

Sample B Paper

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The Benefits of Organic Food

Mark Twain once said, "Part of the secret to success in life is to eat what you like". Although in Mark Twain's day eating what you liked was not a problem, today it is a major issue. Farming has changed greatly in the last fifty years, causing America to be the most overweight country in the world. More than two billion Americans are considered overweight. This is mainly caused by a lack of food knowledge. Although eating organic does not solve all health problems, it is the first step in living a healthier life. Organic food was the only option for thousands of years. It was not until the second World War that farming changed dramatically. Pesticides and herbicides gained popularity in the 1920's. Surprisingly, commonly used pesticides called organophosphates, were first developed as a toxic agent during World War 1. However, our body is not meant to digest the pesticides and chemicals and in the long run, it can cause serious health problems. Even though organic food may not always be available and may cost more, it is definitely the healthier choice.

It is important to understand what the term "organic" means, as well as, understand the dangers of genetically modified foods. Organic means that the food was grown without any pesticides or herbicides, and has not been in any contact with food that has been exposed to pesticides or has been genetically modified. A product that is certified ninety five percent or more is considered USDA organic. However, a product that is at least seventy percent organic, or says "made with organic ingredients", is not USDA certified. Organic livestock must be allowed access to the outdoors and can not be given growth hormones, antibiotics, or any

animal-by-products. Unfortunately, it is very hard and expensive for farmers to be certified organic. This is mainly because of big companies like Monsanto, buying out the smaller farms and causing there to be a strong opposition. Monsanto is a big producer of Genetically Modified food or GMO. "Genetically Modified Organisms (GMO) or Genetically Engineered (GE) foods, are plants or animals whose DNA has been altered in ways that cannot occur in nature or in traditional crossbreeding, most commonly in order to be resistant to pests" (helpguide.org). The most common GMO foods in the U.S. are: corn, soybeans, alfalfa, squash, zucchini, papaya, and canola. GMO is popular mostly in the United States, although some countries do produce Genetically Modified food. There is a huge controversy over the true health risks caused by GMO and pesticides. Many people are developing food allergies and liver damage from eating GMO foods for a long period of time. Companies that produce genetically engineered foods insist that it is safe, but there has been many tests that have proven that it can cause long term damage to our bodies and the environment. Moreover, it is very important to know what is in our food and where it comes from.

The first major reason we should eat organic is because of the health benefits. Many people lack the proper knowledge to choose what is good for their bodies, and because of this many people are getting sick. Studies have shown that organic food not only aids in digestion, it also helps with nutrient absorption. In fact, eating organic food will result in better overall wellness, a more productive life, and more energy throughout the day. Interestingly enough, organic food has more antioxidants and vitamins than food that is genetically modified. This is because when food is genetically modified, the chemical makeup of the food has been changed so much that all the nutrients in the food are almost non-existent. According to helpguide.org, a guide to mental health and well-being, "People with allergies to food, chemicals, or preservatives often find their symptoms lessen or go away when they eat organic food." This proves that

eating organic really does make a difference on our body and our health. Not only this, but eating organic meat is also important. This is because organically raised animals are not given antibiotics or growth hormones, which when consumed could harm our bodies. Unfortunately, even with all the research that proves that organic is the healthier choice, many people still do not eat organic.

Another big reason we should eat organic is because it is better for the environment, and the welfare of animals. Surprisingly lots of people do not realize the big negative impact that GMO has on the environment and the wildlife. Aside from releasing toxins into the air and polluting the water, pesticides depletes the soil making it hard for other crops to grow. Also, growth hormones given to animals to make them artificially gain weight, are not only bad for the animal but for the consumer as well. Sadly, many GMO companies use animal testing and by doing so, killing thousands of animals that could be used for meat or other necessities. The Institute for Responsible Technology states that, "Self-propagating GMO pollution will outlast the effects of global warming and nuclear waste. The potential impact is huge, threatening the health of future generations." This implies that if we continue to genetically modify our food, there will be big side effects that may be permanent. We need to consider if it really is worth putting the environment, animals, and ourselves at risk. Just by avoiding GMO's, can help by getting them out of our food supply. This issue is not something to worry about in the future, we need to worry about it right now. Hopefully, with awareness people will realize how important it is to eat organic, and make a difference.

Despite such valid arguments, companies still will not agree that organic food is better for our health. The biggest reason is money. GMO producers only care about making money, not about the health risks that face people and the environment. They want to provide cheap and accessible food for the public. Organic food is not always available to some people, and it can

be expensive. Companies have brainwashed people to think that their food has been proven safe. However, according to helpguide.org, “The U.S. food and drug administration (FDA) and the biotech companies that engineer GMO’s insist that they are safe, but many food safety advocates point out that these products have undergone only short-term testing to determine their effects on humans and the environment.” This describes how most genetically modified food producers do not do thorough enough tests on their food to prove that it is safe before giving it to the public. Moreover, this is becoming a big problem because lots of people are getting sick. Pregnant women as well as, children are the most at risk. More and more children are born with birth defects because of the increased consumption of genetically modified food. Unless the government does something about it, and people start to make better food choices, it will continue to happen.

Although farming has become more advanced and modern, it does not mean it has to change completely. We need to know what is in our food and be careful what we put into our bodies. Given that organic food aids in digestion, nutrient absorption, and diseases prevention, there is no reason why we should not eat organic. It is not only better for our health but for the environment as well. With better food knowledge, the amount of overweight people in the U.S. will be less, and we will no longer be the most overweight country in the world. Therefore, we should eat organic and live a healthier, and more productive life.

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