

# The High Cost of Non-organic

by Jeannine Lee

At first glance organic foods appear to cost more than conventional foods. Why should I buy a tomato for \$1.00 when I can buy one for 50 cents? They look the same. The answer goes back to why we eat food in the first place. **Food is designed to nourish us, to give us the energy and health we need to go about our daily lives.** If that is indeed our goal, the higher octane of organic foods is the way to go.

The word 'organic' means 'living'. In practical terms, this means natural foods that are grown and processed without chemical fertilizers, pesticides, herbicides, fungicides, growth hormones, antibiotics, preservatives, dyes, or genetic engineering. Chemical coatings or irradiation are not allowed. Just **honest to goodness food.**

Conversely, most conventionally produced food comes from production systems that rely on a cocktail of up to 350 different chemicals, many of which The World Health Organization has classified as toxic. The short and long term effects on our health from these toxic chemicals ranges from conditions such as ADD (Attention Deficit Disorder), allergies, digestion and reproductive problems, to other hard-hitting diseases such as cancers and Alzheimer's.

## Why Buy Organic?

So why does organically produced food cost more? There is a whole lot behind that \$1.00 tomato.

The production of high-quality organic food is labor-intensive, time-consuming and not as profitable as conventional big business agriculture. Organic food takes longer to grow as there are no growth hormones or chemical fertilizers used. More product is lost during shipping and storage since it is not protected by fumigants and wax coatings. Most organic farms are small family run operations that do not receive any government subsidies. **Organic farmers are the true stewards of our agricultural resources. We should be paying them for what they do.**

## Planetary Solutions

Organic and bio-dynamic farmers work with nature, promoting the diversity and sustainability of the environment and building upon a healthy eco-system. Organic agriculture preserves the overall quality of our lakes, rivers, estuaries, wetlands, ground and drinking water. Organic farming relies on renewable resources, using 70% less of our natural resources, and producing far less pollution than conventional farming. Preserving the soil is a key factor. Organic farmers practice methods such as 'intercropping' where crops are mixed, rather than grown in large fields, minimizing the impact of agriculture on the environment. That tomato you eat has as much nourishment in it as the ground it was grown in. Conventional farming techniques must rely on artificial growth stimulants (fertilizers) and chemical pest controls because the soils used

are unable to sustain life without such helps. **Organic farming produces health for both the planet and us.**

## **Bio-diversity**

Organic farmers grow a large variety of fruits and vegetables, including many heirloom varieties which have been brought back from the brink of extinction. These old varieties are often tastier and juicier but do not package or ship well and are thus not suited to large scale industrial farming. In Britain, organic farmers grow 100 different varieties of potatoes alone! Not only does this bio-diversity give us the joy and experience of eating new and different fruits and vegetables, **our health is supported in diverse ways as well.**

## **A Trusted Food Supply**

There have been many aberrations to our food supply in recent years. Among them are genetically engineered foods (tomatoes with fish DNA anyone? Or how about potatoes with jelly fish DNA? They glow in the dark to indicate they need water.) Then there is the use of bovine growth hormone in the milk supply, and most recently the viral cocktail the FDA has approved to be sprayed on our food. ([See our Article: Viral Food: Your Tax Dollars at Work.](#)) Under current policy THESE SUBSTANCES DO NOT HAVE TO BE LABELED! This is not only true for produce and meats, it is equally true for packaged and convenience foods. And much of our fast food is a nightmare of low-quality disease-causing pretend foods. With organic foods these aberrations are strictly forbidden, AND they are regulated. **Buying organically grown foods allows us access to a trusted food supply.**

## **Value for money**

In every area of life we get what we pay for – this is also true for food. Organic food has more nutrients, vitamins and minerals, including vitamin C, iron, magnesium and phosphorous than conventionally produced food. It is estimated that Vitamin C is 17% higher in organic lettuce, and 52% higher in organically grown spinach. Because of the nature of organic farming, **great care is taken to nourish the soil which in turn produces healthy plants**, which in turn produces food packed full of all the vitamins and minerals and gives flavor and goodness to our food. The flavor of organic food is not contaminated or masked by residues, preservatives or waxes, nor is it flavor-enhanced, which is common practice with conventional food to cover for the lack of inherent genuine flavor.

## **In Summary**

Yes, organically grown food costs more at the outset but it is one of the best investments you can make for your health and the health of our planet. The average conventionally grown apple has 20 – 30 artificial chemicals on its skin even after washing. Is it really worth the health risks to save a few pennies?

Talk to us about cleansing, diet and nutrition needs. Vital health is your birthright! Call us at 303-652-6475, or email [postmaster@integratedhealthcareclinic.com](mailto:postmaster@integratedhealthcareclinic.com) for more information to or set an appointment.