



The Science of Eating

Alfred W. McCann (in his book written in 1918) stated that his knowledge of food conditions in America came from his work and years of service “on the inside” behind the screens. It was his belief that: *“the work must be done in the schools, that our American children must be taught the meaning of depraved foods, that they*

must learn how foods are processed, bleached, colored, sifted, bolted, denatured, degerminated, demineralized, chemically treated and refined; that they must be taught the relationship of foodless food to sickness and death; that they must be taught the relationship of natural food to health and life.”

Why Buy Organic?

“So many people spend their health gaining wealth and then have to spend their wealth to regain their health.”

-A. J. Reb Materi

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

-Edward Stanley

One documentary states: “The more humanity strays from its origin, the more we deny our bond with nature, the further from perfection we become.”

The term “organic” has been overemphasized just as the terms calories, fat free and diet. Organic is simply a natural product from nature that hasn’t been touched, treated, or changed by man. Simply put “from the earth.”

Organic or natural foods grown from the earth are full of DNA. In this DNA there is life, information, and energy... also known as “life force. In a recent lecture, David Wolfe stated:” If you were to take a cubic square foot of soil and unwrap the DNA, it would circle the earth over a million times. If you would take a food such as ginger root and uncoil the DNA, it would circle the earth over a billion times.” This life force, or information, is what builds our bodies and keeps us disease-free. Man-made, synthetic, or processed foods are deficient in all substances and will not sustain life. Therefore, there is no DNA, information, or energy in these artificial man-made foods. The conventional foods that we have been eating for over 100 years are responsible for almost all sickness and disease.

Organic Food: Is it Really Necessary?

In the book, “The Live Food Factor”, Susan Schenck states that organic food is superior. She goes on to say that:

“It cost more because it is not government subsidized like that grown by conventional agribusiness that depends on chemicals. Government officials, receiving campaign contributions from agribusiness, pass laws subsidizing only toxic commercial farming and cattle ranching practices! In other words, your tax dollars are assisting in poisoning you. Because of the higher retail cost of organic produce, the advice to go organic is often met with resistance. When most people think of organic produce, they think it simply means “pesticide free”. But there is a whole lot more at stake.”

There are many studies that show why organic foods are superior. Here are a few:

- In 2004, there was a four-year study in Europe called the Quality Low Input Food Project which found that organic food contains 40% more antioxidants. This is the biggest study yet to be done on organic food.
- In 1993, the Journal of Applied Nutrition's scientific study clearly showed that organically grown food was on average 63% higher in calcium, 73% higher in iron, 118% higher in magnesium, 178% higher in molybdenum, 91% higher in phosphorous, 125% higher in potassium, and 60% higher in zinc. In addition, the organic food was on average 29% lower in mercury than conventionally raised food. In fact, the UN Food and Agriculture Organization reported that the superior management practices of organic agriculture reduce E coli and mycotoxin infections in food.
- The famous 12-year Schuphan study tested the nutritional superiority of organically grown foods. Most studies of this type demonstrate that organic foods have 2 to 10 times the mineral content of conventional foods- you really do get more value for the money. Organic spinach contained 64-78% more vitamin C. Organic Savoy cabbage contained 76-91% more vitamin C. Organic crops had a dry weight (after dehydration) of 69-96% more than conventional crops, demonstrating a higher food-value content.
- In 1993, Bob Smith, a trace minerals laboratory analyst, began a small experiment for two years. He found that organically grown wheat had twice the calcium, four times more magnesium, five times more manganese, and thirteen times more selenium than the commercial wheat. Organically grown corn had twenty times more calcium and manganese, and two to five times more copper, magnesium, molybdenum, selenium and zinc. Organically grown potatoes had two or more times the boron, selenium, silicon, strontium and sulfur, and 60% more zinc. Organically grown pears had two to nearly three times more chromium, iodine, manganese, molybdenum, silicon, and zinc. Overall, organically grown food exceeded commercial-grown crops significantly for twenty of the twenty-two beneficial trace minerals. Organic foods also had lower quantities of toxic trace elements, such as aluminum, lead, and mercury.

“Besides inferior nutrient content, commercial produce lacks in bio-energetic values. Our human cells and tissue work much like an alkaline battery. “The nucleus is the positive “pole” and the cytoplasm of a cell is the negative “pole”. According to the bioelectric paradigm, a drop in this bioelectric potential is the first step in the disease process.”

Dr. Gabriel Cousens claims that the nutrients in live organic foods supply the body with what it needs to increase the electrical potential in cells, between cells and at cellular interfaces. The electrical potential of our tissues and cells directly result from our cells “aliveness”, which is enhanced by live foods. He goes on to explain cells are better able to expel toxins, assimilate appropriate micronutrients, oxygen and hydrogen into the cell nuclei, and feed the mitochondria. These processes better enable cells to maintain, repair, and activate their DNA molecules after cellular degeneration had begun.

Support Local, Organic Farming. Eat For Your Health! Eat It, Feel It, and Believe It!

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