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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why You Should Consider Buying Organic Food

By Gray Rollins

Besides the fact that organic food tastes better and it reduces the amount of cancer-causing chemicals that enter your body, there are plenty of other very good reasons why you should buy organic food. Here are just a few:

Organic Meat Comes From Healthier Animals

The animal from which you got your meat is guaranteed to have been healthy throughout its life. Why? Part of the criteria governing organic products is agreeing not to use antibiotics to treat an illness. Animals that are raised with the ultimate goal of being organic are raised in more humane conditions (as outlined by the United States' Humane Society). These better living conditions result in healthier animals and healthier animals simply are less prone to illness and disease. Of course, nothing can guarantee an animal will never become ill, and occasionally one will require antibiotics to cure an ailment. When this situation happens however, the animal that was treated with the antibiotics must be removed from the organic farm. The affected animal loses its organic status and is usually sold to a conventional farm where it lives out the remainder of its life.

Buying Organic Is A Form of Protest

When you buy organic food, you're basically making a statement that you care about what you're putting into your body. So much is happening to our food before it enters the supermarket. We hear about it, yet we do nothing to stop it. If you ever took a few moments to think about all that food is exposed to, from start to finish, the details likely would boggle your mind. Sure, all that perfectly-shaped produce and those rather full-sized chicken breasts look enticing, but those perfections are the end result of growth hormones, genetic engineering, and an abundance of pesticides and fertilizers. You've probably heard the saying, "Nature is not perfect" countless times, yet time and again you continue to reach for that perfect tomato. When you buy organic, you are in effect saying you don't want to be part of that scene any longer. When enough people buy organic, and more are making the switch every day, food companies will be forced to listen to consumers.

It's Something You Can Do to Protect the Environment

Why You Should Consider Buying Organic Food

The chemicals that go onto the fields that produce the fruits and vegetables you eat and that feed the cows and pigs that turn into your hamburgers and pork chops contaminate the soil and the water. This affects the animals that live off the land and it also contaminates the environment. When you choose foods that are produced without these cancer-causing chemicals, you are not adding to this problem. Your purchases likely won't put an end to environmental damage, but as with all things in life, change begins with one person. Get a few friends to change their buying and eating habits, and then have them get a few friends to change and soon enough, a sizeable impact will be in the works.

Gray Rollins is a featured writer for OrganicNourishment. To learn more about organic food, visit

<http://www.organicnourishment.com/>

and

<http://www.organicnourishment.com/foodstobuyorganic/>

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.

Why You Should Consider Buying Organic Food

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.

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.



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