

05

BENEFITS OF EATING ORGANIC



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No GMOs, Better Nutrition

Genetically modified organisms, including GM foods, are a horrible mutation of real food. The claim that GMOs are just like any other method of improving foods is simply nonsense. Never before have genetics been manipulated by taking the genes from one species and inserting them into another.

Conventionally grown "stuff for ingestion" is produced in played-out soil under the delusion that all the nutrients you require can be replaced by artificially-produced fertilizers. There is a fallacy that bigger and prettier produce is synonymous with healthy produce.





Organic Food has Healthy Fat

Yes! I said, healthy fat! The benefit of eating organic protein such as beef, chicken, pork, and fish means you are giving your body a higher dose of the coveted, omega-3 fatty acids and less of the cholesterol rising fats found in livestock raised conventionally. Organic milk alone has 50% more omega-3 fatty acids than non-organic milk.

Why are omega-3 fatty acids so important? The University of Maryland Medical Center says that Omega-3 fatty acids can lower your risk of heart disease, reduce joint pain or stiffness, lower your risk of cancer, prevent dry skin, improve memory, and can help fight against depression.



Better for Your Conscience

- By now, it's clear that the stuff for ingestion sold by most supermarkets is devastating for our health
- devastating for the animals raised for this travesty, and devastating to the environment.
- So, my final health benefit of eating organic is your conscience.
- When you're aware of the devastation brought by agribusiness to animals and the environment,



Organic Food vs. Chemicals



- **As someone** who was raised on a farm in Minnesota, I know all too well of the harmful effects of synthetic pesticides and artificial fertilizers.
- **Sadly**, I knew farmers who died from exposure to chemicals and have witnessed the chemicals affecting the local water table and contamination levels in the soil.

You're Supporting Great Farmer

Eating organic food means your food is held to a higher standard. Organic food has to meet a high level of standards before the FDA will declare a food "Certified Organic." This means that the farmer who grew your tomato put a lot of energy into making sure their field was chemical free. It can take years before the soil and water tables are free of toxins to grow organic produce.





***Thank
You!***

