

# Why is it Necessary to Eat Organic Foods?

Recently, I was in California where I saw many farmer's fields with delicious looking strawberries. Sadly, there was a sign: Danger Pesticides, Keep Out.



The strawberries were ready to be picked. If it is so dangerous to be close to the field, how dangerous it is to eat them? Of course I immediately thought of our wonderful Fruit & Vegetable Rinse. Then I thought maybe this sign is there so nobody would steal the strawberries but when I passed by organic farms there were no such signs.

When grown chemically, you never know what has been put on fruits and vegetables; eg: synthetic fertilizers, pesticides, rendering materials and they might be genetically modified too.

## Synthetic Fertilizers and Pesticides

Synthetic fertilizers tend to replenish only nitrogen, potassium, and phosphorous. At the same time they deplete other nutrients and minerals that are naturally found in fertile soils which leads to nutritionally deficient foods.

Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates that we consume. Even without vitamins, our bodies can still utilize minerals, but without minerals, vitamins are useless.

The alarming fact is that foods (fruits, vegetables and grains) now being raised on millions of acres of land that no longer contain enough of certain minerals, are starving us. No matter how much of them we eat, 99% of American people are deficient in these minerals which actually results in low energy, obesity, disease and a shorter life. It is not just the soil which is losing out there, it is our health too!

These foods are also laced with chemicals, and most troubling, pesticides.

Synthetic fertilizers kill a large percentage of the soil's naturally occurring microorganisms. These bacteria would normally break down organic matter into plant nutrients and help convert nitrogen from the air into a plant-usable form. Other useful soil bacteria are "disease organisms" which keep cutworms, chinch bugs, grubs, and other parasites in check.

It takes almost six weeks for soil to partially recover biologically from poisoning by a synthetic fertilizer. Considering many fertilizer producers advise the reapplication of their synthetic fertilizers every three months explains why so many potentially fertile areas of soil are merely wastelands, in which the essential microorganisms are dead. Soil deprived of its microorganisms undergoes a rapid decline in soil structure and it loses its essential ability to retain water, air and nutrients. Plants grown in such depleted soil are weakened and are extremely susceptible to damage by diseases, insects and drought. Healthy soil, rich in beneficial microorganisms, encourages the natural immune systems of plants, limits the population of plant disease organisms, resists parasitic insects and creates the ideal conditions for growth.

Organically grown fruits and vegetables have been reported to have significantly more minerals, antioxidants, bioflavonoids, polyphenols and enzymes than commercial produce. No wonder organic food tastes so much better. The body knows the difference.

## Rendering Plants

Another reason why we want to choose organic food is to avoid being exposed to rendering materials.

Rendering plants are all over North America and perform a valuable function. They recycle used animals. Without them our cities would become filled with diseased and rotten carcasses which would create fatal viruses and bacteria.

At the same time they are a multi-billion dollar industry. They process the bodies of millions of tons of dead animals every year, transforming decaying flesh and bones into profitable animal ingredients. They process inedible parts of all animals from slaughterhouses that are killed for food: heads, brains, eyeballs, hooves, bones, intestines and spinal cords from cattle, sheep, pigs and horses. Road kill like skunks, rats and raccoons; diseased and dead animals from farms; used rancid restaurant grease and supermarket rejects are also added to the process. Millions of euthanized dogs and cats end up in the rendering plant. The city of Los Angeles alone, sends 200 tons of euthanized cats and dogs from the city's animal shelters to rendering plants every month.

Rendering plants are unavoidably processing toxic waste. Heavy metals accumulate from a variety of sources like pet ID tags, surgical pins and needles. Pesticides enter the rendering process via poisoned

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livestock. Antibiotics, hormones, steroids and euthanasia drugs given to animals also add to dangerous ingredients. Plastic materials like Styrofoam trays and shrink wrap from unsold supermarket meats, chicken and fish are added as no one has the time to unwrap thousands of rejected meat packs.

All this stinky mass is then cooked at 280 degrees for one hour to remove the moisture and fat. During this cooking process, the soup produces a fat of yellow grease or tallow that rises to the top and is skimmed off. The cooked meat and bone are sent to a hammer mill press, which squeezes out the remaining moisture and pulverizes the product into a gritty powder.

The disturbing part of rendering plants is that rendering material is processed for use in cosmetics, fertilizers, gelatine, farm animal feed, pet food, pharmaceuticals and many other products. Here are more details of what is made from rendering industry products:

**Non-edible tallow** is used in wax paper, crayons and soap.

**Oleic acid** is used in foods, soaps, shampoos, permanent wave solutions, hair dyes, lipsticks, liquid make-ups, mascaras, nasal sprays.

**Glycerine** is used in inks, glues, solvents, antifreeze, cosmetics, foods, mouthwashes, toothpastes, soaps, ointments, plastics.

**Stearic acid** is used in rubber, cosmetics, lubricants, candles, hair spray, conditioners, deodorants, creams, food flavouring, and pharmaceutical products.

**Linoleic acid** is used in paints and esters.

**Meat meal and bone meal** is used in livestock feed, pet food and in fertilizers.

Euthanasia drugs given to pets are a big concern as they do not degrade in the rendering process.

This means that pet food is slowly killing our beloved companions. We are also slowly killing ourselves when we eat meat from farm animals that were fed rendering material.

Mad cow disease or BSA developed because rendering material was fed to cows. Meat from such-infected cows has created the deadly Creutzfeldt-Jakob disease (CJD). Today farmers are prohibited from feeding cows rendering material but they can still feed these products to other farm animals.

Farmers are forced to use all kinds of feeding practises to be able to compete on the market with big corporations who are not interested in our health but rather in their profits. It is important that we buy organic produce free of chemicals, pesticides and rendering materials because by doing so, we support farmers that care about the quality of our food. Organic produce does cost more but I would rather support the farmers than the hospitals.

Using Sunrider products will take us even a step further. The ingredients are grown without the use of any herbicides or pesticides and are fertilized with mineral rich sea weed only. The herbs are then enhanced, highly concentrated and properly formulated. The bulk and water is removed but they are still whole foods with life force and enzymes for maximum nutritional value, balance and cleansing. They are based on the philosophy of regeneration, meaning that when you feed the body proper nutrients, variety and concentration the body will be able to heal itself.

Sunrider skincare, cosmetics and personal care products are also manufactured based on food standards. They are all-natural herbal products with no animal by-products or petroleum-based ingredients.

## Are Sunrider Foods Organic?

Organic food is produced without using most conventional pesticides, synthetic fertilizers, bioengineering or ionizing radiation.

A government agency must inspect and certify the farm before the food can be labeled organic.

Our products are produced from many exotic herbs and plants that grow in the wild in their natural environment and are not usually farmed. Dr. Chen believes that nature is the best farmer. Men cannot successfully duplicate many of nature's best creations. That's why our goal is to use ingredients grown by nature.

When we do use cultivated herbs and plants, we work closely with the farmer. Whatever the source of our raw herbs we make sure the herbs are grown in the right soil, the right climate and the right conditions for maximum nutrition.

Sunrider is also very much concerned about the heavy metal content in our food. So we test each container of raw herbs for heavy metal contents and reject the herbs that do not meet our high standards. Organic is great but it does not guarantee that the produce will have little or no heavy metals.

In the USA, a product can only be certified as either 100% Organic, Organic, or Made with Organic, and at least 70% of the ingredients in the product must be certified organic for this to be used. Since most of the ingredients Sunrider uses are foreign grown, (and the USDA cannot certify foreign grown herbs, produce etc.) it is impossible for us to use "organic" on any of our packaging.

Now you know why you should only eat organic food and Sunrider products for the best nutritional value and safety.