

Health Benefits of Organic Food

In a world that is getting increasingly polluted with every passing day, people are getting more and more drawn to nature and natural products. One of the most popular concepts today is that of organic food.

The root of the matter. To understand why, let's try to comprehend what exactly organic food is. Organic food is much the same as food that is grown by conventional methods – with one important difference. It is grown without the use of artificial fertilisers, crop sprays, pesticides etc. It also means that genetically modified crops have not been used.

Strict regulations. Organic food must be grown in adherence to stipulated terms and conditions that do not apply to conventional methods of production. Organic animal products are those that have been developed from animals that have not been given growth hormones or antibiotics.

Far safer option. Because it is free of chemicals and preservatives, organic food is considered safer and better for health. The implications for patients recovering from surgery or other medical conditions are that much more critical. Deficiencies of micronutrients often found in patients have been traced to depletion of minerals in soil, caused by intensive agriculture.

Health risks. Food grown by conventional methods has also been found to be contaminated by pesticides, which again have far reaching consequences on general health. This includes such factors as increasing incidence of allergies, depletion of sperm count, disturbances of the endocrine and immune system, susceptibility to cancer, etc. etc.

On the other hand, people who eat organic food have been found to be in better general health, since organic food eliminates the use of additives. Food that is grown organically has a much higher concentration of phytonutrients and plant compounds that can combat cancer. In fact, alternative cancer treatments have shown good results on people who eat organic food.

A word about preservatives. You'd be wise to remember that preservatives, which are often used to increase the shelf life of food products, may contain harmful colouring agents, flavour enhancers etc., all of which are used to improve the quality of the product and make the food that much more pleasing to the palate.

However, it is a hard fact that preservatives do nothing for the nutritive value of the food. By comparison, organic foods have not been altered in any way. Naturally, they are far safer.

Summing up. In a nutshell, crops that are grown conventionally are contaminated by pesticides and growth hormones. Pesticide residues can have severely damaging effects on health. So if you can eat organic food, you have everything to gain.

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