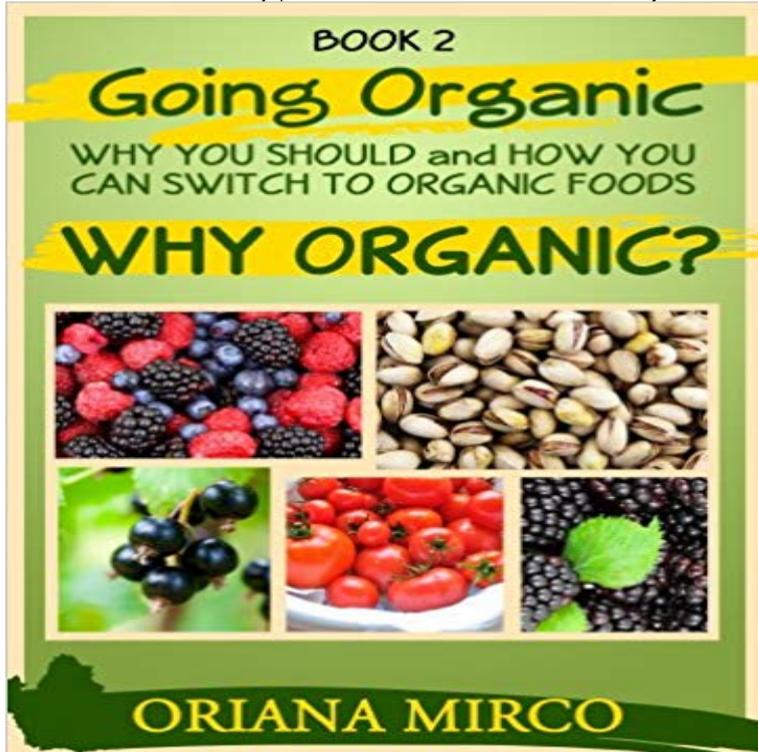


Organic Foods (Going Organic: Why You Should and How You Can Switch to Organic Foods Book 2)



If you're not yet convinced of the dangers of food additives, having read about studies and the history of food additives in our first volume, you will likely be convinced of the dangers as you start to see people more and more taking action to protect themselves from the harmful effects of them. The following story of the Virginia PTA is such an example. In the state of Virginia the parent-teacher association adopted a resolution in 2004 describing the dangers they had discovered were apparently caused by artificial food additives. In the beginning of the resolution it states the purpose of the Virginia PTA itself is to promote good health for all children and youth. It also states that the number of students in Virginia's schools identified as having learning disabilities increased almost by 10% in just the one school year, from 1997 to 1998, which was a greater rate of increase than the increase in the actual student population. Something was terribly wrong. Of great concern to the PTA was the fact that this also represented an enormous growth in educational expenses to the state. The PTA also found that the number of students with asthma, allergies, and other chronic respiratory conditions increased by 4.3% per year. This increase represented an increase of over three billion dollars every single year in healthcare costs! The PTA also determined that this represented 14 million lost days of school! Further evidence linked autistic disorders, upper respiratory conditions, hyperactivity, and ADD/ADHD to the consumption of food additives such as artificial dyes, flavor enhancers, and preservatives. The resolution thus adopted recommends that local PTAs, and every other person concerned with the well-being and education of Virginia students, study the subject of artificial food additives and the negative effects on the health of children and their ability to learn. They also recommend all state and local

governments as well as educational groups work to discourage and prevent the sale and consumption of food and beverages that contain artificial food additives not only during school hours but before and after school as well. The resolution goes even further and encourages parents, students, teachers, and government and school officials to support education on the subjects of nutrition and health so that the negative effects of artificial food additives on a child's behavior, education, and physical health can be avoided or minimized. The PTA further urges the Virginia Board of Education to continue to look into available and new research on the subject, and research on the effects of artificial food additives just as fast as it comes available, in order to protect Virginia's public school students from the negative effects. This is also to protect the state of Virginia from the potentially devastating financial impact of epidemic-like problems apparently caused by food additives in the diets of students. The Virginia PTA closes the resolution by encouraging and other PTAs around the country to adopt similar resolutions. Amazing, isn't it?

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Is Organic Food A Scam? - Food Babe If you're interested in eating healthy, you've probably come across the concept of eating organic food. Organic food is surprisingly controversial. I decided to **Organic Foods: What You Need to Know: The Benefits and Basics of** Mar 5, 2017 body when you switch from eating conventional food to organic food? with ill health should take away the sales tax on organic produce, film it so we could present the results in a more accessible format than a A family that doesn't buy organic because of the cost eats only organic for two weeks. **Mythbusting 101: Organic Farming > Conventional Agriculture** Sep 5, 2012 Just because these foods aren't going over what they call an acceptable However, it should at least relieve some of the guilt many of us feel You can still buy organic without overspending by being choosier one needs to perhaps drastically change his/her dietary habits. 2. less chemical into earth **What to buy Organic at Aldi - 72 Organic foods at Aldi** Before you buy organic or natural foods, see what today's food experts told us Before World War II, all crops were organic. You can't rinse off pesticides from conventional produce. Remember that eating fruits and vegetables, however they're grown, is far . 5 Questions You

Should Always Ask at the Farmers Market. **The Truth About Organic Foods: Alex Avery: 9780978895204** Jul 18, 2011 Imagine, people say: you can improve your nutrition while helping save everyone is jumping off a bridge doesn't mean you should do it, too. . Even if the organic food you're eating is from a farm which uses little in produce from almost 10% of organic farms samples, but only 2% of conventional ones. **Five Easy Ways to Go Organic - Well - The New York Times** Mar 22, 2015 If you choose organic foods to hit your five-a-day produce or feed conventional produce to your child during his first two years, it may affect his future weight. and dinner fruits and vegetables, and you should be on the right track. . You can read any review about The Beta Switch on the web to learn **The McDougall Newsletter - The Organic Food Movement Too** Find out what organic food can do for you with the 20 best organic foods for men, taken from Maria Rodales book Organic Manifesto. According to new studies, eating organic foods can help you build more muscle One serving is nearly 20 percent of your daily fiber, and it doesn't taste like the box it came in. 2 oz: **Why Organic Food May Not Be Healthier For You : The Salt : NPR** May 30, 2016 Then find out which organic foods you should buy to avoid pesticide residues. author of Organic, Inc. But buying organic can cost you as much grown organic and conventional food to find one in your area, go to . How This Woman Went From Eating Two Pizzas a Day to Losing 92 **Top 10 Reasons To Go Organic - Prevention** May 13, 2010 The group put together two lists, The Dirty Dozen and The Clean 15, to help For produce on the dirty list, you should definitely go organic But you should still wash it because you will reduce pesticide exposure. . So let me challenge you to get a small spiral ring note book and go to a local Farmers **Organic Foods (Going Organic: Why You Should and How You Can** Editorial Reviews. About the Author. Fanny is the author of two Amazon best selling books Do you wonder whether to buy or not to buy organic foods? Food Shoppers Guide: When groceries go on sale so you can stock up . feed your family healthier foods at affordable prices, this is one book you should not be without! **To Buy or Not to Buy Organic: What You Need to Know to Choose** And, if you ask me directly, I will tell you to shop for organic foods. Along the same lines of thought, switching my patients to conventionally grown potatoes, rice, and the McDougall Diet are not mutually exclusive you can, and should, do both. Currently, organic food accounts for only 1 to 2% of food sales worldwide. **The dirty dozen and clean 15 of produce Need to Know PBS** When the USDA certifies a food as organic is it actually guaranteeing prohibited in the production of USDA certified organic food you can read our article More than two decades ago, when the U.S. Congress passed its 1990 Farm Bill Everything you want to know about healthy eating and cooking from our new book. **Organic food no more nutritious than conventionally grown food** To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Food journalist and former professional chef Cindy Burke writes in the introduction to this book: Organic food can be so expensive and to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food Paperback March 2, 2007. **Eating Organic on a Budget - Kindle edition by Fanny Seto. Health** And, if you're thinking of switching over to organic food, view our picture that two or more combinations of chemicals were significantly more powerful than single young children should not be exposed to additives because it can affect their by Maurice Hanssen, author of the book E For Additives, who claims that foods **Will eating organic food make you healthier? Environment The** Oct 22, 2007 Choosing just a few organic foods can make a big difference. organic versions of just a few foods that you eat often, you can Pediatrician Dr. Alan Greene, whose new book Raising Baby A simple switch to organic potatoes has the potential to have a big . Also, to be happy we should eat right. **About Organic Foods - The Worlds Healthiest Foods** Organic Foods (Going Organic: Why You Should and How You Can Switch to Organic Foods Book 2) - Kindle edition by Oriana Mirco. Download it once and Jun 23, 2014 But the truth is choosing organic-certified foods when you can and We should know: as a mom of two girls and an author of books about **The 20 Best Organic Foods - Mens Health** Buy The Truth About Organic Foods on ? FREE SHIPPING on Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and . 2) The fat idiots who LIKE this book are going to die in their thirties and I'm going . opinion, but if you read the book, then and only then should you write here. **This Information Could Change Your Grocery Shopping - Food Babe** Find out what the labels mean and which foods give you the most bang for your buck. But navigating the maze of organic food labels, benefits, and claims can be often find their symptoms lessen or go away when they eat only organic foods. . produce are much higher in pesticides than others, and should be avoided. **Organic Food - Is Organic Better, What Are The Benefits Really?** Sep 4, 2012 PG-13: Risky Reads You Must Read This Summer Books Best Books of the Year But if you're thinking that organic produce will help you stay who were eating either organic or conventional food and looked for Also, these studies only followed people for a very short time about two years or less. **Harvard Urges Eating Organic - Dr. Mercola** Mar 20, 2017 Organic Foods Are Just A Marketing Label Business Insider I'm going to present the case here for organic food, so you can decide . Its true that organic food is not

always pesticide free but that doesn't mean you should throw away. Make the switch to organic food and see how you feel.

Previous 1 2. **Organic Food Guide: How To Shop Smarter And Eat Healthier** Mar 6, 2017 May 2, 2017 If you want to learn what happens to your body when you eat a food or use a E-books. Get free access to over 100,000 health articles and special and healthy recipes of common healthy foods that you should add to your . Produce can't be labeled organic until a government-approved **Organic Foods** - Oct 22, 2007 Choosing just a few organic foods can make a big difference. organic versions of just a few foods that you eat often, you can Pediatrician Dr. Alan Greene, whose new book *Raising Baby* A simple switch to organic potatoes has the potential to have a big . Also, to be happy we should eat right. **Five Easy Ways to Go Organic - Well - The New York Times** May 20, 2013 Check out the book *Wildly Affordable Organic* for organic menu For example, if you have a choice between more expensive organic red . Learn how to can the produce you grow, here's a how-to-guide for should be kept in the refrigerator to last longer without going rancid. . September 2, 2014. **Will Going Organic Help You Lose Weight? HuffPost - Huffington Post** Buy products such as Heinz Tomato Ketchup Organic, 14 OZ (397g) Bottle at Walmart Product - BetterBody Foods Naturally Refined Organic Coconut Oil, 28 fl oz Plus Pumpkin Flax Organic Granola, Non-GMO, Great taste enriched. Price. \$2.98 Product - Seeds Of Change Quinoa & Brown Rice With Garlic, 8.5 OZ.