

# Foods That Heal

There is a growing body of evidence that shows potential health benefits of organic foods when compared with conventionally grown foods.

- Research from independent organizations consistently shows organic food is higher in nutrients than traditional foods.
- Toxins damaging to brain and nerve cells are a commonly used class of pesticides. They are called organophosphates; originally developed as a toxic nerve agent during World War I.
- Pesticide runoff pollutes our drinking water.
- Most organic food simply tastes better than the pesticide grown counterparts.
- Eating organic may reduce your cancer risk. The US Environmental Protection Agency (EPA) considers 60% of herbicides, 90% of fungicides, and 30 % of insecticides potentially cancer causing (found in conventionally raised foods).
- Genetically-modified and non-organic food modifies your cells on a genetic level, allowing you to be more susceptible to disease.

## Benefits of Eating Organically Include:

- **Nutrients** - Studies have shown small to moderate increases in some nutrients in organic produce. The best evidence of a significant increase is in certain types of flavonoids, which have antioxidant properties.
- **Omega-3 fatty acids** - The feeding requirements for organic livestock farming, such as the primary use of grass and alfalfa for cattle, result in generally higher levels of omega-3 fatty acids, a kind of fat that is more heart healthy than other fats. These higher omega-3 fatty acids are found in organic meats, dairy and eggs.
- **Toxic metal** - Cadmium is a toxic chemical naturally found in soils and absorbed by plants. Studies have shown significantly lower cadmium levels in organic grains.
- **Pesticide residue** - Compared with conventionally grown produce, organically grown produce has lower detectable levels of pesticide residue.
- **Bacteria** - Meats produced conventionally may have a higher occurrence of bacteria resistant to antibiotic treatment.

## Wild Caught Fish vs Farm Raised Fish:

- Farm raised fish are given antibiotics to stave off disease that results from crowded conditions. Eating large quantities of anti-biotic filled meat and fish will damage your body's immune system.
- **Pesticides and Chemical Toxins** - Fish farmers also treat their fish with pesticides to combat sea lice. It has been found that cancer-causing polychlorinated biphenyls (PCBs) exist in farm raised salmon at 16 times the rate of wild salmon.
- Wild caught salmon also has a healthy balance of omega-3 to omega-6 fatty acids. When you have too many omega-6 fatty acids in your body, inflammation occurs (a high amount of omega-6 fatty acids are found in farm raised fish).

- Cold water fish such as salmon are a good source of vitamin D, an extremely important nutrient that is essential for a wide variety of bodily functions. The sun is your best source of vitamin D, but since most people don't get enough sun in the winter months, wild caught salmon is a great way to add more vitamin D to your diet.
- Also found in wild caught salmon are healthy protein, selenium, niacin, vitamin B12, phosphorus, magnesium and vitamin B6.

## Food Safety Tips

Whether you go totally organic or opt to mix conventional and organic foods, be sure to keep these tips in mind:

- **Select a variety of foods from a variety of sources.** This will give you a better mix of nutrients and reduce your likelihood of exposure to a single pesticide.
- **Buy fruits and vegetables in season when possible.** To get the freshest produce, ask your grocer what is in season or buy food from your local farmers market.
- **Read food labels carefully.** Just because a product says it's organic or contains organic ingredients doesn't necessarily mean it's a healthier alternative. Some organic products may still be high in sugar, salt, fat or calories.
- **Wash and scrub fresh fruits and vegetables thoroughly under running water.** Washing helps remove dirt, bacteria and traces of chemicals from the surface of fruits and vegetables, but not all pesticide residues can be removed by washing. Discarding outer leaves of leafy vegetables can reduce contaminants. Peeling fruits and vegetables can remove contaminants but may also reduce nutrients.
- **When purchasing berries, it is best to buy organic.** Berries are more porous and their skins are thinner allowing them to absorb more pesticide.

This material can be overwhelming, but just understand, even the smallest change will help. Also realize, if your body is out of balance or you have a major health issue, it is even more important to use foods that help to heal.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com).

Thanks, Sami