



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 2 – Part 4:

Why Buy Organic Food Whenever Possible?

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

1

Why Buy Organic?

- Organic foods are grown **without** toxic chemicals like: pesticides, herbicides, fungicides, fertilizers, hormones, antibiotics and other harmful chemicals.
- They **cannot** be genetically modified or irradiated.
- They're produced in ways that support **healthy environment**.
- They have higher levels of cancer-protecting **antioxidants**.
- They have **superior** protein quality.
- They're **4x** more nutritious than non-organic.
- People who eat organically on average eat **1/3 less**.

Reference: Paul Chek, *Holistic Lifestyle Coaching Program*

2

Pesticides, Hormones, Antibiotics & Your Weight

- Toxins like pesticides, hormones and antibiotics **store** in your fat cells and **trigger inflammation!**
- Studies show they all promote obesity:
 - The antibiotics found in non-organic meats can make you gain weight by **killing off beneficial bacteria in your gut** and altering your gut microbiome.
 - Pesticides used in non-organic farming and growth hormones found in non-organic livestock can make you gain weight by **disrupting your endocrine system.**
 - In other words, they **interfere** with your own hormone function.

3

Understanding Food Labels

- **3 kinds** of organic labeling:
 - “100 organic” means **all** ingredients are organic.
 - “Organic” means at least **95%** of ingredients organic.
 - “Made with Organic _____ (ingredient name i.e. “soy”) means at least **70%** of ingredients organic.
 - Various labels: “pastured, free-range, cage-free, natural, no added hormones, vegetarian fed”
- * See “How to Read Food Labels” in your Clean Eating Success Guide.**

4

How to Prioritize Buying Organic

Budget Priority #1: Fats & Oils

- One of your body's full-time jobs is to battle cellular damage, so it's important to eat the right kinds of fats—and avoid the wrong ones—to facilitate this process.

Budget Priority #2: Proteins

- Buy 100% grass-fed, pasture-raised whenever possible—it's higher in CLA than conventional. CLA is an antioxidant that's been shown to combat diseases like cancer, heart disease, and diabetes.

Budget Priority #3: Carbohydrates

- Buy fresh, locally grown, in-season fruits and vegetables through food shares, farmers' markets, and coops to save money; use the EWG's "Dirty Dozen" when prioritizing which produce to buy organically at the grocery store.

* See "How to Prioritize Buying Healthy Foods" in your Clean Eating Success Guide.

5

Avoid Dead, Processed Foods

- Our bodies are designed to eat **real, whole** foods.
- Processed foods are non-foods:
 - They're **devoid** of live nutrients.
 - They're filled with many **chemicals** to: preserve, emulsify, color, bleach, flavor, thicken, soften, sweeten and cover up smells.
 - **Hundreds** of chemical food additives that associated with various health problems, digestive issues, weak bones and weight gain.
 - The FDA **does not** require food companies to list food additives "**Generally Regarded as Safe**" (**GRAS**) so you could be eating an additive and not know it; watch out for umbrella terms like "Natural Flavors" "Artificial Flavors" and "Artificial Colorings."
- Your food list contains only whole foods—fruits, vegetables, meats, eggs, poultry, seafood, nuts, seeds—because our bodies are designed to eat **real** foods.

6

Next Up...

**Module 2 – Part 5:
Drink More Water and
Less of All the Other Stuff!**