



**The Good Clean Nutrition Podcast
Episode 29 Show Notes**

Episode 29: Understanding Food As Medicine with Doctor and Chef, Robert E. Graham, MD

In this episode of The Good Clean Nutrition Podcast, host Mary Purdy, MS, RDN, speaks with Doctor and Chef Robert E. Graham, MD, who is a Harvard-trained researcher, physician, food activist and chef, to discuss the "Food As Medicine" approach. Tune in as they take a deeper dive into the role food can play in helping patients improve their health and get off prescription medications to live happier, more fulfilling lives.

In this episode we'll cover:

(9:36) Defining "Food As Medicine"

(20:55) How Food As Medicine Approach Can Help Prevent and Reverse Disease and Illness

(23:51) The Impact of Processed Foods

(25:30) The Importance of Aligning Food Recommendations to Food Subsidies

Links:

- Connect with Dr. Graham on [Instagram](#), [Twitter](#), [Facebook](#) and [LinkedIn](#), and visit his [website](#).

About Dr. Robert Graham:

Chef Robert E. Graham, MD, MPH is a Harvard-trained researcher, physician, food activist and chef. He is board certified in both Internal and Integrative Medicine and trained in Holistic and Functional Medicine. Dr. Graham, also known as Dr. Rob the Chef, became one of less than fifty doctor/chef's worldwide, as he obtained his culinary degree from the Natural Gourmet Institute. Dr. Graham and his wife founded FRESH Medicine and FRESH Med U., which is an integrative health and wellness center located in NYC. Dr. Graham prescribes food for health and healing and has witnessed many patients get off their medications and live happier, more fulfilling lives.

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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