**Soil to Food: Uncovering the Hormone Hijackers**

**Brief Description:**

Explore the historical and contemporary use of hormones in agriculture and its implications for public health and the environment.

Starting with the origins and evolution of hormone use in food production, examine specific hormones employed in livestock and their global impact.

Look into the health risks associated with hormonal residues in our diet, comparing modern and ancestral diets, and practical strategies to mitigate exposure.

Through case studies, the course aims to equip participants with the knowledge to make informed dietary choices and understand the broader societal impacts of agricultural practices.

**Learning Objectives:**

* Understand how hormones are used in food production.
* Learn about the health risks of hormone-treated foods.
* Compare ancestral and modern diets regarding hormone exposure.
* Discover ways to reduce exposure to synthetic hormones.
* Explore ethical and environmental impacts of hormone use in agriculture.
* Make informed choices for healthier eating habits.