**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 to health. First is about the nutrient content from organic food, second about the toxic metal contain in the food and the last is about the pesticide residue amount exposure in the conventional food.

A study in United Kingdom, particularly in Newcastle University has figure out the evidence that the food made from organic, are nutritionally better to than conventional food products. The report was published in the July 15 issue of the prestigious *British Journal of Nutrition*. They are analyzing 343 studies and successfully found out that organic crops and organic crop-based foods are having more than 60 percent number of antioxidants compared to conventionally crops. This research showed that pesticide residues are found more frequently in conventional foods, and revealed lower levels of a toxic, such as heavy metal in organic crops.

The most important thing in organic is safer to consume, researcher’s study found significantly lower amount of pesticide residues and lower levels of a toxic metal (Cadmium) in the organic food. From this study, we can know that conventional crops were four times to contain pesticide residues than the organic crops. The high exposure by pesticides will give bad affect to our body, particularly in brain development especially in young children, give risk for pregnant women. Newcastle study also found that organic crops had more or less 48 percent lower cadmium levels than conventional crops. For information Cadmium is a heavy metal which can cause kidney failure, bone softening and liver damage. Cadmium can accumulate inside the body and the body can’t remove it instantly, so even at low levels, Cadmium will cause danger to ours health.

