

Organic Eating

Organic food refers not to the food itself, but to how it is produced. Organic food production is based on a system of farming that maintains and replenishes the fertility of the soil. Organic foods are produced without the use of toxic pesticides and fertilizers. Organic foods are minimally processed to maintain the integrity of the food without artificial ingredients, preservatives or irradiation.

The food industry uses approximately 3,000 different food additives to saturate the foods we eat for preservation and for packaging. These additives, once taken in to the body are viewed by the immune system as "foreign and toxic" and are sent to the fat tissue for storage. These man-made toxins (i.e. Pesticides and industrial chemicals) have been exploded into the planetary eco-system so fast that microbial and higher life forms have not developed effective mechanisms to break them down. Therefore we have an accumulation of toxins in the environment and the food chain with long term effects yet to be discovered.

Other than the additives that we know of, there are about 12,000 other chemicals that poison our food during the many aspects of propagation, growth, harvesting, packing, shipping, and preparation. If our immune systems are not functioning at the optimal level then over a period of time with continual exposure we are threatened with free-radical formation, cellular irritation increased allergies, and the potential of cancer.

There are six "excuses" as to why the food industry uses all these chemicals:

1. To improve shelf life or storage time: the use of processing and chemicals are used so that food will last longer and therefore prevent and spoilage which may be viewed as convenient by consumers. The truth is that this "convenience" robs us of the necessary nutrients to maintain a healthy body.
2. To make food more available: manufacturers teamed up with advertisers to make an absolute fortune as consumers have less time to prepare a nutritious and wholesome meal. Now with a trip down the frozen food section, one could just pop the meal in the microwave or "just add water" and dinner is served.
3. To increase the nutritional value: consumers are catching on to the lack of nutrients in their processed, microwavable meals so the manufacturers add in synthetic vitamins and minerals and the food is once again redeemed and "enriched".
4. To improve the flavor of foods: many different artificial flavorings including salt, sugar and MSG are added in order to enhance the taste and create cravings.
5. To make foods easier to prepare: busy, busy, and busy? Well the answer has been found, fear not faithful consumers, instant foods are here.
6. To improve consumer acceptance: "Beauty is in the eye of the beholder", so therefore spray, dye, gas, coat and add whatever is potentially toxic so that the consumers will be attracted to bright fruits and vegetables, the orange Cheese Whiz (naturally gray), and the yellow chicken so our mouths salivate and our wallets open.

WHAT ARE YOU HAVING FOR DINNER TONIGHT?

Along with the roast beef that you may be eating tonight, beware you may also be consuming some type of growth-stimulating hormones, even the banned DES- diethylstilbestrol- the artificial sex hormones that were given to women all over America in the 1950s and 1960s in order to prevent miscarriage. It was later found to be ineffective and to have carcinogenic effects for the children born to women who took it. DES was also fed to beef cattle because it slows down the animals' metabolism, making them fatter quicker. Though it is now banned for such use, illegal residues still appear.

Due to the gross overfeeding of cattle (as much as thirty pounds of grain a day, of which only three or four pounds can be transformed into muscle and fat), painful liver abscesses can develop so the use of antibiotics is necessary to prevent a cut in profits. Additional antibiotics are used because when animals are kept crowded together in close confinement standing in knee-deep excrement, fed twenty-four hours a day under bright lights on conveyor belts, they are prone to epidemic diseases such as respiratory ailments, foot rot, and diarrhea.

Eating these unwelcome additives could have serious consequences for your health. Many suffer from life-long localized infections and take antibiotics along with the ones consumed in the meat, which could very well lead antibiotic immunity and immune system suppression.

Have you ever noticed if you cut your skin, the blood comes first out red because of the oxygen in it, and then it oxidizes and turns purple? It loses oxygen and coagulates. That is similar to what happens when they slaughter an animal. It turns bright red immediately after slaughtering, then purple-gray. As they process the meat it eventually becomes a blue-gray color.

The manufacturers must then add Nitrites to make the meat red. In its natural form, the meat would otherwise turn to a putrid gray. This process is added to sandwich meats, bacon and hot dogs.

Once they put the sodium nitrite into meat, the nitrite is broken down into nitrous acid which combines with the hemoglobin in the meat to form a permanent red color. Unfortunately there is no difference between the way the nitrites interact with the blood of the dead carcass and the way they might interact in the human beings that ingest it. They function by inactivating a certain percentage of the red blood cells, which carry

Oxygen through the body. In children this is especially dangerous because it can produce a condition called methemoglobinemia- inactivated hemoglobin. If too many red blood cells are inactivated, severe poisoning and sometimes death can result. This has actually occurred when children have eaten highly nitrites hot dogs, which contain as many as 200 parts per million of nitrites.

In addition to children, anemic people and people with low blood pressure are extremely susceptible to methemoglobinemia, which can give rise to symptoms such as: fatigue, sluggishness and low energy.

Phosphorus is one of the very few nutrients- sodium being another- that might be oversupplied on a diet high in processed and inorganic foods. Many of the

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pesticides sprayed on the plants we eat and on the plants livestock animals eat, contain arsenic compounds. Curiously enough, the structure of a molecule of arsenic is so similar to the structure of a molecule of phosphorus that your body can actually mistake one for another. Thus, if your intake of pesticides is large (and they are most heavily concentrated in animal food like meat and dairy products), your body could make the possibly deadly mistake of substituting arsenic in functions for which really need phosphorus. This odd but useful fact is yet another good reason to eat foods grown without chemicals whenever you can.