# Hispanic Heritage Month

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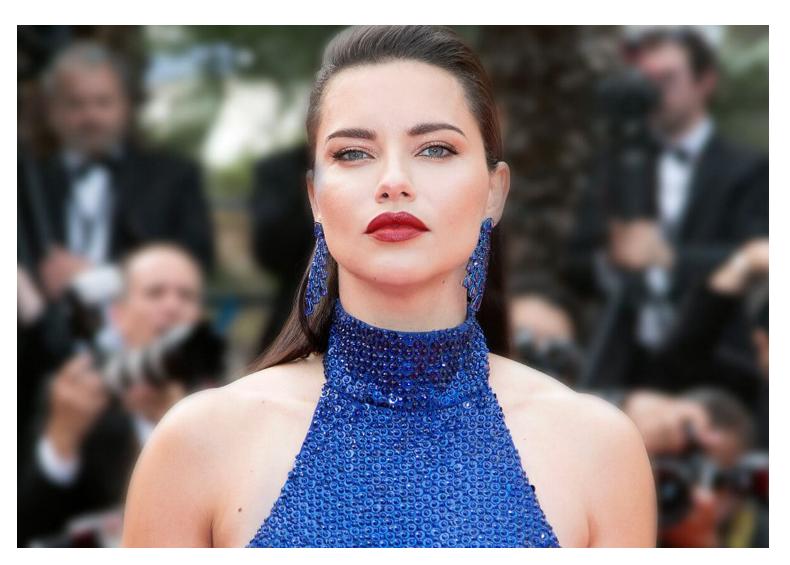
Orlando VA Health Care System

#### What is Hispanic/Latino?

- Macroperspective
  - Rich versus Poor
- Microperspective
  - Body (Microbiome)
  - Mind (Gut-Brain Axis)
  - Spirit (Faith)













#### Poverty is the great unifier



#### What can we do about it?

- Macroperspective
  - Melting Pot versus Salad Bowl
- Microperspective
  - Body (Microbiome) Nutrition
  - Mind (Gut-Brain Axis) Nutrition
  - Spirit (Faith) Spiritual Nutrition

#### Are you ready to raise up to the challenge?

Thank you!

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