



Organic Food:

*The Nutrient-Rich Solution to
Conventional Farming's Depletion*





Once upon a time,

food was grown in nutrient-rich soil, and people could rely on it to provide them with the vitamins and minerals they needed to stay healthy. However, over time, the nutrient content of food has *decreased significantly*.

A famous study from the University of Texas Austin, concludes the average vegetable found in today's supermarkets is up to 40% lower in mineral content than those 50 years ago.



Of the 13 most important nutrients in your fruits and vegetables, 6 of their levels have declined substantially (protein, calcium, phosphorus, iron, vitamin B2- and vitamin C, among others), claims another study from the University of Washington. This disturbing nutritional trend is caused by soil depletion: Modern intensive agriculture has stripped increasing amounts of nutrients from the soil in which the food is grown. California State University (Chico) is among the key figures researching these domains.

But fear not,

for there is a solution to this alarming issue: *organic food*. Organic products reduce public health risks to farm workers, their families, and consumers by minimizing their exposure to toxic and persistent chemicals on the farm and in food. Mounting evidence shows this: A recent study published in the PeerJ Journal (scientific research) showed that food grown under regenerative practices had lower levels of elements detrimental to human health, including sodium, cadmium, and nickel, compared with crops from conventional farms, indicating lower health risks associated with regeneratively grown food. Organic foods may even have more healthy fats and possibly more antioxidants than non-organic foods, claims David Montgomery, a research professor of Earth and Space science at the University of Washington.

When it comes to meat, there is evidence that meat from animals raised on pasture has higher nutrient levels than meat from animals raised on grain. Not only does regenerative practices increase meat's nutrient content, but enhances animal welfare and reduces carbon footprint. Discover more on Orbolo's *Regenerative Meat: A story of hope, healing and transformation*.

Opting for organic and regenerative farming enhances nutrition, reduces health risks, and crucially supports environmental sustainability. It's a vital step for personal well-being and our planet's fight against climate change.