

WHY EAT ORGANIC?

Denver Post, 9-19-11,

The You Docs, Dr. Michael Roizen and Dr. Mehmet Oz

“...plenty of fresh produce is coated with pesticides that pose unique risks to children and aren’t so good for you either (think birth defects, nerve damage, cancer.)

By contrast, some organic, pesticide-free produce has as much as 60% more phenols – powerful, disease-fighting plant nutrients.

You can reduce your exposure to these toxins by 90% if you concentrate your organic money on just 12 products, whose non-organic versions are so soaked in pesticides that they’re known as the “Dirty Dozen.” These are: peaches, imported nectarines, strawberries, apples, imported grapes, spinach, lettuce, potatoes, celery, kale/collard greens, domestic blueberries and sweet bell peppers.”