

# TOP 3 REASONS TO EAT ORGANIC

1. Avoid toxic chemicals: Pesticides and herbicides used on commercially grown crops are toxic in nature. You are constantly exposing yourself to these toxins every time you eat non-organic foods. By buying organically grown food you are choosing to put food that is free of harmful chemicals into your body...which is better for you and the environment.
2. Avoid hormones, antibiotics in animal products. Choose organic meats -- more than 90% of the pesticides Americans consume are found in the fat and tissue of meat and dairy products. If you are looking to save money, make the switch from meat as a meal to meat as a condiment.
3. Organic foods do not contain GMOs: These genetically modified organisms have not been proven to be safe to consume. Research shows that GMOs are creating super-weeds and super-pests, creating the needs for farmers to use more fertilizers and herbicides.