

Why Is It Healthier to Go Organic? Food, Skincare, and More

Going organic is good for you for a number of reasons. For starters, it means that you won't be consuming unnatural chemicals or other potentially noxious ingredients. At the same time though, it also means that you are embracing more natural ingredients and generally striving to live a little more in-keeping with nature and the way that your body *evolved* to live.

It means making conscious choices when it comes to your skincare products, even your cleaning products!

And this can have huge benefits for your overall health.

Food

The most obvious example of this is what you eat. If you eat regular fruits and vegetables, then that means that you could potentially be eating trace amounts of toxic pesticides. These are literally man-made poisons that are being sprayed on our food and on our crops and so it isn't hard to see how this might be a problem!

Indeed, pesticides have been shown in a large number of studies to be associated with a range of health problems both short-term and long-term. In the short term, they have been associated with headaches and nausea for example, while in the long term they have even been linked to cancer. Here is a research paper looking at the potential hazards of pesticides.

And it's not just that non-organic foods can be unhealthy either. It's also true that organic foods have additional health benefits. This is because organic foods will be fed with other natural ingredients, which in turn provide them with more nutrition. Thus, those animals and plants become healthier, thereby being more nutrient dense themselves.

This can be seen easily when we look at the difference between corn fed and grass fed beef. Those cows that have been able to live on their natural food source (grass) are able to benefit from better nutrition, which in turn results in a healthier, tastier and more nutritious cut of meat.

Skincare Products

And this doesn't just apply to what you eat either. It also goes for organic shampoos, organic skin care products etc. Many people will find that products that use harsh, unnatural ingredients are much more likely to result in skin rashes or other unpleasant reactions. Conversely, using natural ingredients in things that will come into contact with your skin will often help to provide natural, gentle nourishment.

Did you know that when you use soap, it actually gets absorbed into your blood stream? The same goes for shampoo. So here's a good rule: don't use anything you wouldn't be happy eating!