

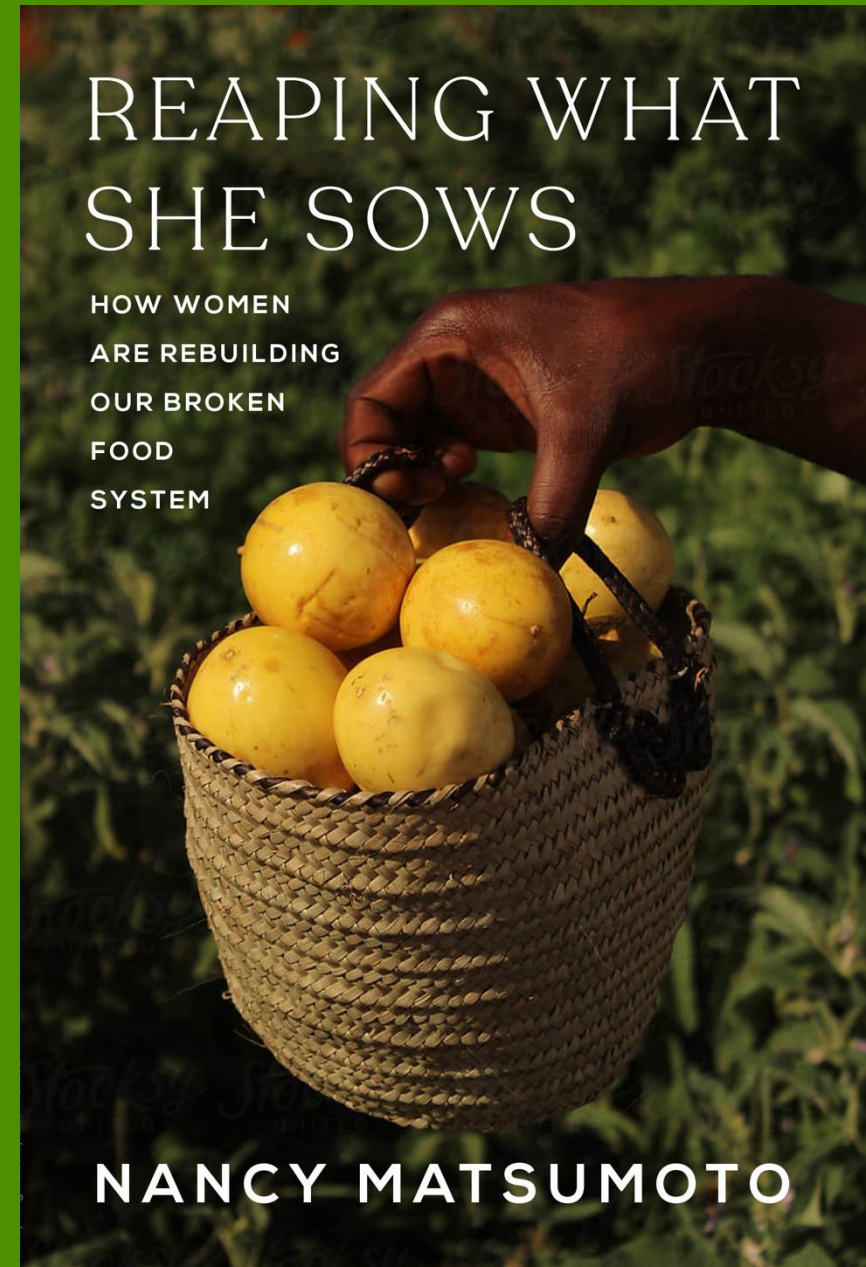
Ecosystems Regeneration in the Women-Led Alternative Food System:

What Eating Enjoyably,
Regeneratively, and Ethically Looks
Like Today

@nancymatsumoto

June 24, 2026

Naturally Informed : Women's Wellness
Mastering the Market

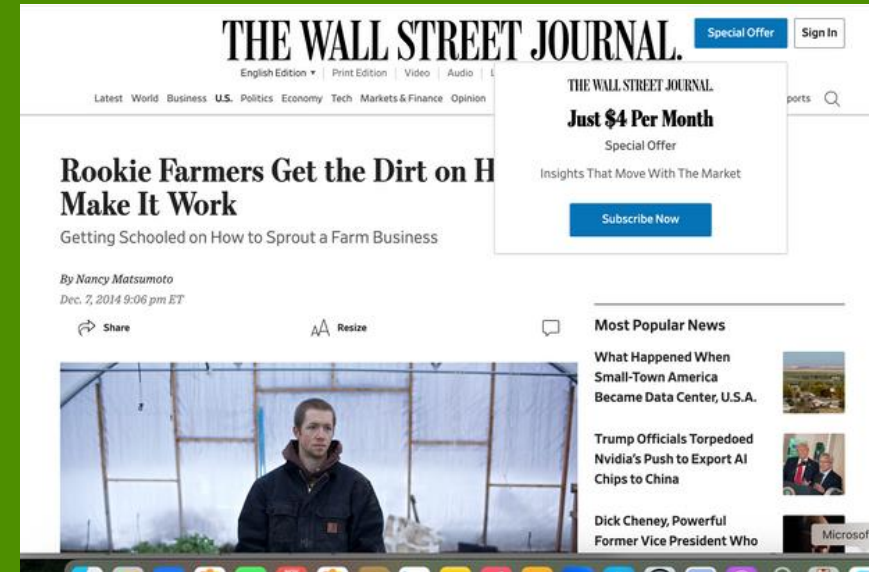
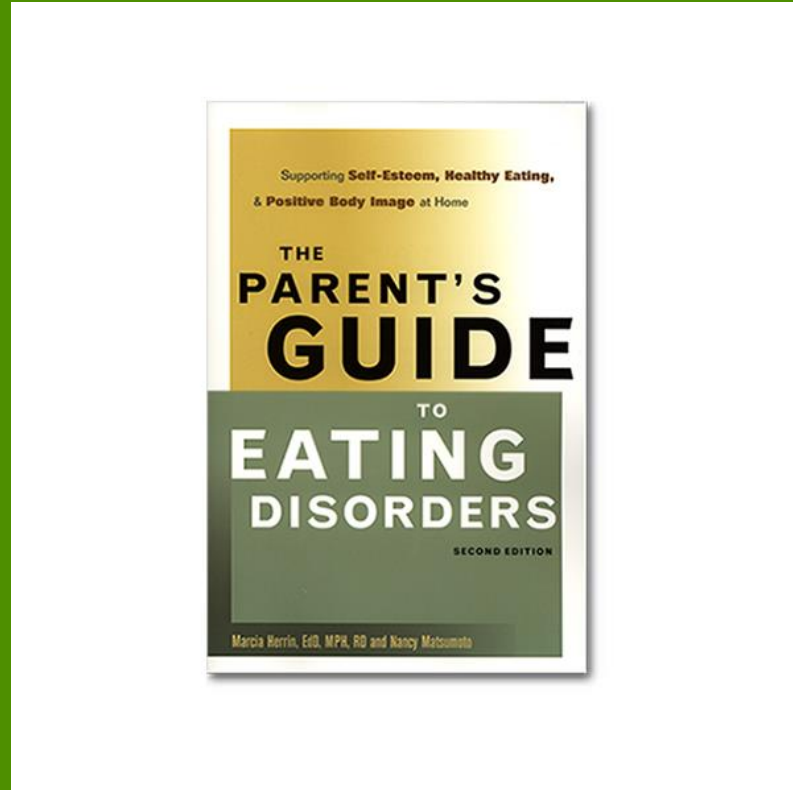
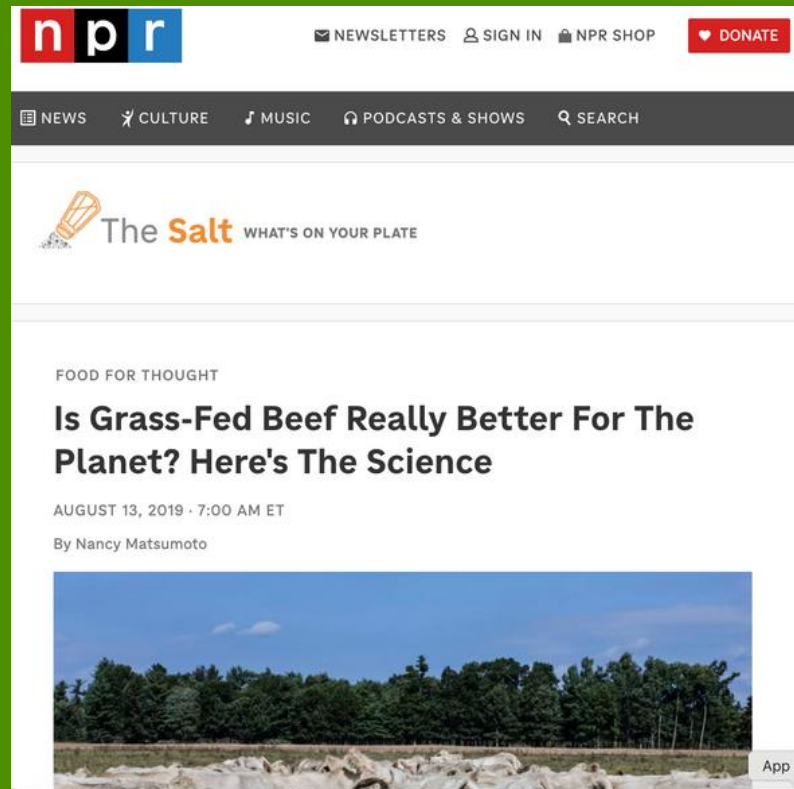


My typical book talk audience: Mostly Women!
Bold Fork Books, Washington, D.C.





Subjects I've covered



Living with chronic illness has deepened my commitment to sound nutrition, exercise and wellness

Protein-losing enteropathy in systemic lupus erythematosus: report of a severe, persistent case and review of pathophysiology

Y Yazici ¹, D Erkan, D M Levine, T S Parker, M D Lockshin

Affiliations + expand

PMID: 11958575 DOI: 10.1191/0961203302lu152cr

Abstract

Protein-losing enteropathy (PLE) is a rare complication of systemic lupus erythematosus (SLE). We report a severe and resistant case of PLE in a patient with SLE. The patient had a long history of SLE and was treated with high-dose corticosteroids. The PLE was refractory to treatment and led to severe malnutrition and weight loss. We also present a review of the pathophysiology of PLE in SLE.

[PubMed Disclaimer](#)

Comment in

[Protein losing enteropathy in syst](#)

Ossandon A, Bombardieri M, Coari G, Graziani G, Valesini G.

CITE ✕

Yazici Y, Erkan D, Levine DM, Parker TS, Lockshin MD. Protein-losing enteropathy in systemic lupus erythematosus: report of a severe, persistent case and review of pathophysiology. *Lupus*. 2002;11(2):119-23. doi: 10.1191/0961203302lu152cr. PMID: 11958575.

 Copy  Download .nbib Format: NLM 

Leading the alternative food system



Some of the women of “Reaping What She Sows”



Fruits of the industrial food system

IN THE SPOTLIGHT

The growing problem with toxic algae

Naturally occurring bacteria in water is thriving on increased nutrients from agriculture and global warming

BY HARRIET MARSDEN, THE WEEK UK PUBLISHED 13 HOURS AGO



Lough Neagh in Northern Ireland, the UK's largest freshwater lake, has been blighted by blue-green algae for years

The pandemic exposed the human cost of the meatpacking industry's power: 'It's enormously frightening'

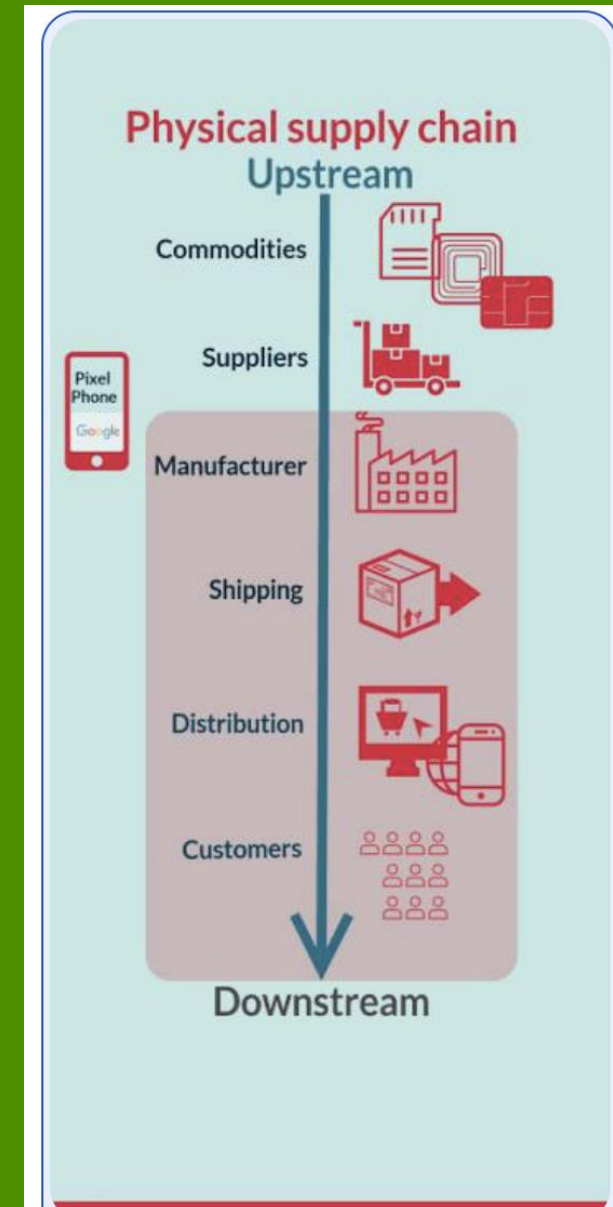


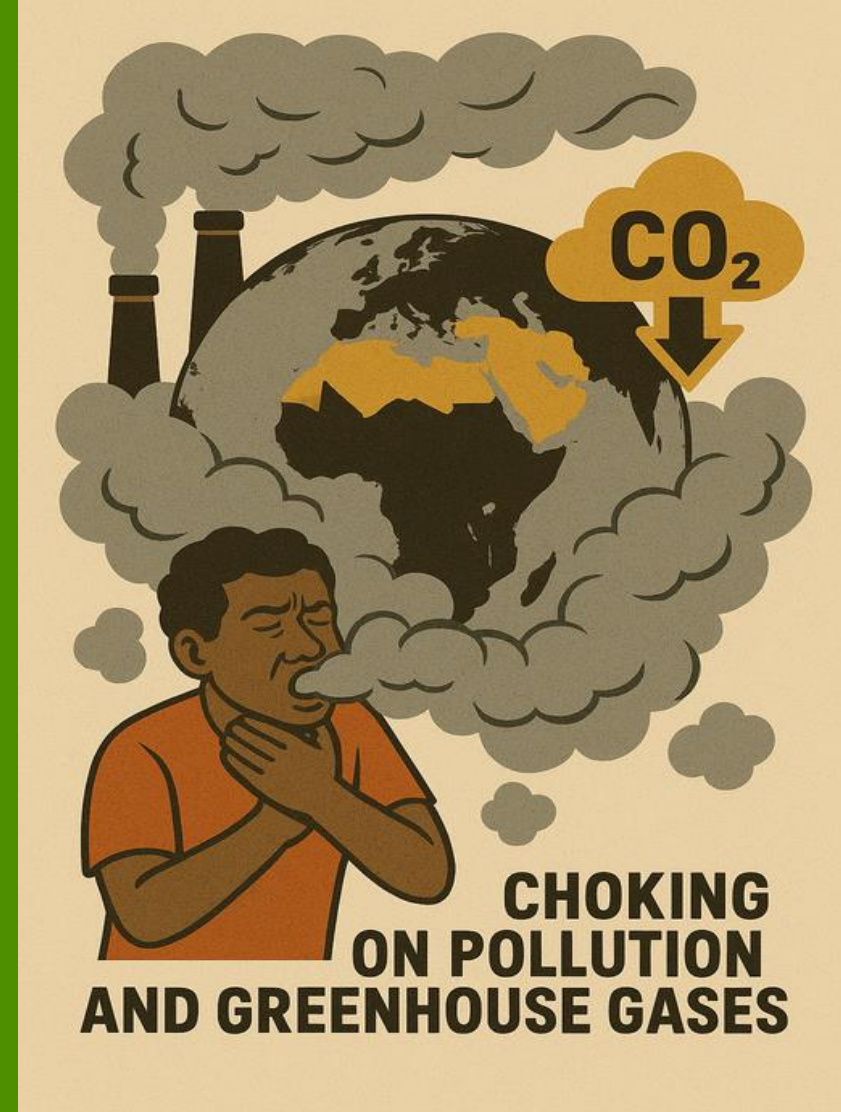
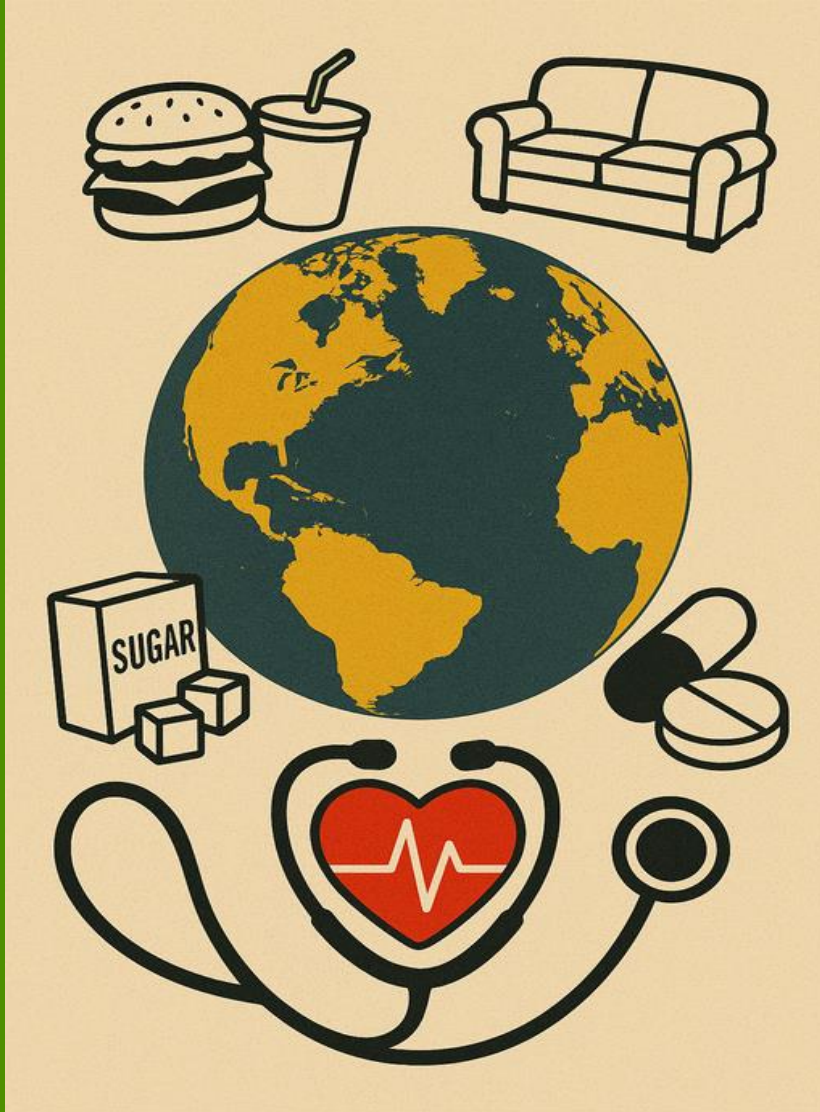
Composite: Getty Images, AP Images, Alamy

The message from companies and regulators has been clear: Americans need meat, and workers need to risk their lives to provide it

The industrialized food supply chain:

- Is controlled by a handful of global agribusiness and agrochemical companies
- Takes
 - value from our soil, our oceans, and our waterways
 - but does nothing to offset environmental damage





Our Global Food System
\$15 trillion in annual value, \$12 trillion in hidden costs to our
environment and society.



“Unless food is treated as the systemic asset it truly is, we will continue to expose the global economy to escalating climate, nature, and health risks.

-- Dr. Gunhild Stordalen, founder, director EAT Foundation, Norway



Challenges

- Federal government spending massively favors conventional industrial agriculture
- Of the projected \$1.5 trillion 2025 Farm Bill that will cover the next 10 years, federal spending on organic and regenerative farming accounts for a fraction of a percent.
- The organic lobby is dwarfed by powerful agribusiness lobbying—to the tune of half-a billion dollars spent over the past five years alone—that maintains the status quo.



The women-led alternative food system

Defining some terms:

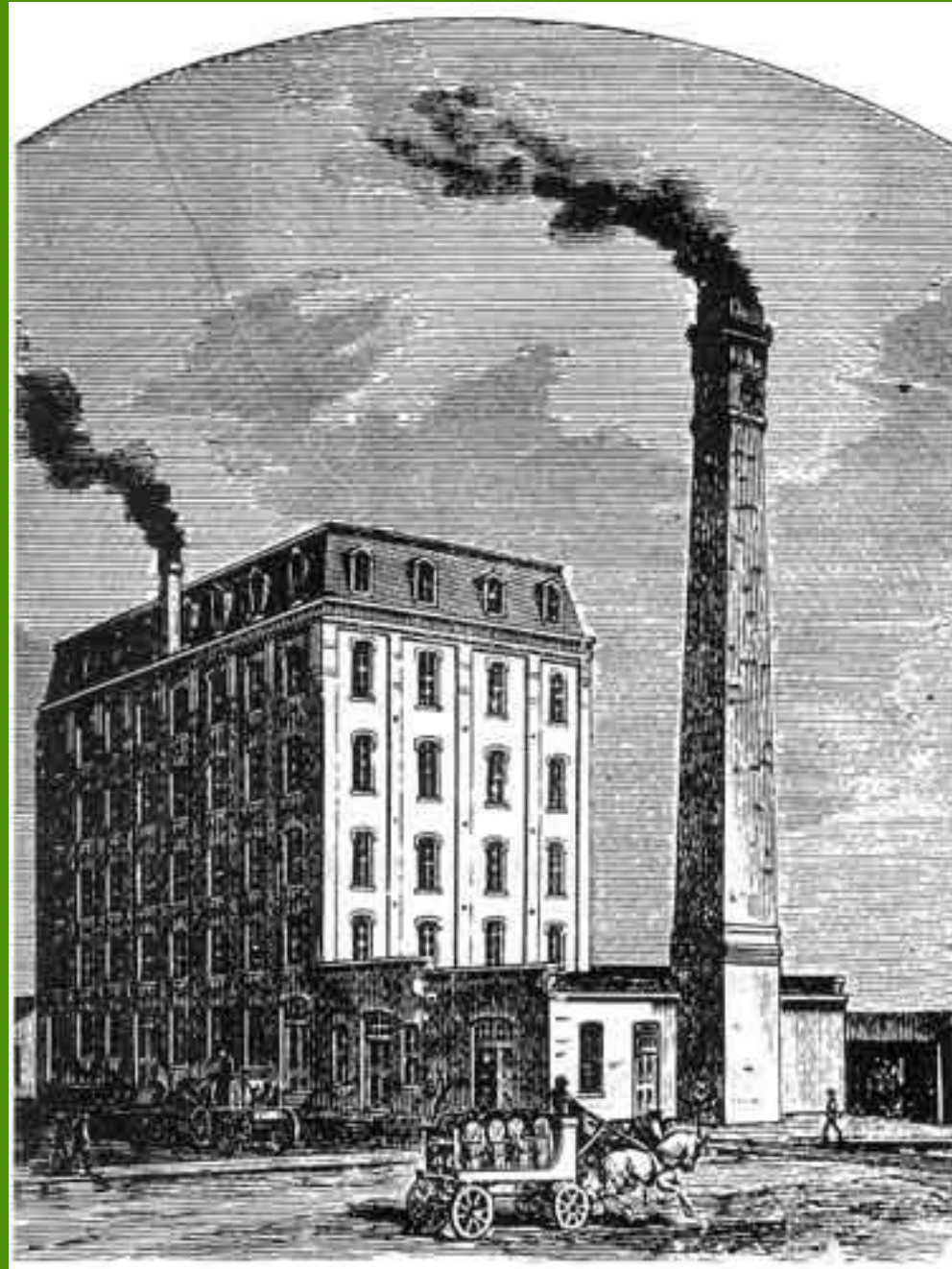
- *Agroecology*
- *“Sustainable” versus “Regenerative”*
- *Climate mitigation*
- *Increased nutrient density*
- *Led by TASTE*

The Whole Grain Mavericks Who Are Rebuilding Our Local Grain Economy



Noreen Thomas, Doubting Thomas Farm, Moorhead, MN.
Beth Dooley and Helene Murphy, University of Minnesota
Institute for Sustainable Agriculture.

The advent of
Industrialization,
late 19th century



Ogilvie Flour Mill, Winnipeg, Manitoba, c.



The rise of white bread culture

Today four large commodity traders, Archer Daniels Midland, Bunge, Cargill, and Louis Dreyfus (collectively known as the ABCD traders), control the modern global agri-food system, including as much as 90 per-cent of the world's grain trade. They also control every link of the food chain from farm feed, chemical inputs, fuel to grow, clean, store, and transport those goods, and the manufacturing of value-added food products



The whole grain revival: Dawn Woodward, Evelyn's Crackers, Carole Ferrari, Motherdough Mill and Bakery,



Maine Grains,
Skowhegan, Maine



June Russell, right, with Greg Swartz, Willow Wisp organic farm
Damascus, PA. Photo Credit: L.Samten, GrowNYC 2018



Baker Tiff Singh, Laune Bread
Baker's Field Flour and Bread
Minneapolis



NUTRIENT DENSITY

Our food is less nutritious than ever. It doesn't have to stay that way.

Conventional farming's narrow focus on yields has led to a decline in the nutritional quality of many crops, making our food less healthy than it was just 50 years ago. Yields have never been higher and we have access to ample calories, yet we're getting sicker. "Hidden hunger" is a reality for many, and diabetes and obesity are on the rise.

Change starts on the farm.

Organic foods contain higher levels of certain nutrients, lower levels of pesticides, and may provide health benefits for the consumer

Walter J Crinnion¹

Affiliations + expand

PMID: 20359265

Abstract

The multi-billion dollar organic food industry is fueled by consumer perception that organic food is healthier (greater nutritional value and fewer toxic chemicals). Studies of the nutrient content in organic foods vary in results due to differences in the ground cover and maturity of the organic farming operation. Nutrient content also varies from farmer to farmer and year to year. However, reviews of multiple studies show that organic varieties do provide significantly greater levels of vitamin C, iron, magnesium, and phosphorus than non-organic varieties of the same foods. While being higher in these nutrients, they are also significantly lower in nitrates and pesticide residues. In addition, with the exception of wheat, oats, and wine, organic foods typically provide greater levels of a number of important antioxidant phytochemicals (anthocyanins, flavonoids, and carotenoids). Although in vitro studies of organic fruits and vegetables consistently demonstrate that organic foods have greater antioxidant activity, are more potent suppressors of the mutagenic action of toxic compounds, and inhibit the proliferation of certain cancer cell lines, in vivo studies of antioxidant activity in humans have failed to demonstrate additional benefit. Clear health benefits from consuming organic dairy products have been demonstrated in regard to allergic dermatitis.

Grass-fed cattle, Four
Lazy F Ranch,
Terrebone, Oregon



Seeing is believing*
A sustainable framework
for achieving transparency
in the health industries

PricewaterhouseCoopers' Health Research Institute
in conjunction with the Montage Group™

"Seeing is believing. Transparency is important to creating sustainable health systems, according to nearly 600 global health, business and government leaders surveyed for HealthCast 2020: Creating a Sustainable Future."



**CORPORATE
ACCOUNTABILITY
LAB**
6214 N. Glenwood Ave., Chicago, IL 60660
773.346.5545 | corpaccountabilitylab.org



FOR IMMEDIATE RELEASE
Jan. 24, 2023

CONTACT: Ryan Fletcher 202-641-0277
ryan@wearemovementmedia.com

Corporate Accountability Lab Brings Leading Fair Trade Watchdog Fair World Project In-House

Merger will Strengthen Advocacy to Hold Corporations Accountable for Human Rights Violations and Labor Abuses and Advance a Truly Just Economy for All

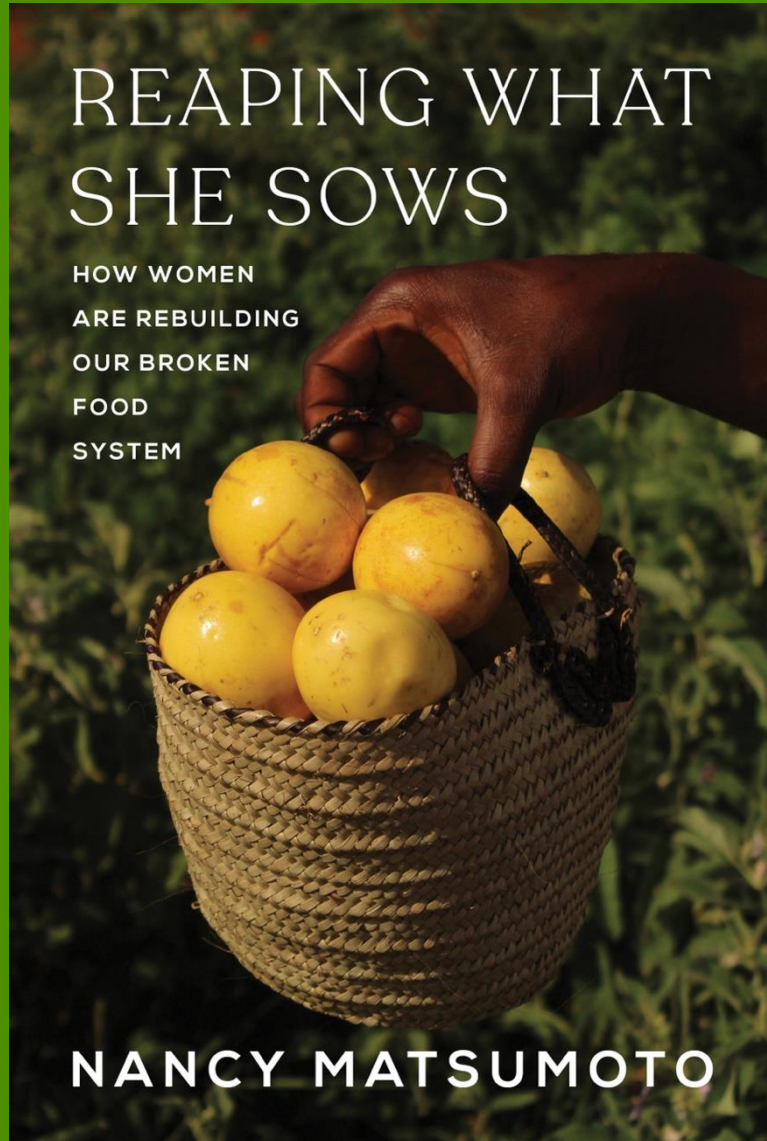
PORTLAND, OR—The nonprofit organization, Corporate Accountability Lab has announced that beginning this year it will bring leading fair trade watchdog and advocacy organization Fair World Project in-house to further strengthen the work of both organizations to end corporate exploitation in supply chains, and false claims by certifications and brands.

"Fair World Project has brought credible information on corporate accountability to a broad audience throughout its history. I am a huge fan of the work Fair World Project does and am thrilled to bring this work under the Corporate Accountability Lab umbrella and to engage more with the community Fair World Project has brought together through their important work," said Charity Ryerson, Executive Director of Corporate Accountability Lab.

Corporate Accountability Lab was founded in response to the crisis of widespread corporate abuse of human rights and the environment and disappearing legal tools to hold corporations accountable. In the midst of this ongoing crisis, public interest lawyers and the broader social justice community are too often overburdened with work using existing tools and lack the time, resources, and space to come up with creative strategies for broad impact.

"After over 10 years leading Fair World Project, I have decided to move on to other projects. I am honored that Corporate Accountability Lab has agreed to steward Fair World Project into the future. They are the ideal home for Fair World Project and our mission. This partnership is an extension of our previous collaborations together. Corporate Accountability Lab and Fair World Project have worked together to expose sham certification schemes and corporate greenwashing and its detrimental effects in global supply chains," said Dana Geffner, co-founder and Executive Director of Fair World Project.





Thank you!
Q&A