



International Research Network for Food Quality and Health

Seminar May 17th, from 9-10 am CEST on ZOOM

How following agricultural research projects changed my medical perceptions of 'health' and 'food quality' – Machteld Huber MD PhD

The workshop is free of charge, but you have to sign up at shb@nexs.ku.dk, just write FQH as subject and you will receive a zoom link for the meeting

Program:

9.00-9.05 Welcome by Carola Strassner

9.05 – 9.35 " How following agricultural research projects changed my medical perceptions of 'health' and 'food quality'" by Machteld Huber MD PhD



Born in 1951. Medical studies Univ. Utrecht. 3 Years hospital training to prepare for the tropics, but instead of going there, a bachelor study in philosophy in Utrecht. Then training as a General Practitioner (30 years of age) during which a first disease broke out. From 30-35 in total four diseases and when health allowed, working as replacing GP. Then the decision at 35 to become a researcher at the multidisciplinary Louis Bolk Institute (LBI), besides a training as Gestalt therapist and working one day a week with very damaged people, being drug addicts and people with war traumas.

29 Years of work at the LBI, during which in 2002 she was co-founder of FQH.

In 2014 (at 63) a PhD dissertation about her many years of research and then leaving the LBI in 2015 and founding of the Institute for Positive Health, to which she is still connected. Her present research project is 'How do I get old in a good way?'

9.35-9.55 Discussions in plenum or break-out rooms dependent on number of attendants

9.55-10.00 Wrap-up, presentation of next workshop and goodbye

Abstract

How following agricultural research projects changed my medical perceptions of 'health' and 'food quality' – Machteld Huber MD PhD

Being trained as a medical doctor Machteld Huber was used to thinking in molecules, when concerning the human body and health, as well as nutrition. During the course of her personal, as well as working life, this perception changed profoundly. First of all, by being seriously ill with four different diseases from 30-35 years of age. But then also by being a researcher for 30 years at the multidisciplinary Dutch Louis Bolk Institute, where she could closely observe agricultural research projects by her colleague researchers. It became her mission to broaden the scientific perception based on materialism, which has its roots basically in the Netherlands of the 17th century, where Descartes lived and worked for 20 years. Her topic became resilience.

Machteld focused her work first of all on a new concept of food quality, methods to measure that and research on possible health effects of organically produced food. When this theme apparently also required a new concept of health, Machteld developed that, after which she and colleagues elaborated this into the widely embraced practical concept of 'Positive Health'.

Machteld will in her talk, sketch the path of crucial discoveries, during her many years of working life.