

October 4<sup>th</sup> – 13<sup>th</sup>

# Organic Week

Although only a few studies looking into organic versus non-organic produce have been approved for publishing, the ones that are out there indicate that organic food has significantly more minerals – up to 90% more than non-organic produce. I can also assure you that you can taste the difference between organic and commercial foods – the organic tomatoes grown at Gwinganna Lifestyle Retreat and the lemons from my backyard are like nothing I have ever had before!

The other benefit of choosing organic is that you reduce the amount of chemicals and toxins going into your body. In the past four generations the use of artificial chemicals has risen, and coincidentally so has obesity rates. Do you really want to eat a food that's been sprayed with chemicals toxic enough to kill living insects?

It's not cheap to eat organic however so my suggestion would be to at least start with your meat and dairy products, then nuts seeds and oils as toxins accumulate in fatty acids. For fresh fruit and vegetables, try growing them in your backyard, they'll be chemical free, taste better and are free!

**National Organic Week October 4<sup>th</sup> – 13<sup>th</sup>**

Try going organic for the week and visit my favourite places for great organic produce:

- Cheltenham Organic Store (13/360 Reserve Rd Cheltenham)
- Thomas Dux (40 Bluff Rd Black Rock)
- Bayside Farmers Market (Trey Bit Oval Sandringham, next on Oct 19<sup>th</sup>)
- Wholefoods food Store (320 Bay St Brighton)

*By Nutritionist Steph Wearne*

