

October 13, 2002

Do not be SAD

SAD (Standard American Diet) is bad. Oct. 21, 2002, is the date all organic foods sold will have to meet criteria set up by the USDA (United States Department of Agriculture).

The term, "organic" stands for food production without anti-

biotics, herbicides, pesticides, hormones,

insecticides, chemical

fertilizers, genetic

modification, or

germ-killing radiation.

The new USDA seal will declare these products

"Certified Organic". Other designations include "95% Organic", meaning 95 percent of the product's ingredients must be organic. "Made With

Organic Ingredients" must contain at least 70 percent organic ingredients and not contain any added sulfites. Foods with less will have the individual ingredients listed to inform you if they are organic or not.

All living animals must have free access to the outdoors before being processed for consumption. Poultry must be born on an organic farm and consume 100 percent organic foods. Farmers may vaccinate their livestock, but not use hormones or antibiotics. If an animal is treated with these medications, it is no longer certified organic. Wines cannot have sulfites to which many people have a negative reaction.

Produce must be grown without pesticides, herbicides and fungicides which have been shown to poison us as well as our ozone layer.

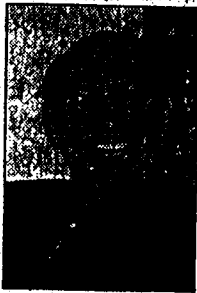
In years past, organic foods were unappetizing. When big business became involved recently, these foods became fresher, and better looking and tasting.

Non-organic foods were grown on a vast commercial plot and were bred less for taste than for durability and ease of production.

Organic fruits and vegetables are usually picked off the vine when ripe. Their taste, looks and health-giving attributes are markedly improved from the non-organic produce.

Additionally, the price of organic foods has come down in the last several years, costing only 15-20 percent more than non-organics.

Organic could be considered by some a step "backwards", but a good step. Some organic farms can match and even surpass conventional ones for productivity. In the future, with the new guidelines, organic, non-GMO foods will be on most of our tables and we will not only really be able to know what we are eating, but so will our bodies.



Dr. J.E. Block

ALL THINGS
MEDICAL

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