

ORGANIC FOODS



from DAN'S
HAND

DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

The newest fad...or have we finally come full circle?

There was a time, not too long ago, when all of our foods were organic; we just didn't call them that because there was no such thing as pesticides, herbicides, antibiotics, growth hormones or GMOs. Suddenly, in the blink of an eye, we've changed the way our bodies are supposed to recognize and accept these new "foods."

We humans have been evolving on this planet for 3.4 million years; this means that our digestive systems have been evolving right along with us. In the last 75 years or so, we've radically changed the very foods that nourish our cells.

To make matters worse, we began over-processing all these new engineered foods, increasing the rate of digestion dramatically. For instance, take the common grain (i.e. wheat, rye, barley, etc.); we've learned how to remove the bran (the bulk of the fiber), the germ (where vitamins, minerals and oils are stored), and the endosperm (the starchy part of the grain), all of which are necessary components for slow digestion and good health.

And we're not the only ones who eat this stuff; our livestock eat this stuff too! If that weren't enough, we inject antibiotics and growth hormones which ultimately makes its way to us. You see, we are at the top of the food chain. You are what your food eats.

Things That Make You Say "Hmmm..."

Today, we have a nation where 42% of all Americans will have cancer, one in four children have allergies, and over 58 million are pre-diabetic. Gee, I wonder if there is a connection...

Organics – Are They Different?

You betcha! It seems that each day, scientists discover new substances held within plant life—including powerful anti-cancer phenolic compounds—which are just now being identified and categorized, much like the way they discovered vitamins, and then later antioxidants.

At present, they estimate these secondary metabolites range from 50 to 100 substances, but scientists still concede there are probably as many as 4,000. There just hasn't been enough research to know. These are indeed "living pharmacies" held within an organic plant. These living pharmacies have slowly and systematically been removed from many of the conventionally grown food products that we Americans have grown to love.

The Proof

What science has discovered and proven is the difference between plants that have been grown with conventional agricultural methods (i.e., using chemical fertilizers, pesticides and fungicides) and those grown organically. Looking at the cells of these plants under a

microscope reveals some amazing details. For instance, a tiny extract of an organically grown carrot shows a crystalline picture of order and perfection with an abundance of varying metabolites; in marked contrast, an extract of a conventionally grown carrot shows a weak and dissipated picture with much fewer and distorted metabolites.

The fact is that the marked difference between conventionally and organically grown crops is due to the huge number of secondary metabolites found in mature, organically grown plants. By changing the farming and processing methods of our food products, we have completely changed the way our bodies recognize—or *don't* recognize—these foods. This is not good news for our bodies' cells, which require specific nutrients to regenerate superior cells, those same nutrients mentioned earlier that science hasn't even begun to identify. Nature has an order, and through a microscope you can truly see that there is a vitality to an organically grown plant vs. a conventionally grown plant. This vitality has been systematically removed through farming practices and over-processing.

Indeed, there has been a very slow depletion of vitality in plants in the last 50 years. What we do with conventional agriculture is that we over-emphasize the plant's growth instead of its nutritional quality. Conventional agriculture works against the natural nutritional richness of nature in three ways:

- The seeds used in conventional agriculture have been specially adapted to grow when they receive chemical fertilizers and other applications, and therefore produce inferior plants.
- Pushing growing plants with chemicals to obtain greater profits leaves plant cells weaker.
- Crops that are never allowed to fully mature never receive their full complement of life-enhancing secondary metabolites.

What You Need To Do

Begin by introducing foods that have been certified organic to your regular diet. Ask your grocery store to bring in more of a variety and if they refuse, find another store. You may feel that these foods are more expensive, but are they really?

- You will find that you will eat fewer calories because foods that are more nutrient dense are more satiating and satisfying.
- How much will it cost in medical bills to cure a disease that you or your family may contract as a result of not choosing organic?

Simply put, if you have the option, choose organic. After all, **you are what your food eats.**

Eat Well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).