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# Foreword

Not too long ago the term organic was nonexistent. However of late there has been a lot of interest in this particular style of food production from “birth” to table.

\*Make sure to check with your doctor before beginning any new regimen



## ***The Natural Strengthening Properties Of Organic Healing***

Heal Yourself With All Natural Organic Power

# Chapter 1:

## *What Does Organic Mean*

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### Synopsis

Only in more recent times farmers and others in the food growing or producing industry have started to use certain elements in their quest to be more competitive or simply to be able to increase the amounts or speed growths of something. These additives are purported to contain harmful substances if consumed by humans.



## **The Meaning**

The term organic is derived from the process used by farmers who diligently avoid using any bio-persistent chemical pesticides, fungicides and fertilizers. They are very cautious in the methods they used when tending to the quality and quantity of their productions.

As such food produced this way are accredited to be very safe for human consumption. These farmers produce these products with emphasis on the use of renewable resources and the conservation of soil and water while continuing to ensure the quality of the environment for the future generations.

For organic meats, such as poultry, eggs and dairy products, there is no use of any enhancements to get optimum quality or quantity. No antibiotics or growth hormones are used, while for vegetables, no pesticides, fertilizers, bioengineer seeds, or plants are used. Other references to the methods of organic processes are the use of insects and bird to reduce and manage pests or disease, when compared to the negative solutions like insecticides.

The animals are allowed fresh air and ample grazing grounds to move around freely and so the quality of their life transcends into the quality of the meats they produce. In contrast the meats produced by animals treated with antibiotics, hormones and other foreign elements continue to show signs of stress which in turn is clearly detected in the quality of meats derived.

# Chapter 2:

## *The Link Between Additives In Food And Our Environment And Disease*

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### Synopsis

Unnatural substances found in either the growing process or the preserving process is never good for the delicate human body condition. There are however some natural ways both the growing process and the preserving process can use. Unfortunately due to either the high cost or slow rate, these natural additives are rarely used to their contributing positive elements.



## **How It Affects Us**

A lot of these additives used to ensure the food products stay at its desired levels in order to be fit for consumption, actually end up causing a lot of side effects, ailments, illnesses, and diseases. Some of these negative additives include acids, anti caking agents, antifoaming agents, antioxidants, bulking agents, food coloring, emulsifiers, and flavor enhancers are just the tip of the iceberg, and the list goes on and on.

With the need for speed and quantity to be met in this fast growing hungry world, sometimes unethical practices are abound. Profit comes before health.

This unethical practice does not just encompass food; the environment is also not spared in the chase for profit. Land clearing and encroachment on natural habitats are rampantly going unchecked. The greed or maybe even necessity for human survival has brought about this sad state.

There are many medical reports that have verified the links between the use of all these negative elements to the deteriorating conditions of the environment and thus causing the same effects in the health conditions of people.

Diseases are rife and cures are few and far between. People with cancer are becoming an accepted normal occurrence, that it is really a very distressing situation. Adding to the sad state is the fact that there does not seem to be any real concern to ensure a check and balance state to addressing these downward spiraling conditions.



# Chapter 3:

## *Organic Juicing Benefits*

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### Synopsis

Juices prepared using organic ingredients have several health benefits. There are many types of fruits and vegetables that can be used for the purpose of promoting and enhancing the health of an individual. This then leads to the possibility of a better quality of life due to the better health conditions.



## **It's In The Juice**

Here are just a few recipes that might be beneficial to try:

### **Organic carrot juice –**

The health benefits of this juice include the reduction of cholesterol, the reduction of risk in heart attacks, anti carcinogenic properties and others. The preparation is quite easy and involves just 4 large organic carrots. Wash, cut off the green tops, and cut to sizes that fit the juicer. Enjoy the juiced carrot drink.

### **Ginger, apple and carrot juice –**

The health benefits list as being a remedy for upset stomachs, targeting nausea, combating digestive problems, circulation, and arthritis. 8 carrots, a small chunk of ginger, and 2 large apples are all that is needed. Wash peel and cut to sizes suitable for the juicer. Juice and serve.

### **Celery and carrot juice –**

Perfect for rejuvenating purposes. 5 medium carrots and 1 stalk of celery. Wash and cut to sizes suitable for the juicer. Juice and serve.

### **Beetroot, cucumber, and pineapple juice –**

1 small beetroot, 1/2 a cucumber, and 1 cup of pineapple chunks. Remove skin from all and cut to juicer size pieces. Juice and serve. The health benefits of this recipe are a lot, some of which are cleans and builds the blood, lowers blood pressure, improves circulation, calms the nerves, fights certain type of cancer and many more.

### **Pumpkin juice –**

The health benefits are for the bladder and kidneys. Wash and cut small as pumpkin is rather hard. Juice and serve

### **Combination juice –**

This is an experimental method of trying different combinations until one is found to suit the individual. However the only point of caution to note here is try to keep the combination from leaning towards any particular base like too many acidic fruits in the concoction. Wash, cut and juice. Serve. The health benefits are gotten from the rich vitamin and minerals these fruits are made of.

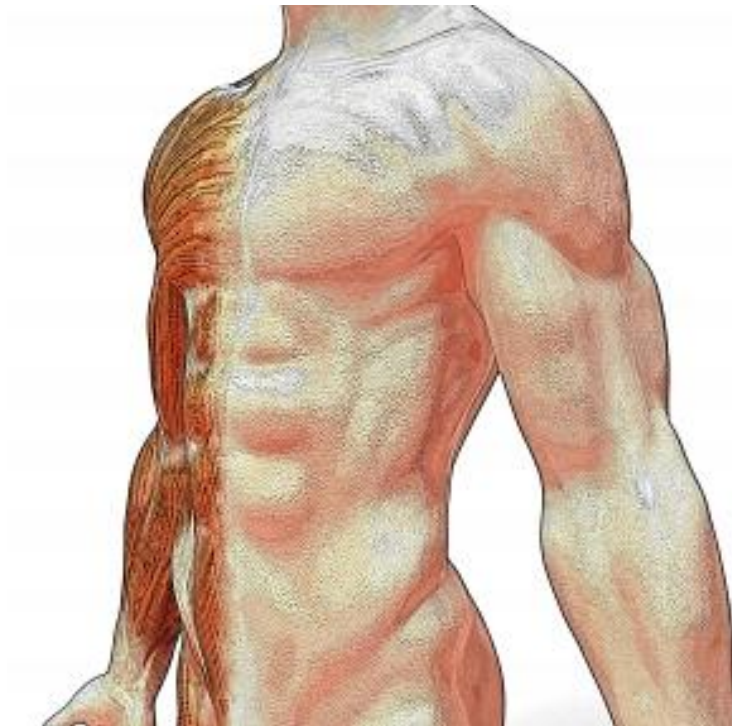
# Chapter 4:

## *Benefits Of Organic Detox*

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### Synopsis

All the different organic detox programs are designed with the intention of helping each internal organ remove waste so that it functions at its best. When these organ function at their optimum levels, the entire body will be able to maintain its health well.



## **Get Rid Of Toxins**

Using detox programs that consist of organically sourced and grown products do many advantages. These items already have the advantage of not further adding chemical and other negative substances into the body while the detox regiment is carried out.

Organic detox diets cleanse each internal organ to improve digestion and elimination of unwanted negative properties from the body. The following are just a few recommendations if one is interested in trying simple and accessible detox programs.

Detox of the digestive and gastrointestinal system is mainly to eliminate the occurrences of abdominal bloating, gas or flatulence. The recommended detox diet consist of organic whole grains like brown rice, quinoa, millets, oats, legumes, fruits, vegetables and small amounts of non-saturated fats like flax seed, olive, canola and hemp seed oils.

Detox for cleansing uses lemons as its main ingredient. The idea is to help the colon to clear the waste, while giving the pancreas, liver, and kidneys a chance to reboot. Use a combination of lemons, filtered water, organic maple syrup, and organic cayenne pepper for this detox program.

Strawberries are a fun ingredient in the detox program to remove free radicals from the blood stream. 1 pound of roughly chopped strawberries, honey, and orange peel are all blended until to a smooth puree. Refrigerate for about 20 minutes then serve.

The vegetable super juice is also another great detox regiment to follow. It awakens the digestive system and is a gentle and nutritious way to get the body prepared for the day ahead. The ingredients needed are 1 whole cucumber, 4 sticks of celery, 2-4 handfuls of spinach, 8 lettuce leaves. Juice all the ingredients with distilled water and add lemon to taste.



# Chapter 5:

## *Healthy Foods For The Liver*

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### Synopsis

Ideally, when choosing foods that are beneficial for optimum liver functions, two main categories should be explored. These two categories are to promote the detoxification process successfully and to ensure the high antioxidants content to protect the liver so that it can carry out the intended detoxification process.



## **Get The Liver In Shape**

In order to avoid having to deal with tiredness, headaches, bad breath, allergies, and intolerances, problem skin and weight gains, the individual should ensure that a proper diet regiment is followed on a daily basis.

Poor functioning of the liver can result in these negative conditions and as such a good detox program will aid in arresting the occurrences of these conditions.

Garlic and onions are great sulphur based compounds which are needed by the liver. Garlic helps the liver to rid the body of mercury, certain food additives, and the hormone estrogen.

Vegetables like broccoli, brussel sprouts, cauliflower, and cabbage are all very powerful detoxifiers. They all contain chemicals that neutralize certain toxins like nitrosamines which can be found in cigarette smoke and aflotoxin found in peanuts.

Mixing a few drops of pure lemon juice into a cup of water is ideal for an early morning drink. Besides the zing it gives the body a chance to stimulate bile production, cleanses the stomach and bowel, and also regulates bowel movements.

Beetroot or otherwise known as beets is a good blood purifying compound that is capable of absorbing heavy metals that can contaminate the body system.

Fruits high in antioxidants such as prunes, raisins blueberries, blackberries, strawberries, raspberries, plums, oranges, pink



grapefruit, cantaloupe, apples, and pears help to protect the liver from accumulating high levels of free radicals that are naturally produced during the process of detoxification.

Artichokes are another great ingredient to include in the diet as it increases the bile production.



# Chapter 6:

## *Healing Foods For Heart Disease*

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### Synopsis

Certain foods contribute to the well being of the heart condition. Taking the time to source and prepare these particular foods will eventually ensure the entire body benefits from a healthy heart conditions. These food function to protect the heart and arteries from furring up and narrowing, which the primary reason for cardiovascular problems like blood clots , heart attacks and arrhythmia.



## **Get Heart Healthy**

Fish and fish oil are both great ways to cut down on the chances of heart diseases. When the first sign of possible heart problems become evident, adding these items to the daily diet would be prudent. Fatty fish like mackerel, sardines, salmon, and tuna are all high in omega 3 fatty acids. The immediate transition to this diet has been known to give better results than consciously cutting down on saturated fats.

Beans are good alternative to red meats in the daily diet program. By varying the types of beans consumed the element of boredom with this choice is unlikely to occur. The beans can help to reduce the chances of developing various heart conditions, which may result in death. Besides being high in fiber content beans are also high in antioxidants.

Onions and garlic are very important ingredients to include in the daily diet if one is interested in keeping the heart in optimum shape. In the Mediterranean food make up these ingredients are found to be dominant indeed. Though they both leave a rather strong after taste in both the mouth and breathe, onions and garlic are considered a super element for the heart. Cooked onions and garlic contain cardio protective compounds.

Nuts a good, if eaten in small amounts. Taken as a snack or added to salads and other preparations, nuts are an excellent antidote to treating cardiovascular problems. As they are rich in fiber, monosaturated olive oil type of fats they play an important role in regulating the heart functions. Nuts are also found to have high levels of various antioxidants.

# Chapter 7:

## *Healing Foods For The Brain*

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### Synopsis

The brain is a very important part of the human being existence. Therefore maintaining the condition of the brain is very important indeed. Adding to the complication is the fact that the brain does tend to lose its optimum function skills with the onset of the aging process.

However all is not lost, as with the proper supplements and diet this negative process can be arrested successfully.



## **Brain Relief**

Here are some recommended foods that provide the relevant assistance to ensure a healthy brain condition:

- Blueberries, besides being delicious to eat as a refreshing snack also has beneficial elements to the restoration of the brain condition. The blueberries help to protect the brain from oxidative stress and reduce the effects of age related conditions like Alzheimer's and dementia. If there are problems with digressing motor skills or learning capacity, eating amounts of blueberries have been known to improve these conditions in the brain.
- Wild salmon, a deep water fish is beneficial because of the rich content of omega 3 essential fatty acids, which is also another important element for optimum brain function as it contains anti inflammatory substances.
- Nuts and seeds are a good source of vitamin E. having adequate levels of vitamin E in the body helps to ensure less cognitive decline as the aging process sets in.
- Avocados are also good in promoting brain health. It is considered a fatty rich fruit and its monounsaturated fat is beneficial in ensuring the healthy blood flow which in turn contributes to a healthy brain. Avocados also help to lower the levels of blood pressure.
- Whole grains like oatmeal, whole grain breads and brown rice when consumed in moderation all help to contribute to the reduced risk of heart disease. This additional fiber content in the body system is helpful in ensuring all the connective systems work well and this translate to less strain on the heart and so a better and healthier heart.

# Chapter 8:

## *Benefits Of Going Organic With Cleaning Products*

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### Synopsis

Most people don't realize the dangers of using house hold detergents and cleaning products. These products often contain hazardous compounds and are often over looked as most people either don't bother to read the product break downs on the labels or even if they do, they probably won't be able to understand the compounds listed.



## **Organic Around The House**

Generally the producing companies are not required to warn the users of the potential dangers, because they insist the percentages of its hazardous contents are just too small. However what most people fail to understand is that small amounts over time builds up to adverse effects on the human body, thus causing the beginnings of health problems.

For the more consciences user these things matter and thus the birth of organic cleaning product ranges. Making quite an impact on the consumer world, these organic product are both fairly cheap and of good quality. Almost always managing to get the results promised of the labels.

The current lifestyles of most people today revolve around the home, office, or school thus the need to have a safe and clean environment in all these places. The elements in the atmosphere are a major contributing factor; coming in second only, to the food consumed, is what leads to poor health both mentally and physically. Having unwanted compounds in the air that circulates around the office, home or school can be eradicated with the thoughtful use of organic cleaning products.

These products are made from natural sources with the idea of keeping all the ingredients organic and health friendly. The organic products range is very wide and versatile. There are floor cleaning detergents, which can be doubled up to clean other things too. There are also dish washing detergents and laundry detergents. Besides the cleaning range, there are also great natural air fresheners and purifiers.

# Chapter 9:

## *The Benefits Of Adequate Water*

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### Synopsis

It is a well known fact that all life forms need water in order to stay alive. Humans can go without food but not without water. Water is also a central part of every existence. Lack of this very precious element can have very serious consequences.





## H<sub>2</sub>O

The human body is made up largely of water, and so is the earth. That fact itself attests to the importance of water. The health benefits of consuming the adequate amounts of water are unending. All the human body systems and functions depend heavily on the adequate amounts of water “running” through its pathways. Adequate amounts of water brings benefits to the body by maintaining the pH balance, body temperature, metabolism, breathing, prevention of constipation, heartburn, migraine, gastritis, ulcers, kidney stones, cardiovascular disorders, rheumatoid arthritis, backache and these are just a few of a long list of other body parts the consumption of water benefits.

In breaking it down further to clearly show the benefits to the individual aspects of the human body functions, the list below is self explanatory.

**PH Balance** – the human body needs to ideally maintain a pH balance of about 7.35 – 7.45 in order to function at its physiological best. Any shift in this balance will result in sickness and the inability of the body to absorb vitamins, mineral, supplements, and food into the system completely and successfully. Energy levels and the immune system’s response to negative element like diseases will be severely affected if the adequate water consumption is not at its best.

**Body temperature** – as a large percentage of the human body make up is of water, the responsibility of maintaining a comfortable body temperature lies in its balance of water ratios. The more the individual loses water by perspiration, urination, and dehydration the higher the consumption of water should be.

# Chapter 10:

## *How To Shop Wisely For Organic Foods And Products*

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### Synopsis

Most people give many excuses when it comes to buying organic foods or products. The main excuses are the higher prices and the difficulty in sourcing these items.



## **Be Wise**

Those serious in making the effort to switch to organic based items usually find the time and patience to source for it. Here are some ways that may be helpful to shopping wisely for all things organic.

Assuming that all organic products are more expensive than their chemically based counterparts is a rather big folly. There are many organic based products that are similarly priced or slightly more expensive when compared.

Planning well and buying organic based items that are in season are also a prudent way to shop. Many of these items are found in abundance when in season and therefore priced fairly reasonably. As most organic based items come with a short shelf life, the quick sale of these items is imperative to its success, therefore these items will be well priced to ensure is fast turn over in sales.

Shopping at farmers markets or buying straight from the farmer down the road is where the consumers can get really good priced bargains. The freshness of the products available is usually a great selling point and guaranteed as these products are sold within 24 hours of harvesting. Cultivating a good friendly relationship with the shop keepers at the market is also an added advantage in terms of getting the best products at the best possible prices.

In some places around the world, it is even possible to visit the farms or processing centers to actually pick the produce without having to incur the cost of hired labor. These are especially popular in the summer months, where the whole family can enjoy this fun and fulfilling exercise together.

# Wrapping Up

Scientists now understand what we eaters have known right along: organic food frequently tastes better.

It makes sense that strawberries taste more delicious when raised in concord with nature; however researchers at Washington State University just demonstrated this as fact in lab taste trials where the organic berries were systematically judged as sweeter.

Plus, fresh research verifies that some organic produce is frequently lower in nitrates and greater in antioxidants than conventional food. Let the organic feasting start!

