

WHY ORGANIC

*EVERY DAY IS EARTH DAY * EVERY HOUR IS EARTH HOUR*

Organic in short means >>> produced **without the** use of **chemical** fertilizers, pesticides or other artificial agents.

Fruits and vegetables can be organic, but T-shirts can also be made of *organic cotton*, as well as 100% organic skin & hair care products, and cosmetics. Many more things are now being produced without the use of chemical agents. And it is a surprising experience to investigate the ingredients in your favorite product.

Buying Organic promotes a less toxic environment for all living things. This includes you and the earth, and a whole lot more

LOCAL AND REGIONAL PRODUCE

Organic food for instance, is higher in nutritional value (living nutrients), because it has a reduced rate of toxins associated with factory farming.

Our aim should be to buy produce as local as possible; this is a core value of the Organic Movement. In addition to fresher food, and reduced fossil fuel consumption (due to less travel), the profit from these sales will most likely come back to the community.

There is a connexion between flavor and nutrition with organically produced foods. Food tastes better if grown at its natural pace, and contain no artificial ingredients. Organic farms use fresh water, quality feed, healthier pastures, nutrient rich soil, contributing to a superior taste.

Organically raised animals produce a healthier product without the use of artificial growth hormones. Milk from pasture raised organic cows, for instance, has a higher level of Vitamin-E, Omega3,

Essential fatty acids, Beta Carotene and other anti oxidants, than conventional cows raised in confinements.

The use of ~ GMO (genetically Modified Organism)~ synthetic chemicals in agricultural production is astounding. Currently conventional farming includes an arsenal of more than 600 pesticides. Though these nasty ingredients will enhance productivity and increase yield from every acre, these substances create serious health disorders, ranging from premature births to behavioral disorders to cancer. As well as the numerous cases of allergies, growing each year~

** Thank God men cannot fly, and lay waste the sky as well as the earth **

~ Henry David Thoreau ~

ORGANIC COTTON vs. CONVENTIONAL COTTON ~ another example...

While organic cotton farmers use no GMO agents, 70% of the seeds of conventional cotton farmers are GMO, and even before planting are treated with chemical fungicides and insecticides.

Conventional cotton gets planted in synthetic (fake) fertilizer, requiring an enormous irrigation system (wasted water). Organic cotton farmers rotate their crop annually, thereby producing strong soil, which does not require any additional fertilizer, and retains its water much more efficiently.

For weeding the conventional farmer uses chemical herbicides, in multiple treatments, while the organic farmer manually pulls out the weeds, refraining it from coming back.

**** Food4thought : 25 % usage of the world's insecticides is accounted for by conventional cotton farming. So, even by buying an organic T shirt you will save the earth! ****

The 9 most common pesticides used by conventional cotton farmers are highly toxic and 5 of them are probable carcinogens. The organic farmer tries to find balance between pests and their natural predators, which is created by the presence and maintenance of healthy soil.

Before a cotton crop can be harvested, the leaves have to be removed, this is called defoliation.

Conventional farmers have chemical agents for this process, while the organic farmer relies on the seasonal freeze to remove the leaves, sometimes turning to water management as a defoliation stimulant.

The use of pesticides, insecticides, antibiotics, synthetic hormones and genetically modified organisms (GMO) may intensify production, but at the cost of our health !!!

Luckily the world is making it easier for us to GO ORGANIC. Globally many Supermarkets have added a special Organic section to give their clients the option. And many Organic Supermarkets have sprung up over the last decade. Local farmers have started co ops and people are becoming aware, and making changes. Of course Organic does not stop at produce; there are many more products available in "organic" form than you might imagine. Explore on the Internet and be surprised !

**There is hope if people will begin to awaken to that spiritual part of themselves, that heart felt knowledge that we are care takers of this planet. **

~ Brooke Medicine Eagle ~

Become aware of how you can make subtle changes in your life that will not only enhance your life and make it more palatable; it also enhances the earth.

