**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 study in United Kingdom, particularly in Newcastle University has found out the evidence from organic crops, and the food made from them, are nutritionally better to their conventional food products. The report was published in the July 15 issue of the prestigious *British Journal of Nutrition*.

They are analyzing 343 studies in what was the largest research effort of its kind, found that organic crops and crop-based foods are up more than 60 percent higher in a number of antioxidants than conventionally crops, also showed that pesticide residues are found more frequently in conventional foods, and revealed significantly lower levels of a toxic heavy metal in organic crops.

Their study found significantly lower amount of pesticide residues and lower levels of a toxic metal (Cadmium) in organic crops. This study found that conventional crops were four times more likely to contain pesticide residues than the organic crops. The highly exposure by pesticides will affect brain development, especially in young children, and give a risk for pregnant women and also to men and women in reproductive age. Newcastle study also found that organic crops had on average 48 percent lower cadmium levels than conventional crops. For information Cadmium is on of heavy metal which can cause kidney failure, bone softening and liver damage. It can accumulate in the body and the body can’t remove it instantly, so even at low levels, Cadmium will exposure danger to ours health.

