



Natural Health Research Institute

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JULY 2019

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Benefits of Organic Food

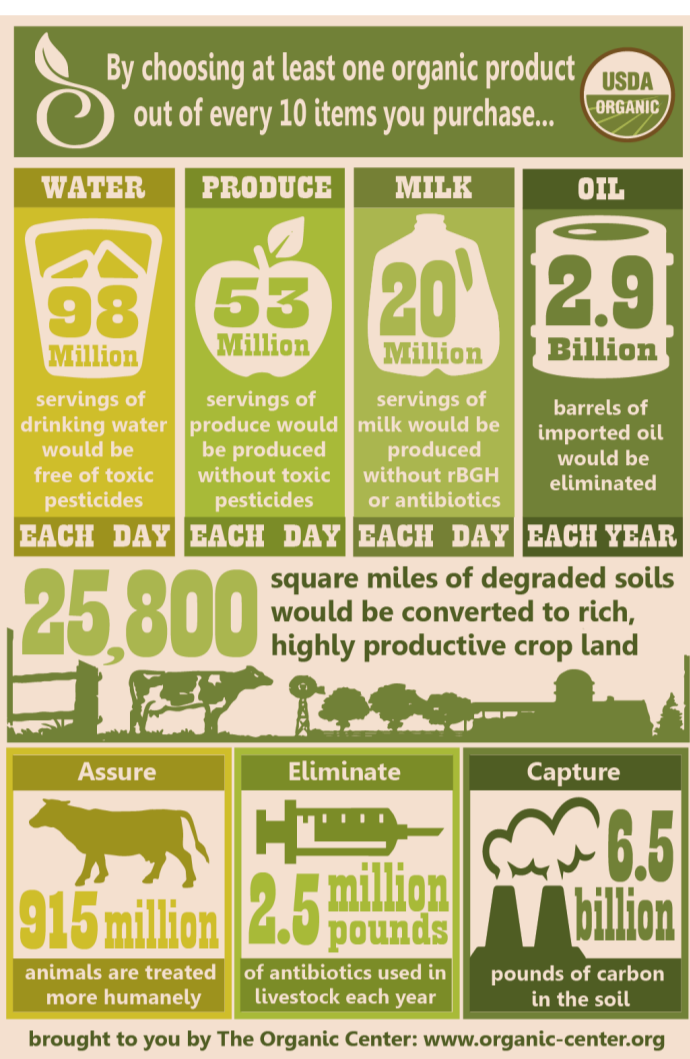
Organic refers to the way in which agricultural products (produce, meat, dairy, etc.) are grown and processed. The U.S. Department of Agriculture enforces strict standards for food to earn organic certification. In general, the standards are: no synthetic fertilizers, herbicides, pesticides, antibiotics, food additives, irradiation and sewage sludge; no genetically modified seeds; farmland free from prohibited chemicals for three or more years;



specific requirements for feed, housing, and breeding of livestock; written production and sales records; strict physical separation of organic products from noncertified products; and periodic on-site inspections.

The health benefits and environmental benefits of buying organic food can make a big difference in overall health and well-being, along with other far-reaching impacts. A number of studies have demonstrated that conventionally grown foods are more seriously contaminated with pesticides and herbicides compared to organically grown food. Many pesticides and herbicides fall into a group of compounds called endocrine disruptors. There is reasonable research to demonstrate that even a small amount of an endocrine disruptor over a long period of time increases the risk of serious illnesses including cancer.

Choosing to go organic also helps to combat climate change, fosters species diversity, prevents damage to valuable water resources, and protects farmers and farmers' families from exposure to harmful chemicals.



[A Discussion on Genetically Modified Foods](#)



[Pesticide Exposure Increases Diabetes Risk Among Farmers](#)



[Is Eating Organic Worth the Cost?](#)



[Autism, Developmental Disorders, and Pesticides](#)

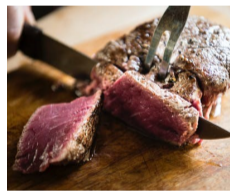
Recent Posts



A Very Low-Calorie Ketogenic Diet Effectively Reduced Cardiovascular Risk

Written by *Angeline A. De Leon, Staff Writer*. A very low-calorie ketogenic diet, combined with a synthetic amino acid protein replacement, increased weight loss and reduced cardiovascular risk, without the development of sarcopenia and activation of inflammatory and oxidative processes.

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Red Meat Consumption and Gut Bacteria are linked to Heart Disease

Written by *Joyce Smith, Staff Writer*. A one-month diet of red meat but not white meat or no-meat, significantly increased blood and urine levels of TMAO in the study participants.

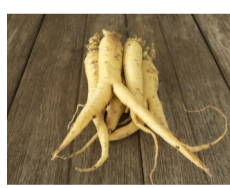
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B12 & Folic Acid on Neurological Development in Children

Written by *Chrystal Moulton, Staff Writer*. Combined supplementation with B12 and folic acid significantly improved gross motor and problem solving skills in young children between 6-30 months.

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Herb Shows Promise in Helping with Prostate Issues

Written by *Dr. Patrick Massey, MD, PhD*. Studies have shown that Panax ginseng may be a reasonable alternative for benign prostatic hypertrophy for those not ready for traditional medications.

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Curcumin Clears Cervical Human Papillomavirus Infection

Written by *Joyce Smith, Staff Writer*. Of the 287 participating women with cervical HPV infections, the 72 women treated with Basant™ cream had higher but statistically nonsignificant HPV elimination compared to those treated with placebo.

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2019 Dirty Dozen List

Non-organic fruits and vegetables with the highest amount of pesticide residue:

- | | | |
|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |

The Environmental Working Group, an organization of scientists, researchers, and policymakers, compiled this list using data from the USDA on the amount of pesticide residue found in non-organic fruits and vegetables after they had been washed.

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