

HESH GOLDSTEIN
“Health Talk” Moderator K-108 Radio, Honolulu
P.O. Box 240783
Honolulu, Hawaii 96824-0783
Tel: (808) 258-1177 / Fax: (808) 848-8640
heshgoldstein@gmail.com

WHY ORGANIC?

By: Hesh Goldstein

Throughout the years of my writing articles for this newsletter and for my 26 years on the radio I have always stressed a vegan diet, focusing on organically grown foods, for optimum health.

When I started on the radio back in the “dark ages” of health in the early 1980’s, there was little information linking adverse health conditions to diet. Now, despite the nonsense of the pharmaceutical industry, the Fraud and Drug Administration, and the medical community in general, more and more evidence is appearing showing a causal relationship between lowering blood pressure and cholesterol, eliminating constipation, type-2 diabetes, obesity, and even cancer, by adhering to a whole food, vegan diet. But the one question that seems to go unanswered in the mainstream media is, why organic?

Virtually, every time you eat commercially grown foods, be it fruits, vegetables or grains, you are enjoying a sumptuous feast of pesticides. “Oh, a little of that won’t kill me”! Maybe a little won’t but a lot will certainly have an impact upon your health.

Looking at the negative influences that pesticides have on your health, we find that some of the problems include neurotoxicity (toxins in your brain), disruption of the endocrine system (that which affects the hormones and glands), carcinogenicity (the flooding of your body with known cancer causing substances), immune system suppression, and reproductive function impairment.

What’s more, traditional farmers use insecticides to get rid of insects and disease while organic farmers use natural methods such as insect predators and barriers for this purpose. Also, traditional farmers control weed growth by applying synthetic herbicides whereas organic farmers use crop rotation, tillage, hand weeding and cover crops and mulches to control weeds.

The bottom line is that organically grown food is not tainted with chemical residues, which can be harmful to your health.

The Environmental Working Group has done tests on various commercially grown vegetables and has put out a list of “the good, the bad, and the ugly”.

THE WORST:

Peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes,

spinach, lettuce, and potatoes.

THE BEST:

Onions, avocados, frozen sweet corn, pineapples, mangos, asparagus, frozen sweet peas, kiwi fruit, bananas, cabbage, broccoli, and papaya.

2

If you are still stuck on eating commercially grown foods by rationalizing that it's ok because you'll wash them, take into consideration that before these tests were done the apples were washed before testing and the bananas were peeled first. While washing and rinsing fresh produce may reduce levels of pesticides, it does not eliminate them. And yes, peeling reduces exposure, but valuable nutrients often go down the drain with the peel.

You only have one body. Isn't it better to keep that body as healthy as possible so you can function more efficiently and without the encumbrances of prescription drugs and degenerative diseases? Obviously!

So, the do's: eat no eggs, no flesh foods (anything that walks, flies, crawls, runs or swims, had a face or a mother), liquid meat (milk) and eggs. Eat organically grown foods. Eat no processed food as all processed foods contain MSG. Eat no junk foods or drink anything containing aspartame, Splenda, high fructose corn syrup, and other sugars. Get plenty of exercise and sunlight, and avoid stress. And most importantly, tune into "Health Talk" on Saturday mornings on 1080 AM from 8 to 9am.

The don'ts: anything not listed above.

Aloha!

Reference: FoodNews.org