**Major benefits of the Organic Food**

There are three major benefits from organic food to our health. We want to show to the readers how organic food can really become a wonderful things. First is about the nutrient content, second about the toxic metal contain in the food and the last is about the pesticide amount in the food that found.

A major new study from the United Kingdom reports conclusive evidence that organic crops, and the food made from them, are nutritionally superior to their conventional counterparts, corrects many of the shortcomings of earlier studies, and helps put to rest any doubts about the benefits of organic. Analyzing 343 studies in what was the largest research effort of its kind, an international team of experts led by

Newcastle University found that organic crops and crop-based foods are up to 60 percent higher in a number of key antioxidants than conventionally grown crops, showed that pesticide residues are found much more frequently in conventional foods, and revealed significantly lower levels of a toxic heavy metal in organic crops. The report was published in the July 15 issue of the prestigious *British Journal of Nutrition*.

The Newcastle study also found significantly lower instances of pesticide residues and lower levels of a highly toxic metal in organic crops. Specifically, the study found that conventional crops were four times more likely to contain pesticide residues than were organic crops. Exposure to pesticides has been found to affect brain development, especially in young children, and pose a greater risk for pregnant women and to men and women of reproductive age. The study also found that organic crops had on average 48 percent lower cadmium levels than conventional crops. Cadmium is a highly toxic metal that can cause kidney failure, bone softening and liver damage. It can accumulate in the body, so even at low levels chronic exposure is dangerous.

