

ORGANIC – IS IT WORTH IT?

Do you know what killed the majority of people over 100 years ago? Well, lots of things! Probably the more appropriate question is; what didn't kill the majority of people over 100 years ago?

The answer is Heart disease, cancer, diabetes!

They sure do now though!

As our living conditions and technology has advanced, the things that killed our ancestors are not issues for us today. However, these advancements such as industrialisation and the population explosion have set up conditions that that are much more conducive to the diseases we know far too well these days.

The good news is that our health/wellness is in **our** hands – not the medical professions!



The most important thing to understand is that 100+ years ago there were no such things as; processed foods, pesticides, herbicides, preservatives, additives, growth hormones, antibiotics, air and water pollution and all the other things that affect our food and our health today.

The traditionally grown foods we eat today are grown in nutrient depleted soils, and so they themselves are nutrient deficient. They are treated with chemicals to kill pests, to speed up growth, to make them last longer and look better. This includes plant as well as animal foods.

This lack of nutrition in our food and consequently our bodies plays a large part in our long term health or ill health as the case maybe.

So the question is why would you spend more time and more money to find, buy and consume certified organic produce?

Here are some answers (my opinion) to that question:

- As an insurance policy
- To increase nutrients, improve your immune system and prevent disease
- Have more energy and enjoy life more
- Be more productive and make more money
- Live a longer more fulfilling life
- Be an example to others to do the same
- Be an example to your children
- Improve the environment

I am sure there are many more fantastic reasons to eat organic produce – but you only need one!

The most common objection to organic food is the cost. Let me answer that and leave you with this question to ponder:

Would you rather invest some time and money NOW in to maintain and enhance long term health, or would you rather spend very much more in time, money and suffering to try to restore your lost health in the future?

It's your call