

Why Eat Organic Food?

Fruits, vegetables and grains are grown in a sea of herbicides and pesticides to increase the yield of the crop. Though this helps to keep food prices down, it can have a negative impact on our health. These molecules are absorbed into the human body and mimic the hormone estrogen, though the effect on the body is magnified compared to endogenous estrogen.

For each study that says organic food is more nutritious, there is another that claims it is not. The nitrogen fertilizers do cause produce to absorb more water, so inorganic produce is generally bigger than it would have been, thus the nutrients are diluted.

Hormones are added to feed or injected into livestock to increase their rate of growth, and are present in all of the inorganic meat that we consume. The EC (European Community) banned this practice in 1989 because of its effect on human health including earlier puberty.

Today, close to 70 percent of the total antibiotics and related drugs produced in the United States are fed to cattle, pigs and poultry, according to the Union of Concerned Scientists. Although this practice sustains a growing demand for meat, it also generates public health fears associated with the expanding presence of antibiotics in the food chain. Environmental Health News Jan 6/09.

Despite inorganic food being scary, one of the best reasons to eat organic food is that it tastes better!

Read more: <http://www.earthfuture.com/earth/Organic%20-%2010%20Reasons.pdf>

read even more: <http://www.mayoclinic.com/health/organic-food/NU00255>