



# LIFESOURCE INSTITUTE NEWS

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## Why Organic Foods Are Worth The Money You Spend!

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#### STAY ON TRACK

- \* **Policy** organic food started production as an alternate to traditional farming methods, which eventually became divided into two distinct pathways:
- \* **(1) Small-Scale** farms which formally have not been certified organic, this depending on the most informed consumers to find and seek out the local, fresh, and organically grown food groupings.
- \* **(2) Large-Scale** the organically certified food (fresh and processed) typically that is transported great distances and are mostly distributed through large retail grocery chains.
- \* **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- \* **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- \* **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

**Organic Food** must be produced using methods that comply with standards of organic farming. These standards are different and vary greatly worldwide. The organizations regulating products that are organic restrict use of a wide variety of pesticides, as well as fertilizers for farming produce and other organic products. Normally organic foods will not be processed by using solvents, irradiation, or non-processed foods. In the 21st century the United States, Canada, European Union, Mexico, Japan, and many other countries in the world required a special certification to produce and market their countries organic food supply.

**Health-wise** organic crops have more benefits containing a lot more nutrients than conventional farming.

The health benefits are not the only reason to eat from organic crops, this method enhances and protects the environment, which help's to make our supply of food sustainable, secure and most of all truly diverse.

**Produce Pesticide Sources** every year, the Environmental Working Group (EWG) ranks the levels of pesticide residues that consume our fruits and vegetables, the data used is from the USDA test of produce samples around the country. The top 12 below are the EWG's 2020 Dirty Dozen list in order of the most contaminated produce: Strawberries, Spinach, Kale, Nectarines, Apples, Grapes, Peaches, Cherries, Pears, Tomatoes, Celery, Potatoes. For a more com-

plete listing of produce tested and some more tips on avoiding toxins, visit [ewg.org](http://ewg.org).

**Society Social** concerns that relate to organic food production including higher cost to the consumers. Usually this translates into the unequal access to most organic foods. Most of the research shows the correlation between wealth and education levels being the driving force in most of the organic food purchases.

**Did you know?** Children that ate organic for the most part showed to have less allergies, fewer ear infections, also adults are likely to have less problems maintaining a healthy weight, and are not prevalent to developing non-Hodgkin's lymphoma, strokes, diabetes, and heart disease.

**Remember Organic or not?** Check the label products certified 95 percent or more organic may display USDA seal.

**MUST READ: FOOD TO LIVE BY: ORGANIC COOKBOOK BY AUTHOR MYRA GOODMAN**

#### ASK THE COACH?

**Q: COACH BERNARD: MY BLOOD WORK SHOWS THAT MY POTASSIUM LEVELS ARE LOW EVEN THOUGH I TAKE A SUPPLEMENT WHAT DO YOU SUGGEST?** Linda K. WA

**A; GREAT QUESTION, LINDA, YOU ARE NOT ALONE THIS KEY MINERAL IS LACKING IN MOST DIETS, BUT LUCKILY AN EASY PROBLEM TO FIX. FISH, BEANS, FRUIT, AND VEGETABLES ARE EXTREMELY RICH DIETARY SOURCES OF POTASSIUM. IN JANUARY 2020, LISTING OF POTASSIUM CONTENT BECAME A REQUIREMENT BECAUSE GOVERNMENT DIETARY SURVEYS FOUND THAT MOST AMERICANS DON'T GET ENOUGH OF THIS VITAL MINERAL. UNTIL RECENTLY, NOT ALL THE EXPERTS VIEWED THE LACK OF POTASSIUM A PROBLEM. PROCESSED FOODS ARE THE MAJOR CONTRIBUTOR TO THIS PROBLEM, SINCE THEY ARE HIGH IN SODIUM AND CONTAIN LITTLE OR NO POTASSIUM. THE RATIO IN HEALTHY FOODS CAN TIP THE SCALE IN THE OPPOSITE DIRECTION, WHEN THERE'S ENOUGH POTASSIUM, EXCESS SODIUM IS EXCRETED, HELPING TO MAINTAIN A HEALTHY BLOOD PRESSURE AVOIDING HEART DISEASE AND STROKE.**

IF YOU NEED FURTHER EXPLANATION PLEASE CONTACT ME AT [LIFESOURCEINSTITUTE.COM](http://LIFESOURCEINSTITUTE.COM)

THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.