

# Regenerative Agriculture & Equine Learning for Healthcare Professionals



Healthy soil is filled with communities of microbes that work together to produce nutrient-dense food. We know now that the microbes in our gut—as in the soil—are key to our health! Yet far too few people are aware of the connection between soil, food, and human health. In fact, during four years of medical school, most med students receive fewer than 20 hours of nutrition education.

To share this incredibly important connection between healthy soil, food, and people, TomKat Ranch partnered with [EquuSatori](#) to educate nurses and healthcare professionals about the benefits as well as to share how a connection to Nature through horses “enriches and empowers the human spirit.”

In addition to learning about the nexus of soil health and human health, the ‘[Day at the Ranch](#)’ program includes time with horses learning to build trust and connection, expanding awareness about how we energetically impact others, and tapping into new ways of “knowing.” Insights from

the horses inform each healthcare professional's unique style of caring, communicating, and working with patients.

Multiple studies conducted by Dr. Ann Baldwin, Professor of Physiology at University of Arizona, have revealed the positive effects on a human's nervous system from working with horses in a mindful way. Understanding these effects can pave the way for profound insights and learnings.

We are excited to expand this program in 2023 and to continue to learn and share more about the connection between the health of the soil, the land, our food, and ourselves.

## REFERENCES AND RESOURCES

- Information about [HeartMath and horses](#)
- Information about soil and [bionutrient dense food](#)
- Information on nutrition education for medical students - [2010 Report](#): Overall, medical students received 19.6 contact hours of nutrition instruction during their medical school careers (range: 0–70 hours); the average in 2004 was 22.3 hours. Only 28 (27%) of the 105 schools met the minimum 25 required hours set by the National Academy of Sciences; in 2004, 40 (38%) of 104 schools did so.