



ORGANICALLY CONFUSED???

'TUESDAY TALKS' w/ Dr. Doug

Organic is defined as any produce or other ingredient grown without: pesticides, synthetic fertilizers, high quality biosolids, genetically modified organisms (GMO) or ionizing radiation. Any animals producing meat, poultry, eggs or dairy cannot have antibiotics or growth hormones.

- **Pesticides** – Basically used to KILL pests! It has been linked to Parkinson's, Dementia, Altered Fetal Growth, Infertility, Depression, Diabetes & Cancer
- **Biosolids** – Also known as 'Sewage Sludge!' It's basically ALL the pollutants that have been filtered out from anything and everything that can be flushed down the toilet. Human waste, industrial chemicals, pharmaceuticals, etc.
- **GMO's** – Genetically modified organisms are foods that have had specific changes introduced into their DNA using methods of genetic engineering.
- **Ionizing Radiation** – Gamma rays, x-rays & electron beams that are used for destroying living organisms, sterilizing & preserving (sounds healthy right?)
- **Antibiotics** -
 - 2 MILLION people get sick every YEAR from 'super infections'
 - About 23,000 people die EACH YEAR from them!
 - 80% of antibiotics are in the feed for non-organic animals
 - 80% of antibiotics prescribed for upper respiratory infections are NOT NECESSARY!

3 Classifications for Organic:

- 1) 100% Organic – Made with 100% organic ingredients
- 2) Organic – 95-99% of the ingredients are organic
- 3) Made with organic ingredients – Made with 70-94% organic ingredients. They cannot use the symbol, however they can list up to 3 ingredients on the front of the package



What you **MUST** buy organic:

- Dairy – Milk, Yogurt, Butter, Cheese & Ice Cream
 - Non-organic dairy products can come from cows fed a diet of genetically modified corn, soy, growth hormones & antibiotics.
- Beef / Red Meat
 - Cows are injected with all sorts of things
- Chicken & Eggs – Local, pastured is ok
 - Antibiotics & 'Roundup-ready' corn & soy feed are typically fed to chickens

- Dried Herbs & Spices
 - Non-organic herbs & spices are irradiated, reducing health benefits.
 - Ex. organic cinnamon helps inflammation, arthritis, diabetes & infertility
- Corn, Soy Beans, Canola, Sugar Beets, Papayas, Zucchini & Yellow Squash
 - These are high risk GMO crops.
- Baby Food – Formula, Cereals, Glass Bottles
 - Babies are far more susceptible to toxins from pesticides, hormones & antibiotics

The 'Dirty Dozen' represents the most **toxic** fruits & vegetables from a **PESTICIDE** standpoint. **DEFINITELY** purchase these as organic or avoid them all together!

The 'Clean 15' represents the least amount of pesticides found, **HOWEVER**, keep in mind that some of them are most likely genetically modified, like corn & papayas.



DIRTY Dozen

Apples
 Strawberries
 Grapes
 Celery
 Peaches
 Spinach
 Sweet Bell Peppers
 Nectarines- imported
 Cucumbers
 Potatoes
 Cherry Tomatoes
 Hot Peppers
 Kale/Collard Greens
 Summer Squash

CLEAN Fifteen

Sweet Corn
 Onions
 Pineapples
 Avocado
 Cabbage
 Sweet Peas- frozen
 Papayas
 Mangos
 Asparagus
 Eggplant
 Kiwi
 Grapefruit
 Cantaloupe
 Sweet Potatoes
 Mushrooms

