

# Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”



chiropractic  
WORKS

Volume 2, Issue 2

Spring 2006

## Inside this issue:

- Organic foods .....1
- Shopping Smart ..... 2
- References & Resources.2

## Have we got a speaker for you!

### Book:

**Dr. Scott Szela**

## As A Speaker For Your Organization

### Topics Include:

- What is Chiropractic?
- Posture and Ergonomics
- Nutritional Concepts:
  - > Vitamins: How do they work, which ones and how much?
  - > Fad Diets: The Facts

Presentations can be customized for your audience and time available.

Contact our office!

## Chiropractic Works

28 Lowell Road  
Hudson, NH 03051

603-595-2205

www.chiropracticworksnh.com

## ORGANIC, WHAT DOES IT REALLY MEAN AND IS IT WORTH IT?

Organic foods are gaining popularity very quickly. The trend will continue with more and more stores carrying organic foods. Even the consumer giant Wal-mart® will be introducing a line of organic foods in the near future. So what does it take to be labeled an organic food and is it worth the, occasional, extra cost.

In order to be labeled as organic, foods must be grown without the use of **pesticides, synthetic fertilizers, or Genetically Modified Organisms (GMOs)**. For meats, eggs and related products to bear the organic label they are **not** to be fed **antibiotics or growth hormones**, and allowed access to pastures to eat a more **natural** diet. In the United States the USDA oversees the certifying of organic foods. Products that contain **at least 95%** organic ingredients can carry the label **organic**. If products have **at least 70%** organic ingredients they can state “**made with organic ingredients**” but cannot use the official seal.

While here in the U.S. we are making strides in the right direction, towards more organic food consumption, some other countries are **light years ahead** of us. In Germany

baby food is almost **exclusively organic**. Cuba converted its **entire** country to **organic agriculture** and currently that is the only agriculture allowed by law. In Italy **all school lunches are made with organic, locally grown foods**.

The benefits of choosing organic foods can be put into two categories. The benefits to the people eating it and the benefit to the environment.

Since organic farming doesn't use **synthetic fertilizers** it is much easier on the environment. Testing has shown the soil from organic farms contains more of the **key nutrients and minerals** necessary for healthy crops. Organic farming can produce higher yields and fair much better than standard farming practices in times of drought because the soils aren't as depleted.

The benefits to those of us eating it start with the essential nutrients and minerals that are in the soil. This translates to **more nutrients in the food**. Commercially grown foods are from farms on which the soil has been depleted of its vital nutrients and minerals. That's one of the reasons so many fertilizers and chemicals are used to make them grow. Organically grown food also doesn't have the pesticide resi-



dues that commercially grown food does. A study published by the national research council found that for infants and children the **major source of pesticide exposure is through the diet**.

Conventionally grown foods are designed to **look good** at the store. Synthetic fertilizers make the fruit larger, it's color can be enhanced and it's coated in wax to look shinier, but it does not have the nutrient content that organic produce does. Plus organic just taste better!

Traces of antibiotics can be found in people consuming meat from animals raised on conventional farms. This will only set the stage for future antibiotic resistance. That means if a time comes that you really need an antibiotic they may not work.

Choosing organic foods makes sense for our bodies and the environment.

## SHOPPING SMART FOR ORGANICS

Shopping **smart** for organic foods can off-set the possible increased cost. In general organics will cost more than conventionally grown foods. Specialty food stores like **A Market Natural Foods** in Manchester and **Trader Joes** in Tyngsboro carry a wider selection of organic foods, however they may be a little more costly than your typical grocery store. Now most major chain grocery stores have sections dedicated to organic foods and some even have their own organic brands helping to bring down costs. These stores typically don't have the selection of the specialty stores however their prices tend to be cheaper and you should be able to find most of the basics like organic meats, fruits and vegetables. Also don't forget your **local farm stands**. Local farms tend to use less synthetic fertilizers and pesticides, just ask them about their farming practices. You'll be getting fresher food and supporting the local economy!

When you begin switching your diet to include more **whole natural foods**, as opposed to all of the processed foods, you will find that your overall grocery bill won't in-

crease much if any. When you buy processed foods your paying for just that, the cost that goes into processing and manufacturing the food, in addition to the packaging it comes in. So buying organic whole foods, meats, fruit and vegetables can be cheaper if you **eliminate** or minimize your processed food intake and it is much better for you! Processed foods often contain many artificial ingredients to preserve them and enhance their flavors. We just weren't made to eat all of these **chemicals**. Humans have been eating the same simple foods for thousands of years, it's what our bodies are equipped to break-down and digest. All of the chemicals in our foods have been introduced relatively recently and we aren't equipped to break them down properly.

If cost is a real concern consider starting with selectively mixing in organic products with normal purchases. When purchasing fruit for example you should choose organic when buying **apples, pears, or grapes**. However when buying a fruit in which you will peel off the skin before using, such as **oranges, lemons, or bananas** you could purchase conven-

tionally grown. The majority of pesticides are sprayed on and will be on the outside skin which is thrown away. Keep in mind some pesticide residue will leach through to the fruit so if you want to totally avoid it you should only purchase organic.

When purchasing meats such as beef or chicken choosing organic is the **best choice**. All conventionally raised meats could contain some degree of antibiotics or growth hormones, and will most likely be fed an un-natural diet designed only to **fatten** the animal up. After all animals are typically sold by **weight**. Seafood does not currently have any organic certification process since most is caught wild. You should avoid farm raised fish as it is not fed a proper diet and may be treated with synthetic ingredients. The mercury issues are another issue, see the Fall 2005 newsletter for info on mercury content in fish. All previous newsletters are available on the website.

So get out there are start purchasing organics, the more we purchase the more the prices will come down!

For more information attend our complimentary and informative "introduction to chiropractic" class held every Monday evening at 6:15.

Please register online or call the office as seating is limited.

## REFERENCES & RESOURCES

1. [www.wikipedia.org](http://www.wikipedia.org) Searching "organic food" provides a great overview of what it means to get the organic certification.
2. Organic Foods: Buying More Safety or Just Peace of Mind? A Critical Review of the Literature. *Critical Reviews in Food Science and Nutrition* 2006;46:23-56.
3. Origins and Evolution of the Western Diet: Health implications for the 21st Century. *American Journal of Clinical Nutrition* 2005;81:341-54.
4. Organic Farming and Increased Nutritional Value in Food. *Whole Food Nutrition Journal*.
5. [www.ams.usda.gov](http://www.ams.usda.gov) This is the USDAs site on the Organic Food Program.