

Organic Rice and Vegetable for Better Life

Healthy life is the most choice for modern people nowadays, because healthy life can bring them to another choices which give them more happiness. With healthy life, someone can do a lot of activities they want to do, for examples he can come together with people he love, travelling to amazing places, sharing each other, or another hobby he can do, which can't do when he isn't healthy.

One factor which can influence human health is food. Technology expansion in modern life doesn't always give positive impact in food industry. Basically, food we eat everyday is a natural substance. But in fact, the food precisely contains a lot of chemical substance which comes from pesticide and chemical fertilizer. Remember too about synthetic growth hormone for plants inside food. That's all because some farmers want to produce faster with high amount and more profit they get.

Basically, human body doesn't need this chemical substances, moreover in large amount can cause some diseases and toxic substance in our blood and body. Since we were a baby, we consume food with chemical substance as long as we live until now. Can you imagine how much this chemical substance are accumulate in our body? While we almost never clean it with cleansing method. The entering toxics are not balance with exhausted toxics. Finally, this causes a lot of diseases in our body.

Natural and organic products rapidly developed as human awareness and need in healthy life increase. This time, there are a lot of organic products has been produced by organic farmers such as organic rice and organic vegetable. This food product can be an alternative for modern life to change food pattern from chemical substance into organic one to decrease its negative impact caused by chemical substance.

What are organic rice and vegetable?

Organic rice and vegetable are food product which is produced naturally without chemical processing or with no synthetic substances like pesticide, herbicide, chemical fertilizer, and no hormone injection. The process is without ionization radiation or genetic modification. It use organic fertilizer to grow. Organic rice and vegetable contain better nutrient for human body and also can be an alternative for treatment.

Why people choose organic food?

There are 8 reasons why they eat organic food

1. Begin with what we eat
2. Stop consuming chemical substance
3. To protect children's health

4. To protect water, land, and air quality.

Impact of organic rice and vegetable for ecosystem is very good. It can fertile the soil and the micro organism in the soil grow naturally which can give amazing mineral and vitamin substance. Nature balance and the habitat can be preserved naturally.

5. To protect the farmer's health
6. To support micro industry of domestic farmer
7. To save money from treatment
8. Because organic food's taste is delicious

There are another different reason for modern people why they choose organic food. And your reason is inside you. Organic rice and vegetable can bring us into better life. No more money for illness treatment, no more chemical substance in our body, and no more complaint for bad condition of life. Be an organic consumer!

About the Author

Eko Adi is author of [Warung Organik](#) providing [Beras Organik](#) And [Sayur Organik](#)

