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**Aubrey Mast**

Professor of Nutrition and Food as Medicine at the University of North Carolina, USA

Food as Medicine

Ancestrally and indigenously food has been used since the beginning of times for its medicinal qualities. Current culinary medicine applications recognize the medicinal qualities of foods. Phytochemicals, functional foods, and culinary practices all seek to merge the understanding of how to apply food as medicine within current times and towards current chronic disease risks. Fruits, vegetables, plants, herbs, spices, and fungi all contain potent phytochemicals known to impact inflammatory reactions and aid immune systems responses. Learning ways to incorporate using food as medicine into daily living can aid not only in prevention but foster efficacy in utilizing culinary medicine applications. As current research validates ancestral wisdom, food as medicine offers an opportunity to reconnect with prevention, culinary applications, and personal efficacy.

Keywords: Culinary Medicine, prevention, Chronic disease, obesity, diabetes, cardiovascular disease, ancestral ways, herbalism, food as medicine

Biography:

Aubrey Mast is a herbalist, plant-based chef, holistic health coach and educator. Aubrey Mast, MPH is an lecturing professor for the University of North Carolina Asheville. Her interests lie in nutrition research, understanding inflammation, and using food as medicine in the prevention of disease. Aubrey is currently working on her PhD in Integrative Nutrition and its connection to Mind Body Medicine. Aubrey received her B.S. in Health and Wellness Promotion from the University of North Carolina at Asheville. Her Masters is in Public Health, concentrating in nutrition from Walden University. Her research was on the role of childhood nutrition and the impacts of artificial food dyes