

Organics

Naturally grown, non-processed foods are the best way to go; the way Mother Nature intended.



By Dan Young

HMMM...?

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. Suddenly, in the blink of an eye, the last 50 years or so, we began processing all those wonderful whole foods that our bodies had evolved to recognize. For instance, from our grains, wheat, rye, barley, etc., we 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 the necessary components for slow digestion and good health, just to improve taste appeal. To make matters worse, we began growing our crops with chemicals, synthetic fertilizers and hormones to produce crops more quickly and to help livestock to mature quicker. To add insult to injury, we began to add preservatives to extend the life of our foods and then we added dyes to make the colors more appealing – more natural looking, ugh!

Today, we have a nation where 50 million of its people are borderline diabetic, while cancers and other diseases are on the increase. Gee, I wonder if there is a connection, hmmm...?

ORGANICS. ARE THEY DIFFERENT?

It seems each day scientists discover new substances held within plant life. These substances include powerful anti-cancer phenolic compounds, which these same scientists are just now able to identify and categorize. This situation is very similar to the way they once discovered things called vitamins and, later, antioxidants. These secondary metabolites range from 50 to 100 known substances, but scientists still

concede that there are probably as many as 4,000. There just hasn't been enough research to know for sure. 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 is indisputable, is the difference between plants that have been grown with conventional agricultural methods (i.e. 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 grows a crystalline picture of order and perfection with an abundance of varying metabolites; in contrast to an extract of a conventionally grown carrot showing 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 body's cells, which require specific nutrients to replicate superior cells. These are nutrients, as mentioned earlier, that science hasn't even begun to identify let alone understand. There is an order of nature and through a microscope you can truly see that there is vitality to an organically grown plant

versus a conventionally grown plant. This vitality has been systematically removed. 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 growth of the plant instead of the 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.
- Growing plants with chemicals to obtain greater profits leaves cells weaker.
- Crops that are never allowed to fully mature never receive their full complement of the life-enhancing secondary metabolites.

WHAT YOU NEED TO DO

Begin by introducing to your diet, foods that have been certified Organic. 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 contract for some inexplicable reason?

Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.

dyoung@performancefoodcenters.com
www.performancefoodcenters.com