



## The Ecologically Sustainable Medicine Network

### Member Profile

# Ancient Medicine and Sustainable Nutrition

*Tamara Wolfson, MS, LAc*

**Sustainable nutrition is the most important way to support people's long-term health.**

Members of Teleosis tend to be active, busy, and passionate people. Tamara Wolfson—acupuncturist, university faculty member, executive chef, and public educator—is no exception. The daughter of a classically trained French chef, Tamara integrates principles of nutrition into her work as a medical practitioner. Under the guidance of Taoist teacher Jeffrey Yuen, she developed a deep understanding of how food can be used as medicine. A practitioner of Traditional Chinese Medicine (TCM) and nutritional healing for over 15 years, she has extended her knowledge beyond her acupuncture practice into community education and sustainability projects.

Residing and working in the San Francisco Bay Area, Tamara is an educator who teaches TCM and nutrition at John F. Kennedy University. She also has taught for the Cancer Awareness program at the University of California at San Francisco, where she highlights foods that are beneficial in cancer care. Tamara's cooking classes at Rainbow Grocery in San Francisco help people to learn about a variety of dietary issues. Tireless in her zeal to bring healthy foods to as many people as possible, Tamara not only runs the organic deli at Good Earth Natural Foods in Fairfax, California, but also acts as the director of operations for an organic school lunch project in Marin County, which feeds over 3000 children each week.

Tamara says, "I believe deeply that sustainable nutrition is the most important way to support the integrity of our community and people's long-term health, as well as a vehicle to protect the integrity of the environment." She sees her work in the kitchen as an extension of her medical practice; it's a means of offering communities greater access to essential information about food and health.

Tamara's educational programs emphasize the connection between what we eat and how we eat. She asks, "What are you doing with your food and how do you



**How does what you eat affect your mind, your body, and your spirit?**

relate to eating? How does what you eat affect your mind, your body, and your spirit?" She believes that supporting the production of individually packaged and processed foods is directly connected to the breakdown of family traditions and our connections with each other. "Eating alone, without the opportunity or intention to share breeds isolationism and ultimately breaks down the health and the integrity of both the body and the earth."

Tamara is deeply committed to educating people about the relationship between the health of the environment, sustainable and organic food production, and human health: "If the Earth isn't healthy, people get sick. Every action we take to improve the health of the environment is a step towards becoming healthier ourselves. Likewise, taking good care of our own health contributes to the health of our environment. We need to understand that human health and Earth health are intimately linked: people can be healthy only when the environment we live in is healthy."

Tamara has practiced Tibetan Buddhist meditation for over 17 years and has been teaching meditation for five years on the East Coast. She brings insights from this practice to all of her activities, incorporating a mindful approach to her teaching and her work with food.

To learn more about Tamara Wolfson's work and her upcoming talks, visit [http://www.spine-dr.com/site/where/t\\_wolfson.html](http://www.spine-dr.com/site/where/t_wolfson.html); or email her at [tamara\\_wolfson@hotmail.com](mailto:tamara_wolfson@hotmail.com)