

## **Organic Food is Extremely Beneficial for the Overall Health of Individuals**

Today's society is vigilant towards consciousness for **health** and people are constantly searching for factors that are able to give them an edge for achieving to be healthy. We all know that **healthy diet**, constant physical activity regime, and sufficient rest have profound impact upon our entire vitality. Subsequently, there are an overwhelming number of groups who swear that organic food is extremely beneficial for the overall health of individuals.

### How Are Organic Foods Produced?

Produced in organic farms, these foods are grown under stern supervision and guidelines and are packaged and grown without using any pesticides, man-made fertilizers, preservatives, artificial colorings and other chemicals. Non-organic products are subjected to various chemicals, which are usually not thoroughly studied so that their effects over the consumers' body can be understood and contemplated. These chemicals may be linked to anything from some **types of cancer** to food **allergies**.

### Benefits Of Consuming Organic Food

One of the main advantages of consuming organic food is that these food products are not at all subjected to any unreliable substances. Dairy and meat products prepared under organic principles are also free from any form of chemicals. Non-organic agricultural farmers usually subject the livestock to various chemical **supplements** designed for speeding their weight and growth. Further, cows in the dairies are given chemicals for increasing their milk productivity.

As per the guidelines for organic foods, the livestock is reared without using any antibiotics or growth **hormones** and are not genetically modified in any way. The benefits of organic foods are that the livestock are given only organic feed which is free from chemicals and supplements.

Another advantage of consuming organic food is its friendliness to the environment. The non-organic foods are treated through chemicals, which are responsible to change the landscape and contaminate the surrounding ground and water supplies. The ground in which organic food is grown experiences no changes. Making commitment towards using organic foods will make you healthy as the benefits of organic foods lie in enjoying natural whole foods free of chemicals.

As the benefits of organic foods are long lasting and varied to the environment, the decision for going organic is responsible and a healthy one. The market of organic foods has been fast developing, as the customers are becoming increasingly **health conscious** and aware about the after effects of pesticides and chemical fertilizers used in crops on their health.

### Organic Foods 50% more Vitamins, Minerals, and Antioxidants Than Non-Organic Foods

Virtually, everyone may agree that organic vegetables, fruits, fish and meats are preferred to non-organic foods grown with insecticides, fungicides and chemical fertilizers. Studies show organic foods have 50% more vitamins, minerals, and antioxidants than the conventional foods produced for the masses (non-organic foods). At present, non-organic food growers are allowed to make use of more than 1000 chemicals upon their crops, which may heavily lead to soil erosion because of over-farming to the dangerous toxics running off into drinking water.