

How important is organic?

## Description

Gentle Reader,

A new customer is determined to make changes in her habits so she is supporting better health for the future. She worries about the high cost of eating organic. Not every fruit and vegetable is equally laden with pesticides and herbicides. When you are working toward an **organic** diet, you can expect your food bill to go up. You expect that. But is there a way to move gradually to **organic**.

Why bother going **organic**? For the arthritis sufferer, the joints are susceptible to toxins that come into our body in processed and fresh non-*organic* foods. The joints have poor blood flow so it is harder to flush these toxins. If your arthritis is crippling, painful and keeps you from exercising, the build up of toxins in the joints can cause inflammation and be difficult to alleviate. By all means, keep walking, keep moving those joints if at all possible to get a flow into them which will flush toxins out.

For the rest of us, pesticides are not a good thing. They create stress on the immune system and could even cause cancer. The toxic chemicals coming along for the ride on our fresh fruits and vegetables are especially harmful to children whose bodies are small and can not handle the stress.

I share this [web site](#) which includes two videos for your consideration.

- Not all fruits and vegetables are bad for us.
- The harmful effect is greater on children and adults with compromised health.
- Stick to foods that can be peeled: watermelon, cantelope, pineapple, corn, and peel the non-organic apples, potatoes, peaches.
- Avoid the dirty dozen. You'll find them on the web site above where you can down load the information and carry it in your purse when you shop.

Here is more good information for you [http://www.huffingtonpost.com/2013/04/22/dirty-dozen-foods-list-2013\\_n\\_3132788.html](http://www.huffingtonpost.com/2013/04/22/dirty-dozen-foods-list-2013_n_3132788.html)

Another way to get past the cost (and check carefully, sometimes the price difference isn't that great.) is to prepare half an apple for the kids. Quarter them and that way they will have the great benefit of the organic fruit without the pesticides. Serve less. Make the organic item go farther.

Good luck with this change. You will be amazed at how wonderful the **organic** produce tastes. Treat yourself. Have fruit for dessert and forget the ice cream. Yummy.

Be well, Do well, and Keep Moving,

Betsy

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## Category

1. Arthritis
2. Be Well health tips
3. Health and Fitness
4. Keep Moving: Managing Arthritis

## Tags

1. arthritis
2. diet
3. dirty dozen
4. inflammation
5. joint pain
6. organic foods
7. pesticides

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