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Diet, human health, and planetary health

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The hallmark of human food-raising is monoculture. There are quantifiable, mostly detrimental, changes that extend out from monocultures, spanning an array of intentional human behaviours and unforeseen outcomes. Monocultures are one of the central problems we need to solve in order to improve planetary and human health.



John D Potter is Professor at Massey Centre for Public Health Research and Chief Science Advisor, Ministry of Health; he also holds senior posts in the USA. His career is focussed on nutrition, other factors, and genetics in cancers and other chronic diseases. This has recently broadened to planetary health, especially in relation to diet and environmental degradation.