

# Newsletter

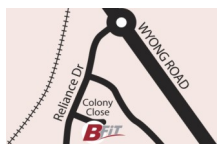


## FOOD: Organic Vs Massed Produced

10th Edition

### Services

Private Membership  
 Exercise Physiology  
 Enhanced Primary Care  
 Core Stability  
 Corporate Membership  
 Sports Club Membership  
 Health Assessments  
 DVA Services  
 Return to Work programs  
 Pre-Employment Screening



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From the 1960's and 1970's increased attention has been drawn towards what is now termed organic food as a more 'natural' and healthy source of nourishment. Since that period the organic food trend has grown. Thus questions such as 'is organic food really healthier than the readily available, massed produced food' have become common place.

This question is not as straight forward as one may expect. There is confusion between consumers and researchers alike as to what is actually deemed as 'organic'. By definition organic means 'relating to or derived from living organisms'. So by definition any farmed fruit, vegetable, animal product or grain is in its essence organic. However within the food industry, organic also means free from pesticide and preservatives with some health experts claiming there is no difference in the health benefits of organic food.

Regardless of their source, general guidelines regarding healthy nutrition states that having a balanced diet consisting of the 5 food groups (grains, fruit & veg, fats, dairy, meat/legumes) coming in a variety forms and within moderation in accordance with the recommended levels of energy intake is the optimum diet for a healthy body and mind. Which is why consuming massed-produced and manufactured foods including frozen and canned foods can lead to a reasonably health lifestyle, free from disease, even though these foods may not be deemed 'organic'.

However, the way food is cultivated, grown and stored does play



a definite role in the end quality of the nutrients contained within the food stuff.

### Bioavailability:

When, food is put through various refining and manufacturing processes, certain essential vitamins and minerals are lost or reduced within the food being manipulated. Micronutrients (vitamins and minerals) can even be lost in fruit and veg if the time it takes to pick, transport and distribute the produce takes longer than required. This is the case with a lot of fresh produce sold in supermarkets. As an example of this studies have shown that water soluble B-group and C vitamins can be easily destroyed during the manufacturing and distribution process.

As well as this, food can have its nutrient value changed by the way it is processed, cooked and stored. A lot of canned foods contain artificial flavors and colours to preserve the food but at the cost of bioavailability.

Therefore, If your consuming foods that are highly refined then the chance that your not getting adequate amounts of essential vitamin and minerals are higher. Which could be adding to already existing deficiency and disorders.

In addition to this pesticides can introduce harmful toxins to the body. Let alone the fact that pesticides tend to diminish the content of C and B group vitamins. Organic foods have a tendency to be higher in these vitamin groups due to the lack of the aforementioned processes.

This phenomena doesn't just relate to fruit and veg. As we have seen in recent years the conditions that chickens and other poultry are kept and farmed can directly effect the nutritional content of their meat and produce whilst raising ethical and moral questions surrounding caged and free-farmed animals. Whereas organic foods promote natural farming processes, healthy and happier animals and therefore superior produce.

So what are the implications of this on your health?

B and C vitamins deficiency can make you feel more lethargic as well as increase your susceptibility to cold and flues. Many fruits and vegetables have been shown to have cancer fighting properties which tend to be highest in those produced free of chemicals. Whilst most pesticides are relatively harmless, DDT pesticide has been linked to breast and other cancers. Growth hormones that had previously been fed to farm animals such as chickens to enhance growth can be a precursor for varying forms of cancer as well.

In the long run, whilst organic foods can be more expensive and harder to come by— they're worth it!



## Quote Of The Month:

*To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.*

## EXCUSES BEGONE!

It's time to take care of yourself

**\$45**

Membership trial month

Then...

**NO joining fee**

**NO admin fee**

**NO cancellation fee**

**NO contracts**

**NO bother!**

Call in and see us today or contact us on 4353 0310.

## Tips on How to Live Naturally

More and more researchers are saying for optimal health its best to get back to basics. By eating natural products such as fruit, veg and organic products. But in this fast-passed lifestyle it can be easier said then done. So here we have provided some easy to follow tips on what to look for in your food products and where to look.

### To Market to Market:

One of the best sources to purchase organic foods is at local Farmer markets. Prior to the industrial revolution this was the main form of trading foods and local goods. In recent years markets are now popular places for not only purchasing organic foods and food products but also as an enjoyable cultural experience. Local arts and crafts are sold, which means that the markets are an excellent way to be a tourist in your own backyard.

To see when and where the closest farmer markets is to you and to check out dates and times go to:

[www.farmersmarkets.org.au](http://www.farmersmarkets.org.au).

However if you are pushed for time or feel there are better ways you would like to spend your Sundays then getting up early to battle the crowds for the freshest fruit and veg. There are still a couple of things you can do to ensure your getting the very best quality food.

### Firstly,

is to read labels. With all the confusion between health food claims its easy to be misled by manufacturer claims. The US department of Agriculture (USDA) developed a logo for products that are 95% or more organic. To be able to carry this logo, products need to meet a stringent criteria set by USDA.

Some manufacturers may truthfully endorse their products as all natural, hormone-free, preservative-free and/or free range grown. It is important to recognize these things doesn't automatically mean they are organic. The distinguishing difference between natural and organic products is that organic

products are free from preservatives, chemicals, fertilizers, pesticides at all stages of their growth, manufacturing or handling stages. Whereas products claimed as natural are simply grown within their natural environment.

If a product contains some organic ingredients it can be labeled as made from organic products. Therefore of what you buy based on what the packaging says....always read the food label!

### Secondly,

set up a veggie garden in your own back yard. Recycling your kitchen scraps in a compost can be an excellent way to improve soil quality and ensuring you have the very best and freshest veg around.

Growing your own herbs and spices are also an excellent way to get back to nature, boost your immune system and ensure you've got a constant supply of herbs to create great tasting recipes.

Growing herbs and spices can also be less time consuming and take up less space compared to setting up a veggie garden but can derive the same health benefits.

All is needed is a window sill and tray and the herbs can be grown from its pot. No transference into the ground is necessary .

## Exercising Outdoors Improves Your Mood

Recent Studies are showing that not only is exercise good for your mood due to the release of endorphins, but exercising outdoors can add even greater feelings of well-being whilst diminish signs of depression.

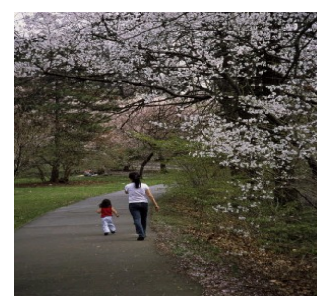
The reasons behind this phenomena can be explained by both psychological and physiological reasoning.

For instance psychologists believe individuals who perceive enjoyment and pleasure, no matter how small during the course of the day are more resilient to negative thought spirals; heeding

the old adage 'it's good to 'take the time to stop and smell the roses'.

The second reason behind this enhanced feeling of well-being could be due to the increase in vitamin D that we receive through daylight that has shown to assist in eliminating depressed feelings.

Furthermore, UK literature relating to outdoor activities and mental illness describe how just 5 mins of walking, cycling, boating, gardening, fishing, horse-riding and



farming in nature, parks or gardens can boost your mood. Especially those activities done on or near the water which has shown to have the greatest affect.

So the next time your taking the dog for a walk give it a try and see if its not just the dog whose growling less!