**Organic Foods**

**Additives in Your Food**

Wholesome food is a necessity and is integral to a healthy lifestyle; however, many foods being consumed are filled with chemicals and preservatives we know are harmful to an individual's health. Many additives are used to maintain the look of freshness of the food we purchase, for cosmetic appeal, to increase the shelf life of the food, and to enhance the flavor of the food. The term Food Additive in the USA actually covers over 5000 chemicals added to food products for a variety of reasons including: coloring; flavoring; preserving; thickening; emulsifying; and bleaching. Chemicals are poisonous to our bodies, thereby affecting the chemical systems in our bodies, which in turn create food sensitivities. Chronic symptoms of food sensitivity can result in fatigue, diarrhea, irritable bowel syndrome, headaches, cough, insomnia, heartburn, Fibromyalgia, Autism, ADD, and arthritis.

**How to Avoid These Harmful Chemicals**



Eat Organic. Organic foods are legally regulated by the FDA and grown without the use of additives, preservatives, chemicals, and pesticides. Unlike conventional food and meat products, organic food is not genetically modified or treated with antibiotics. Above all, to label food as organic producers are required to obtain organic certification.

**Where to Buy These Foods**

Let attending local farmers' markets awaken your understanding regarding the importance of local, organic produce and traditional farming in addition to living a healthy lifestyle. Become an avid supporter of farmers' markets, with reason that the locally grown produce are not grown with the use dangerous chemicals, travel as far distance as larger, industrial farmers' produce, thus saving fuel expenses and lessening the environmental impact. Produce is picked at peak maturity, which preserves the nutritional content of the fresh product. Farmers' markets help cultivators stay in business as well as preserve natural resources.

Be Wise Ranch is local, organic CSA farm in Northern San Diego County www.bewiseranch.com

Local Harvest has nation-wide information regarding grocery stores, CSA, Farmers' Markets, restaurants, farms, etc… www.localharvest.org