

## IS ORGANIC FOOD BETTER FOR YOU?

*StoneTree Naturopathic Clinic, Collingwood, ON*

Despite the increasing availability of organic food, the greatest challenge for most consumers has been to decide *is it worth it?* Most organic foods, particularly meat and dairy, ring in much higher at the checkout. Is the food better? Is it better for us?

The answer, it seems, is *yes*.

### **Better Nutrition**

In study after study organic food has been found to have more nutritional content. A study in the Journal of Applied Nutrition showed organically grown food was significantly higher in calcium, chromium, iron, magnesium, molybdenum, phosphorus, potassium and zinc.

### **Reduced Toxic Load**

In the same study, organically raised food also averaged 29% lower in mercury than the conventionally raised food. Levels of organo-chloride pesticides, PCB's and heavy metals are consistently shown to be higher in non-organic foods. There have also been studies showing that chemical residues are higher in the bodies of people who eat a non-organic diet.

### **Testing Toxicity**

Many of these chemicals are hormone disruptors, neurological toxicantst and carcinogens. There are a number of reliable, valid tests available to measure both your present exposure, and any build up of these toxins in the body.

Choose organic when possible, especially with dairy, meat and the dirty dozen (see ewg.org for a list). Better still, choose local organic and support our local producers who are working hard to make our environment healthier.

*To learn more, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*