results until or unless cancer is indicated. But cancer isn't something that just happens. If we look at the physiological evolution of cancer, it's often a ten to twenty year process.

Biological Medicine not only supports patients in creating an internal terrain inhospitable to cancer growth over time, it also offers therapies that can help improve outcomes for patients with a cancer diagnosis. [Read on to learn more](#) about the BioMed approach to cancer care.

[1] <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2021/cancer-facts-and-figures-2021.pdf>
[2] www.cdc.gov/prp3/issues/2017/21-0006.htm Preventing Chronic Disease: Cancer Incidence Projections in the United States Between 2015 and 2050

BioBites
a virtual house call for your health and wellness

Is Cancer Curable?
The BioMed Approach

Tuesday, April 5th, 12 noon ET
with Dr. Dickson Thom, ND, DDS

MARION INSTITUTE

[Click here to register for our April 5th BioBites event](#)

"What's Growin' On?" March updates from Grow Education

by Adam Davenport, Grow Education Program Manager



GROW EDUCATION

Grow Education is expanding! We had our first official on-site meeting with the

Westport Public Schools. Our goal of expanding our programming to other districts on the Southcoast, outside of New Bedford, has been in the works for a while, but has remained in the planning phases while we developed educational resources to accompany a valuable and supportive program for both the teachers and students we work with. Just as we finished fine tuning our programming, Westport Public Schools reached out with interest in starting a Farm to School project. [<<< Click here to read the full newsletter text >>>](#)

FoodCorps

Serving with FoodCorps is a *recipe for success!*

FoodCorps is creating a future in which every school is a healthy school, and every child is well-nourished and ready to learn.

We're hiring! Work with

GROW EDUCATION

Positions available in New Bedford!! <https://foodcorps.org/apply/>

SFPC CAB Completes Community-Driven Strategic Plan

by Christine Smith, Southcoast Food Policy Council Program Manager



SOUTHCOAST FOOD POLICY COUNCIL

Last month, the SFPC Community Advisory Board (CAB) completed our community-driven strategic planning process that will help set and define the Council's work for the upcoming year. Using the [2021 Southcoast Food System Assessment](#) as a guide and a dialogical approach in our decision-making

process, we identified over 20 priority initiatives assembled into four Working Groups: Education and Communication, Policy, Food Access, and Capacity Building. Additionally, the CAB identified overarching themes that will be infused within each Working Group, such as using a systems thinking approach, centering equity and inclusion in our decision-making processes, engaging Resident Equity Advisors (community members impacted by food insecurity) so they have a voice in these conversations, and elevating climate change mitigation concepts into our initiatives. [<<< Click here to read the full newsletter text >>>](#)

WORKING GROUPS

- Education and Communication
- Policy
- Food Access
- Capacity Building

CreativeLives
and Co-Sponsor The Marion Institute.

Foundations in Ellen Tadd's Framework for Wise Education®

Course begins April 3rd
Virtual meetings start April 5th at 7pm (ET)

Virtual via Zoom

Learn More & Register
creativelives.org/register/p/foundations-in-a-framework-for-wise-education

The Marion Institute is sponsoring a Creative Lives event for educators via zoom. For more info and to register, click below.

[Click here to register for Creative Lives](#)

"In a time of local and global unrest, it is powerful to learn how to honestly reflect on our strengths and address our weaknesses, with the intent of helping young people do the same as they grow and mature."
—Matt Starr, educator and parent



Our Contact Information

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