



Nutrition Newsletter



WHAT IS AN ORGANIC FOOD?

Organic food is defined by how it cannot be made rather than how it can be made. It must be produced without the use of sewer-sludge fertilizers, most synthetic fertilizers and pesticides, genetic engineering, growth hormones, irradiation and antibiotics. A variety of agricultural products can be produced organically, including produce, grains, meat, dairy, eggs, and processed food products.

The truth is organic farming is the oldest form of agriculture. Before the end of World War II, farming without the use of petroleum-based chemicals was the only option for farmers. Technologies developed during the war such as the chemical ammonium nitrate, which was used as munitions, became fertilizer; and organophosphates -- used for nerve gas -- were later used as insecticide.



These days, some farmers are switching to organic agriculture once again. The meat, dairy products and eggs that organic farmers produce are from animals that are fed organic feed and allowed access to the outdoors.

HOW DO I KNOW IF A FOOD IS ORGANIC?

Look for the word "organic" on produce or on a display sign. The word "organic" may also appear on packages of meat, cartons of milk, eggs, or cheese.



WHY IS ORGANIC BETTER?

The produce that you buy at the market is picked before it is fully ripe which would have all the potency of vitamins and minerals. Also, the soil in which the crops are grown is depleted of nutrients due to constant use season after season without rest and adequate rotation of crops. Additionally, when the soil is "fertilized" it is done in a non-organic manner.

Not only are our foods depleted in nutrients, but what we do get is quickly being used by our bodies to fight environmental and emotional stress. The body depletes its supplies of B vitamins and a host of minerals and amino acids as the stress levels increase. (Side note: "stressed" is not "desserts" spelled backwards. Attacking stress with sugar is not healthy.)

Most importantly, pesticides, herbicides and chemicals from commercial farming are stored in the liver. The liver is one of the most vital organs in the body. It is the main filter of toxins, as well as the storehouse of nutrients (vitamins and minerals), and is responsible for the formation of healthy red blood cells. There are over 300 pesticides and herbicides used in commercial produce*. These harmful chemicals can jeopardize the vital functions of our liver. This in turn affects the balance of our hormonal system, immune system and can cause allergies.

*www.pastatebeekeepers.org

Organic foods are higher in enzyme levels. Enzymes are protein molecules in fresh foods that are responsible for nearly every aspect of life and health. Enzymes catalyze specific biochemical reactions. Each cell has over 100,000 enzyme particles that are necessary for metabolic processes.



Researchers at Rutgers University, intrigued by the claim that "**Organic is Better**", decided to shop around for some answers. The Rutgers team expected the organic produce to be slightly superior in this comparison, but the results were astounding! For example, the commercial spinach had only 3% as much iron as the organic, and the commercial tomatoes only .0005%! Incredibly many essential elements were completely absent from commercial produce. See their results at <https://leionthewater.com/2011/11/14/rutgers-university-study-organic-vs-conventionally-grown-produce/>

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