

ORGANIC FOODS

Better Health for You

A diet of organic food has been shown to result in much lower body pesticide accumulation.^{1 2}

Food grown without pesticides and without petrochemical additives (sometimes called "organic"), reduces chemical illness. This food may cost more but has much higher nutrient levels,³ lower pesticide residues,^{4 5} and more antioxidants.⁶

Laboratory research has confirmed that good grown without pesticides produce much more antioxidants.^{7 8}

Increased antioxidants and related nutrients in whole grain (compared to "refined" grain) reduce heart disease.⁹

The above research confirms the medical need for non-pesticide food in the prevention and treatment of chronic illness, as well as boosting protection from and healing for acute illness.

Better Farmer Health

Organic/free range meat is also healthier for farmers and their families, preventing asthma and lung damage from confinement exposure.¹⁰

Organics is a Health Investment

Organic milk has more vitamins, antioxidants and healthy essential fat (for brain, cell membranes).¹¹

Antioxidants in whole grain (higher levels in organic foods)⁶ can reduce death from inflammatory illness, including but not limited to diabetes and heart disease.¹²

Commercial foods grown with pesticides contain pesticide residue when selected in the supermarket.¹³ Some pesticide residues linger in the body for years (organochlorines, organophosphates) and other neurotoxic substances.¹³ Toxic metal residues have also been found by testing such food.¹³

A Better Environment

Crop yield (amount of food grown per acre) can be much greater with use of organic fertilizer.¹⁴ Organic methods also perform better in drought years¹⁵ and protecting from global warming.¹⁵ Pesticide bans (in 1995) did not reduce crop productivity.¹⁶

When synthetic rather than natural fertilizers are used, soil and food nutrient levels are reduced. The Federal Government uses only organic fertilizer in its DC and nearby offices to reduce soil and water pollution.

How to read the labels:

The sticky label on fruit has numbers that help tell you the organic status:

4 numbers – not organic,

5 numbers starting with an 8: genetically modified,

5 numbers starting with a 9: organic (National Organics Standards Board, not necessarily USDA certified).

Organic food labels can be very misleading. Only USDA organic labels prohibit pesticides and synthetic fertilizers.¹⁷

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 - ⁵ OP Pesticides in children’s bodies: the effects of a conventional versus organic diet”, Environ Health Perspect 114: A112, 2006.
 - ⁶ A Poulev, “Elicitation, a new window into plant chemodiversity and phytochemical drug discovery” J Med Chem 46: 2542-47, 2003.
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 - ⁸ A Pouley, *etal*, “Elicitation, a new window into plant chemodiversity and phytochemical drug discovery”, J Med Chem 46: 2542-47, 2003.
 - ⁹ L Djousse, *etal*, Breakfast cereals and risk of heart failure in the Physicians’ Health Study 1”, Arch Intern Med 167: 2080-85, 2007.
 - ¹⁰ GM Calvert, *etal*, “Acute occupational pesticide-related illness in the US, 1998-1999: Surveillance findings from the SENSOR-pesticides program”, American Journal of Industrial Medicine 45: 14-23, 2004.
 - ¹¹ J Science of Food and Agriculture. For more information, see www.beyondpesticides.org/organicfood.
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 - ¹⁴ C Badgley, *etal* “Organic agriculture and the global food supply”, Renewable Agriculture and Food Systems 22: 86-108, 2007.
 - ¹⁵ P Hepperly, PhD, Rodale Institute Researcher, presentation to Beyond Pesticides 25th National Pesticide Forum, Chicago, IL, June 2, 2007.
 - ¹⁶ G Manuweera, *etal*, “Do targeted bans of insecticides to prevent deaths from self-poisoning result in reduced agricultural output?” Environ Health Perspect: 116 : 492-495, 2008.
 - ¹⁷ N Harriott and N Lounsbury, “Making Green Consumer Claims are Truthful”, Pesticides and You, 28: 9-12, 2008.