

# ORGANIC VS NONORGANIC



*"Life Coaching For Your Individual Greatness"*

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## **ABOUT ONE 80 TURN, LLC**

One 80 Turn<sup>SM</sup> is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 Turn<sup>SM</sup> was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

## **DOCUMENT INFORMATION**

### **2.1 Description**

The information in this document, on organic versus nonorganic food, is taken from various internet sources and is provided in this compiled format for easy reading.

### **2.2 Objectives**

Provide general information about, and on the purchase of, organic and nonorganic food.

### **2.3 Suggested Users**

Any person desiring to increase their knowledge about organic and nonorganic food purchases as they make choices for their individual nutrition/exercise needs/requirements.

## DOCUMENT CONTENT

### 3.1 What Is Organic Food?

Though organic food can be produced with certain synthetic ingredients, it must adhere to specific standards regulated by the United States Department of Agriculture (USDA). Crops are generally grown without synthetic pesticides, artificial fertilizers, irradiation (a form of radiation used to kill bacteria), or biotechnology. Animals on organic farms eat organically grown feed, aren't confined 100 percent of the time (as they sometimes are on conventional farms), and are raised without antibiotics or synthetic growth hormones.

Organic foods may have higher nutritional value than conventional food, according to some research. The reason: In the absence of pesticides and fertilizers, plants boost their production of the phytochemicals (vitamins and antioxidants) that strengthen their resistance to bugs and weeds. Some studies have linked pesticides in our food to everything from headaches to cancer to birth defects — but many experts maintain that the levels in conventional food are safe for most healthy adults. Even low-level pesticide exposure, however, can be significantly more toxic for fetuses and children (due to their less-developed immune systems) and for pregnant women (it puts added strain on their already taxed organs), according to a report by the National Academy of Sciences.

If a food bears a USDA Organic label, it means it's produced and processed according to the USDA standards and that at least 95 percent of the food's ingredients are organically produced. The seal is voluntary, but many organic producers use it.



Products that are completely organic — such as fruits, vegetables, eggs or other single-ingredient foods — are labeled 100 percent organic and can carry a small USDA seal. Foods that have more than one ingredient, such as breakfast cereal, can use the USDA organic seal or the following wording on their package labels, depending on the number of organic ingredients:

- **100 percent organic:** Products are completely organic or made of all organic ingredients.
- **Organic:** Products are at least 95 percent organic.
- **Made with organic ingredients:** These are products that contain at least 70 percent organic ingredients. The organic seal can not be used on these packages.

Foods containing less than 70 percent organic ingredients can't use the organic seal or the word "organic" on their product label. They can include the organic items in their ingredient list, however. You may see other terms on food labels, such as "all-natural," "free-range" or "hormone-free." These descriptions may be important to you, but don't confuse them with the term "organic." Only those foods that are grown and processed according to USDA organic standards can be labeled organic.

### 3.2 Is Organic Food Expensive?

Although organic food is more expensive (sometimes 50% more expensive), you can't put a price tag on good health. Besides, by buying less junk food, you will have plenty of extra money left over to put towards high quality organic food. Although occasional consumption of conventionally farmed food is not likely to do much harm, eating it at every meal amounts to an enormous amount of contaminated food that you put through your body. So, if you can afford it, buy local and organic. Farmers' markets carry reasonably priced locally grown organic and conventional food. To find one in your area, go to

[localharvest.org](http://localharvest.org) (you can also find suppliers of grass fed beef on the web site). If you can't always afford organic, do try to spend the extra money when it comes to purchasing what the Environmental Working Group calls the "Dirty Dozen" to limit the consumption of pesticides.

The Environmental Working Group, a nonprofit focused on public health, reviewed nearly 100,000 pesticide reports from the U.S. Department of Agriculture and the U.S. Food and Drug Administration to determine the highest and lowest amounts of chemical residue in the fruits and vegetables we eat.

The group found that the fruits and vegetables dubbed the "**Dirty Dozen**" contain 47 to 67 pesticides per serving. It is believed these foods are most susceptible because they have a more permeable skin that tends to absorb more pesticides, or more is taken in through their root system.

Not all nonorganic fruits and vegetables have a high pesticide level as some of them have a strong outer layer that provides a defense against contamination. The group dubbed the "**Clean Fifteen**" as those that contained little to no pesticides.

<b>DIRTY DOZEN</b>	<b>CLEAN FIFTEEN</b>
Apples	Asparagus
Bell Peppers	Avocado
Celery	Cabbage
Cherries	Cantaloupe
Domestic Blueberries	Eggplant
Imported Grapes	Grapefruit
Lettuce	Kiwi
Nectarines	Mango
Peaches	Onion
Potatoes	Pineapple
Spinach, Kale and Collard Greens	Sweet Corn
Strawberries	Sweet Onions
	Sweet Peas
	Sweet Potatoes
	Watermelon

Pesticide contamination isn't as much of a concern in meats and dairy products (animals may consume some pesticides, depending on their diet), but many scientists are concerned about the antibiotics being given to most farm animals: Many are the same antibiotics humans rely on, and overuse of these drugs has already enabled bacteria to develop resistance to them, rendering them less effective in fighting infection.

### 3.3 Sources

1. <http://www.redbookmag.com/recipes-home/truth-about-organic-foods>
2. <http://www.webmd.com/food-recipes/features/organic-food-better>
3. <http://naturalbias.com/7-major-reasons-to-go-organic/>
4. <http://www.mayoclinic.com/health/organic-food/NU00255>