

Is Organic Really Healthier?



Proven Benefits of an Organic Diet

A growing number of consumers, and especially those dealing with chronic illness, are switching to organic food. A key motivation for consumers doing this is a simple belief that it's better for them. But is it true that there are health benefits to eating organic food?

A careful and thorough review of the science comparing organic and non-organic food reveals that, collectively, the available evidence does indeed support the consumer belief and claims by the organic industry that their food is safer, more nutritious, and better for you than non-organic food.

Higher Nutrient Levels in Organics

Organic crops, on average, contain higher levels of trace minerals, vitamin C, and antioxidant phytonutrients. We can expect also that phytonutrients, many of which are antioxidants involved in the plant's own defense system, will be higher in organic produce because crops rely more on their own defenses in the absence of regular applications of chemical pesticides. Evidence is emerging that confirms this expectation. Higher levels have so far been found of lycopene *(continued on page 2)*

PizzaSalad is The Organic Choice

PizzaSalad, The Organic Choice, is America's first pizza restaurant to offer a wholly organic menu. The gourmet pizzas and salads served at PizzaSalad are made fresh daily using only USDA certified organic ingredients.

Whether you're craving a great-tasting pizza or a crisp, fresh salad, PizzaSalad, The Organic Choice, is the place to go. Visit pizzasalad.com for the PizzaSalad menu and daily specials.

In this issue, we consider whether organic food is truly healthier than conventional.

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Proven Benefits of an Organic Diet

(continued from page 1) in organic tomatoes, polyphenols in organic potatoes, flavonols in organic red wine. A recent review of the subject estimated that organic produce will tend to contain 10-50% higher phytonutrients than conventional produce.

Lower Pesticide Residues

Monitoring programs consistently show that around one in three non-organic food samples tested contains a variety of pesticide residues, with far lower levels being found in and on organic produce.

Israeli researchers have linked symptoms such as headaches, tremor, lack of energy, depression, anxiety, poor memory, dermatitis, convulsions, nausea, indigestion and diarrhoea with dietary intakes of pesticides. Belgian research has found that women diagnosed with breast cancer are six to nine times more likely to have the pesticides DDT or hexachlorobenzene in their bloodstreams compared to women who did not have breast cancer. Hawaiian researchers following 8,000

PizzaSalad's gourmet salads, made only with USDA certified organic ingredients, are high in nutrients such as the Hi-Pro – just one serving meets 100% of your daily protein requirements!

Pro-Protein

Protein is a part of every cell in our bodies. It is important for the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissues.

Without protein, you would lack the enzymes and hormones you need for metabolism, digestion and other important processes.

Made only with USDA certified organic ingredients such as fresh spinach, tofu, low-fat cottage cheese, and fat-free hummus, PizzaSalad's Hi-Pro Salad offers a whopping 27g protein per serving (approximately 100% of the daily protein required for a 5'4" female or 90%, for a 5'8" male).

So next time you're looking for an energy-packed, low-fat meal, consider having PizzaSalad's Hi-Pro Salad.

(continued from above) people for 34 years have found that increasing consumption of conventional fruit and juice (and the pesticide residues they carry) raises the risk of Parkinson's disease.

Better Health Outcomes

An observational study revealed that boarding-school students eating predominantly organically for three years experienced a "very marked decline" in colds and influenza, more rapid convalescence, excellent health generally, fewer sports injuries, a greater resilience to fractures and sprains, clear and healthy skin, and improved dental health.

Bottom Line

Decreasing one's toxin burden and increasing one's intake of vitamins, minerals, and antioxidants can have a significant impact on health.

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