



Going Organic

Summer is the perfect time to go organic but why should you and how do you begin?

Organically grown food certifies that it is naturally raised and processed without chemical fertilizers, pesticides, herbicides, antibiotics, growth hormones and other toxic products. When you go organic you improve the health of our planet as well as those you love. Many of the over 300 approved pesticides are "possible" causes of cancer and those that are neurotoxins can cause nervous system damage. Additionally, organic foods have been proven to have much greater concentrations of enzymes, minerals and vitamins.

"Going Organic" is a process and not a perfect science, but it is worth the cost/benefit ratio for your health...think of it as a life/health insurance policy! So begin by getting back to label reading and ask your local whole food/health stores

for help. Wash ALL fruits and veggies. Consider cutting back in other areas of food shopping (low nutritional value items) to be able to budget for all the wonderful, healthy organic food choices you'll find...especially at the farmers markets.

The Top Ten...these are the recommended foods to start purchasing organic: Baby Food, Strawberries, Rice, Oats and other grains, Milk and other dairy products, Corn, Bananas, Green Beans, Peaches and Apples.

I look forward to sharing my "Going Organic" journey with you, responding to any questions or concerns you have and encouraging you as you set a healthy example for your family. I will be your guide and companion as you begin to decrease inflammation and pain in your body, lose weight and increase your energy by "Going Organic"!

- Referenced from Boomers! Publication (May 2012)

- Claudia, RN, KMHC
Nutritional Consultant
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If you're not sure if what you are buying is organic, check for this label: Certified by the USDA.



Eat well, exercise, and enjoy your summer.

Sincerely,

Dr. Richard Venske & KMHC Staff
Kettle Moraine Health Center

**\$25
dollar gift
certificate**

For every new patient you refer to our office, you will receive a \$25 dollar gift certificate which can be used for any product or service offered at KMHC.

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