

Is Organic Food Worth the Expense?

In an effort to become a more healthy many people try to make some lifestyle changes. Some of these changes are dramatic and some are more subtle. Eating organic food is one example of a lifestyle change that can be made. There is nothing to fear from switching to organic food except the maybe the cost. However, organic food may prove to be more beneficial in the long run, even though its cost might seem exorbitant in the short run. The reason for organic food is more expensive is because there is more care involved in producing it. You cannot simply label something "organic" if it has not been grown under certain conditions and met certain standards. Organic food has rules and regulations that must be followed and it must be "certified" as organic. Organic foods are not treated artificially with pesticides, antibiotics or other chemicals.

It makes sense that the more natural a food is the better it will be for our bodies. Less chemicals in the food we eat is certainly something we should strive for in our diet. Remember the old adage, "you are what you eat"? Well, with all the chemicals, pesticides, antibiotics, hormones and fertilizers added to foods these days it's no wonder we are at higher risk for cancer, illness and general gastro-intestinal issues. People spend so much time worrying about their car, boat, house or clothes all material things but don't consider for a minute what they are putting in their mouths.

Organic foods cost more because growing them properly is a little more difficult than non-organic food. Farmers spend more time and money cultivating their crops without the use of pesticides and chemical fertilizers and in turn have to pass this cost up the "food" chain to the consumer.

If you are not ready to adopt a completely organic diet, then start slowly, perhaps with fruits and vegetables. Most non-organic fruits and vegetables have been sprayed with pesticides to keep the bugs and pests away so switching to organic fruits and vegetables would be a good start. Many local grocery stores have organic food sections and these may be less expensive than a store that is exclusively organic. If you have access to a local farmer's market then that might be a good place to start because you can cut out the "middle man" by purchasing directly from the farmer. It is also possible to find coupons in your local paper or mailer for organic products and the stores may have monthly sales on some. If you do find sales, say for frozen or non perishable products, it would be a good idea to stock up on them.

Your health and well being should be your number one priority when choosing what you eat as opposed to simply the cost of the product. Eating organic foods is a good start toward a more healthy lifestyle and the added expense is well worth it.

About the Author

Jay Todd has followed alternative medicine for years and has two websites on [Saw Palmetto](#) and

Source: <http://www.articlegods.com>