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**BIOGRAPHY**

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**Name & Affiliation**

Gaston Remmers, Platform Patients and Food Netherlands

**Biography**

Gaston is trained as an agro-ecologist (MSc) and sociologist (PhD), and has over 25 years of experience in facilitating complex multistakeholder projects in which food plays a crucial role. Being faced himself with diseases such as cancer, cardio-vascular disease and osteoarthritis, he now dedicates his life to personalised food approaches, in which citizen science and (self-assessment of nutritional therapies play a crucial role. He is co-founder of Platform Patients and Food and of Foundation My Data Our Health.