

Articles written for the Blue Moon Organics Newsletter

Go Ga Ga for Organics!

Parents are often faced with the decision of whether going organic is really worth it for their growing families. There are several compelling reasons to feed organic food to your children.

1. Babies are extremely vulnerable to pesticides because their brains, immune and detoxification systems are immature and in a state of development.
2. Pound for pound babies eat 2 to 4 times more veggies and fruit than adults and are therefore potentially exposed to a far greater amount of contaminants.
3. A report recently released by the Environmental Working Group entitled "Pesticides in Children's Food" concluded that the largest contribution to a person's lifetime risk of cancer from pesticide residues occurs during childhood.

These are just 3 more reasons to Go Organic and invest in your child's health!

5 More Reasons to Go Organic!

If you still need affirmation in your organic decisions, here are 5 more reasons to Go Organic!

1. Strawberries are reportedly sprayed with up to 500lbs of pesticides per acre on some local and imported varieties rendering them heavily contaminated.
2. Bananas contain a pesticide called benomyl which has been linked to birth defects.
3. Peaches take the lead in above average rates of illegal pesticide violations according to the FDA.
4. Bell Peppers are laden with pesticides that are considered to be neurotoxic to the brain.
5. Baby Food was found in recent tests to contain detectable pesticide levels and carcinogens.

The facts are in and the choice is clear-Go Organic!

Bioflavonoids-Fad or Fact?

Many of us have heard the term bioflavonoid lately and may wonder, what's all the fuss about? Bioflavonoids are reported to have numerous health benefits due to their ability to modify the body's reactions to allergens, viruses and carcinogens. They have shown to be anti-allergenic, anti-inflammatory, anti-microbial and anti-cancer.

In addition bioflavonoids act as powerful anti-oxidants protecting against oxidative and free radical damage.

So how do we help our bodies obtain all these benefits? We can make sure that we eat lots of food rich in flavonoids and anti-oxidants which are found in high quantities in brightly colored fruits and veggies. Carrots, apricots, red and yellow peppers, spinach, pineapple, oranges and tomatoes are all loaded with beneficial flavonoids and anti-oxidants in the form of essential vitamins and minerals. So eat up!

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C-Force!

The latest studies reveal that organic fruits and veggies contain at least 27% more Vitamin C than non-organic. Vitamin C is known best for its ability to enhance the immune system. But Vitamin C has lot more to offer including optimizing adrenal gland function; leading to lower stress levels, maintaining healthy gums, protection against pollution, decreases the risk of certain types of cancer and protects us against infections.

Vitamin C is found in high amounts among the following; kiwis, citrus fruits, berries, green veggies, asparagus, avocado, black currants, mango, cantaloupe, onions, kale, papayas and pineapples. Enjoying these foods daily will ensure there is enough C-force in your life!

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One potato, two potato.....

The effects of genetically modified foods are becoming a reality in many lives as we see an increase in cancers, allergies and autoimmune diseases. Our once pure potato has been injected with bacillus thuringiensis or the B.t toxin. Biotechnology has now made the toxin a part of the potato. The B.t toxin is a very effective pesticide for the destructive beetle. Whenever the beetle takes a little bite of the potato, it dies. But what happens to us when we take a bite? Scientists are now concerned that this toxin is causing allergies and is having poisonous effects in those using ulcer medications or antacids that reduce stomach acidity. Fortunately whole foods that are Certified Organic are considered safe and free from genetic engineering.

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Lycopene

Have you ever wondered why tomatoes are so good for us? Tomatoes contain a substance called Lycopene which is responsible for the brilliant red color of the old favorite tomato. Lycopene is a carotenoid which has many known health benefits. Consuming the Lycopene found in tomatoes protects our hearts by lowering the "bad" cholesterol and prevents cancers that are hormonally related such as prostate and breast. Other benefits include improved memory; a 40% reduction of sun-induced skin damage and improved eyesight.

Eating tomatoes in sauce, juice or raw on salads and sandwiches are all great ways to get your Lycopene. Recent studies however, have shown that tomatoes in the cooked form will increase the absorption of the Lycopene by two and half times. Including tomatoes in your daily diet will no doubt improve your health and help to prevent disease!

An Apple a Day...

Do they really keep the Doctor away? It's true; apples are one of the most nutritious snacks that we can munch on. They are fat-free, with a mere 80 calories per apple. Apples are comprised of 80% soluble fiber, which is known to lower cholesterol, and 20% insoluble fiber, known for preventing certain types of cancer. Apples are also an excellent source of complex carbohydrates which aid in balancing blood sugar levels. Cancer inhibiting and heart strengthening antioxidants also top the list of important nutrients in an apple. They are also an important source of Potassium which helps to regulate the body's fluid balance and neuromuscular activity. All of this and they taste great too!

Salvestrols

Salvestrols are a group of chemically unrelated phytonutrients, normally present in fresh fruits and veggies. They are deemed a vital component of the human diet that has been found to be seriously depleted by modern agriculture methods and food processing. In particular, the use of synthetic fungicides prevents the plant from producing Salvestrols since they are not challenged by fungal infection. Thus the plants immune system shuts off.

Researchers have recently discovered that Salvestrols are essential to our well-being. Stay tuned to find out how.....

Salvestrols-The Story Continues...

Cancer scientists generally believe that single cancer cells are continually forming in the human body and that most of these are destroyed by the body before they develop into malignant tumors. Salvestrols, a phytonutrient found in organic fruits and veggies are now believed to activate an enzyme found in all types of cancer cells. This activation enables the body to defend and heal itself against cancer. Salvestrols in the diet are a mechanism by which ongoing prevention of cancer can occur. The highest amounts of Salvestrols are found in grapes, tangerines, strawberries and cranberries.
