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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

The Facts About Organic Baby Food

By A. Pruder

Quite simply, organic baby food is that which is processed without the use of artificial pesticides

and/or synthetic fertilizers. While many note organic food as being either store-bought, garden grown or gathered in the wild, the correct association is certified organic foods, which are produced and labeled according to strict regulatory standards. In a number of countries, including the United States, the use of the word 'organic' in the commercial market, without the proper certification, is prohibited by law.

Organic baby food is most commonly found in a supermarket and will be labeled accordingly. Because of its nature, organic baby food is more expensive than other types. Processed organic baby food typically includes only those ingredients that are organic and has no artificial food additives. While there seem to be a number of benefits to using organic baby food, the most common reason for purchasing this type of product is the overall quality. Increased nutritional value, the absence of residues from artificial pesticides and better taste are all positive benefits of organic baby food.

Organic baby food, because it is believed to be fresher, often carries an improved taste over other baby foods. Because organic farms are small, their products are most commonly sold close to home. Therefore, organic baby food and other products feature a fresher taste simply because they are fresh.

By 2003, organic food products were available in 20,000 natural food stores and 73% of commercial grocery stores. While many believe that organic baby food is helpful, others are not as certain. Some believe that farming and organic fertilization may carry its own risks that may be passed along in organic baby food.

The main debate lies with the better approach to manufacturing organic food. Is it more healthy to use artificial and synthetic products in food processing or natural fertilizer and organic farming methods? There are both sides to any debate and the questions surrounding organic baby food is no different. There is legitimate concern over contamination and safety of organic food and products, but an exact determination as to which side of the table is right has yet to be decided.

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The information in this article is to be used for informational purposes. It should not be considered as, or used in conjunction with, professional medical advice or recommended feeding for your infant, toddler or young child. Prior to beginning any food preparation involving the use of organic baby food, consult your child's physician for additional information and/or a recommendation regarding the use of organic baby food as part of your child's food intake.

Want to learn more about organic baby food? Make sure you visit our site at:

<http://www.organic-baby-food-guide.info>

for access to additional organic baby food tips and information.

Natural Foods Defined

By Stephanie Yeh

With so many people concerned about natural and organic foods these days, it's useful to stop and really take a look at what "natural" and "organic" foods really are. We all know that natural and organic foods are better for us than highly processed or artificial foods, but do we really know which foods are natural and organic? When you buy food that is labeled "natural," what does that really mean? What about "organic"?

It turns out that the term "natural" doesn't mean all that much. Because it's only been broadly defined by the Food and Drug Administration (FDA), it's a fairly arbitrary term, the meaning of which is left up to the conscience of the food manufacturer. The FDA says that any food can be labeled as natural so long as it doesn't include added color, synthetic substances or artificial flavors.

This definition sounds good—until you realize that it can be stretched to include such definitely non-natural substances such as aspartame, the artificial sweetener. More liberal food manufacturers argue that "natural" means any material that exists in nature. While aspartame does not exist in nature (you have to use a chemical process to create it), manufacturers say that the resulting product is made up of two amino acids, both of which do exist in nature. Never mind that they don't exist glued together as aspartame!

So what can the savvy nutritionally-conscious consumer do about this? Go with a term that is clearly defined and regulated by the FDA: organic. In the next issue we'll delve into the intricacies of organic foods, including basic regulations and differing levels of organic production. In the meantime, avoid foods that are only labeled as "natural" and go for those labeled "organic" or "natural and organic." It's the real stuff.

Stephanie Yeh and her partner have helped many other people achieve and experience prosperity with the help of a strong 15 year network marketing business. Her current project, the Journeyman Wealth Program, is aimed at helping 15 people a year fully achieve their dreams. Stephanie's Prosperity

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Abounds website works on the basic principle that "You are the creator of your own reality!". Get more details on her website at

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Natural Foods Defined

Organic Dog Food and Making the Right Choice

Organic Food: Truth or Fallacy?

How To Introduce Baby Food To Your Baby

Grow Your Own Organic Vegetable Garden

Organic Secrets

Baby's First Year –What Parent Needs To Know

How to become a Chef!

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