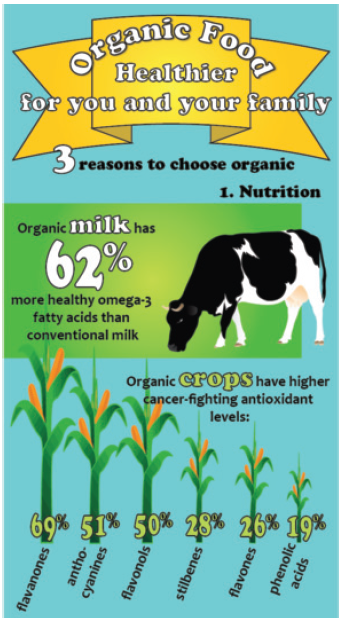
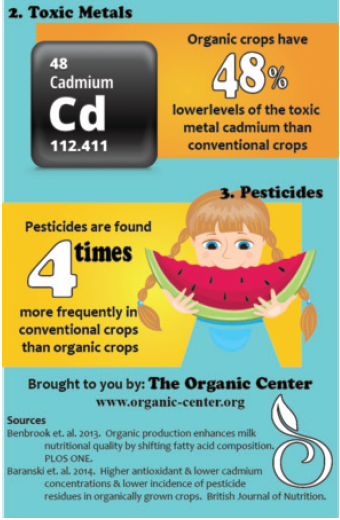
**Major benefits of the Organic Food**

* **Health**

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.



* **Environment**

There are five major benefit from organic crop to the environment, the first one is for the **Sustainability over the long term.** Organic farming thinks the medium term and long term can be influence by organic method. Organic farming not only produce food to fulfil human needs, but also keep the balance in ecology and preserve soil fertility and prevent pesticide problems. Organic farming takes the proactive approach to oppose treating problems before they occurred.

**Second is about s**oil, it building practices such as crop rotations, inter-cropping, symbiotic associations, cover crops, organic fertilizers and minimum tillage are central to organic practices. These encourage soil fauna and flora, improving soil formation and structure and creating more stable systems. In turn, nutrient and energy cycling is increased and the retentive abilities of the soil for nutrients and water are enhanced, compensating for the non-use of mineral fertilizers. Such management techniques also play an important role in soil erosion control. The length of time that the soil is exposed to erosive forces is decreased, soil biodiversity is increased, and nutrient losses are reduced, helping to maintain and enhance soil productivity. Crop export of nutrients is usually compensated by farm-derived renewable resources but it is sometimes necessary to supplement organic soils with potassium, phosphate, calcium, magnesium and trace elements from external sources.  
**Water**. In many agriculture areas, pollution of groundwater courses with synthetic fertilizers and pesticides is a major problem. As the use of these is prohibited in organic agriculture, they are replaced by organic fertilizers (e.g. compost, animal manure, green manure) and through the use of greater biodiversity (in terms of species cultivated and permanent vegetation), enhancing soil structure and water infiltration. Well managed organic systems with better nutrient retentive abilities, greatly reduce the risk of groundwater pollution. In some areas where pollution is a real problem, conversion to organic agriculture is highly encouraged as a restorative measure (e.g. by the Governments of France and Germany).  
**Air and climate change**. Organic agriculture reduces non-renewable energy use by decreasing agrochemical needs (these require high quantities of fossil fuel to be produced). Organic agriculture contributes to mitigating the greenhouse effect and global warming through its ability to sequester carbon in the soil. Many management practices used by organic agriculture (e.g. minimum tillage, returning crop residues to the soil, the use of cover crops and rotations, and the greater integration of nitrogen-fixing legumes), increase the return of carbon to the soil, raising productivity and favouring carbon storage. A number of studies revealed that soil organic carbon contents under organic farming are considerably higher. The more organic carbon is retained in the soil, the more the mitigation potential of agriculture against climate change is higher.  However, there is much research needed in this field, yet. There is a lack of data on soil organic carbon for developing countries, with no farm system comparison data from Africa and Latin America, and only limited data on soil organic carbon stocks, which is crucial for determining carbon sequestration rates for farming practices.  
**Biodiversity**. Organic farmers are both custodians and users of biodiversity at all levels. At the gene level, traditional and adapted seeds and breeds are preferred for their greater resistance to diseases and their resilience to climatic stress. At the species level, diverse combinations of plants and animals optimize nutrient and energy cycling for agricultural production. At the ecosystem level, the maintenance of natural areas within and around organic fields and absence of chemical inputs create suitable habitats for wildlife. The frequent use of under-utilized species (often as rotation crops to build soil fertility) reduces erosion of agro-biodiversity, creating a healthier gene pool - the basis for future adaptation. The provision of structures providing food and shelter, and the lack of pesticide use, attract new or re-colonizing species to the organic area (both permanent and migratory), including wild flora and fauna (e.g. birds) and organisms beneficial to the organic system such as pollinators and pest predators. The number of studies on organic farming and biodiversity increased significantly within the last years. [A recent study reporting on a meta-analysis of 766 scientific papers](http://www.fao.org/fileadmin/user_upload/suistainability/pdf/11_11_28_OA_biodiversity_Rahmann.pdf) concluded that organic farming produces more biodiversity than other farming systems.

**Ecological services**. The impact of organic agriculture on natural resources favours interactions within the agro-ecosystem that are vital for both agricultural production and nature conservation. Ecological services derived include soil forming and conditioning, soil stabilization, waste recycling, carbon sequestration, nutrients cycling, predation, pollination and habitats. By opting for organic products, the consumer through his/her purchasing power promotes a less polluting agricultural system. The hidden costs of agriculture to the environment in terms of natural resource degradation are reduced.

http://www.fao.org/organicag/oa-faq/oa-faq6/en/