

YOUR HEALTH

WHY EAT ORGANIC?

First of all, organic foods taste delicious! But more than just taste, organic foods are important for your health. Simply put, organic foods are more nutritious, richer in vitamins, minerals and antioxidants and are grown without use of any chemicals (no pesticides, herbicides, or chemical fertilizers). As well, you can rest assured that organic foods are not genetically modified.

Does the food in our grocery stores really contain harmful chemicals? Yes! Studies have found numerous pesticides on the foods we eat. For example, a total of 36 different pesticide residues can be found on spinach and the average Canadian peach has 31 pesticide residues.

A scientific review by the Ontario College of Family Physicians concluded that there is enough evidence of the harmful effects of pesticides that doctors should advise their patients to avoid all possible exposure. In fact, studies have found links between pesticide exposure and the following:

1. Cancer
2. Neurologic abnormalities such as Parkinson's disease, cognitive impairment, and mood disorders

3. Birth defects, low birth weight, prematurity, stillbirth, miscarriage and neonatal death
4. Reduced fertility, sperm abnormalities and erectile dysfunction

Another important reason to eat organic is to help preserve the health of our environment. Organic farming saves our biodiversity, maintains soil quality, and does not produce toxic run off that pollutes the ground water.

As a community, we need to protect ourselves and especially vulnerable people such as pregnant women and children from pesticide exposure. One of the ways we can reduce the harm of pesticide exposure is by supporting organic farming.

How can you support organic farming?

Join a CSA! Community Supported Agriculture (CSA) Programs supply us with fresh, local, organically grown food, while supporting local farmers and sustainable growing practices. For access to local organic fruits and veggies this summer, The Cutting Veg supplies delicious produce to our clinic at Yonge & Bloor every Thursday. To become a member see: www.thecuttingveg.com.

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