



EMMA SUTHERLAND

Your Health Partner – Integrating Complementary Medicine into Your Life
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Emma's Guide to Organics

I have been eating organic food for many years now and passionately believe in the associated benefits. These benefits are not just in regards to my health, I am also talking about the environmental and economic impacts. Here is some food for thought for you,

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Advantages of organic farming

- Produces safer foods
- Produces nutritionally superior foods
- Protects supplies of drinking water
- Keeps rivers, lakes and oceans clean
- Prevents topsoil erosion
- Protects plants and wildlife habitats
- Uses biodegradable and recyclable materials
- Creates sustainable farmland

Health risks of conventional agriculture

- Pesticides and public health – pesticides are carcinogenic compounds e.g. DDT
- Pesticides in children's diets – children are more susceptible to pesticides because of their low body weight
- Synthetic fertilizers in drinking water – nitrates from synthetic fertilizers form carcinogenic nitrosamines that enter the water table
- Antibiotics and hormones in animal feed – antibiotics are used to speed up animal growth, when humans consume these animals they also consume the antibiotics, which in turn leads to anti biotic resistant bacteria
- Factory fish farms – fish are also fed antibiotics
- Genetically modified foods – the crossing of proteins between species can cause an increase rate of allergies. These crops still require pesticides and labelling laws are presently absent for GMO foods



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Shopping tips

- Five factors influence decision making: price, taste, quality, food safety and health and nutrition. Decide your priorities and work with them
- Look for sales in supermarkets, shops etc
- Compare prices from supermarket to health food store to farmer's markets
- Buy larger sizes as the price per unit always drops
- Buy locally and in season to avoid imports
- Choose a food you consume often and make a commitment to purchase it organically grown
- Start an organic garden, even if it is just sprouts on a window sill

My Favourite Video on Organics!

www.storewars.org