

# Health Giving Organic Food

Nowadays health is one of the most concerned issues of the world. Our health is connected to the food that we eat. It is seen that most of the farming depends on chemical fertilizers and pesticides. Food produced from such soils may affect your health directly or indirectly. In context of this issue, organic farming was introduced. Organic farming or agriculture produces good food through strict regulations or standards. The Government has set certain standards on what the farmers can do and what they can't do.

Organic Farming strictly restricts artificial chemical pesticides or fertilizers, and antibiotics for animals. The Organic farmers depend on the fertile soil, and growing mixture of crops. The main aim of organic farming is to protect environment.

Organic food is defined as foods that are produced without the use of sewer sledge and synthetic fertilizers and pesticides, growth hormones, genetic engineering, irradiation and antibiotics. Most of the population considers organic food as natural food. It is a myth, natural food means the food is free of preservatives but it must have grown in soil where pesticides and fertilizers may have used. Organic food has certain set of defined standards to produce food.

More people are eating organic food because they believe that it is safe and healthy. It is actually better for you than non organic food. According to a recent research it is found that organic food has more minerals, vitamin C, protective antioxidants, fewer food additives, less food poisoning risks and lots more.

Apart from organic food, there is organic milk that is better, safe and healthy for not only mankind but also better for the environment and cows. Organic cows are fed naturally and organically. According to scientists organic milk is more nutritious, higher in omega-3 essential fatty acids, vitamin E and antioxidant beta-carotene which the body changes into Vitamin A.

Demand of Organic food is increasing day by day. People are more health conscious and like to maintain good health and living. Organic food when compared to non organic food is more expensive but it is reliable and keeps you healthy. Before buying you must look for Organic label on vegetable, fruits and other products. There are many researches done regarding this fast growing organic food. All of them have found that organic food is better, nutritious and beneficial than non organic food.

Sir Albert Howard has said "The birth right of all living things is health". This law is true for soil, plant, animal and man: the health of these four is one connected chain. Any weakness or defect in the health of any earlier link is passed to the next and succeeding links, until it reaches the last, namely, man. So organic food that is safe for all the living things is better and gives you healthy life. It is good for not only you but also for your family.