



Do You Need A Reason To Eat Organic And Avoid Toxins In Your Life?

Recently we were reading an article about a young couple preparing themselves nutritionally before and during pregnancy. Increasingly there is a growing awareness of the importance of the health and nutritional status of both parents pre conception.

Did you know for instance that traditional cultures held the time before pregnancy as sacred, and couples who were planning to conceive would actually spend at least 6 months preparing their bodies by loading up on nutrient dense 'sacred foods' that would provide them with the nutrients needed to conceive and grow a beautiful and healthy baby?

It started us thinking why do many people only start focussing on nutrition when there is an obvious need - like pregnancy or conversely when overweight or ill?

Most of us know that we are the food we eat. Therefore eating the best food that nature can provide is an obvious choice. Food grown in living healthy soils without chemicals, buying only organic foods, knowing where your food comes from, cooking from scratch using a wide range of ingredients will contribute to a healthy, disease free body. In fact Dr. Arden Andersen recommended to eat at least 27 different plants daily making up at least two thirds of your daily diet.

Even knowing this Hugo and I rarely meet this recommendation. Why?

Isn't it worth nourishing yourself with nutrient dense foods to maintain optimum health?

What would it take?

Then how many of us consider having a toxin free home? How hard would that be? Once again we choose carefully our cleaning products, carefully reading the labels to avoid harsh chemicals or using products like vinegar and baking soda. But even then convenience takes over in areas.

When it comes to personal products we choose Dr. Bronner's knowing that not only are we supporting a passionate, ethical supplier we also happen to love the products. It is the same with cosmetics - mine are all chemical free. And clothing - once again choosing ethical labels when we can and made by individual designers using fabrics made from organically grown fibres such as bamboo, wool, cotton and hemp.

Then the home environment - is it toxin free? Ours isn't, that's for sure. We moved in over 35 years ago and inherited synthetic carpets and curtains which we still have!!! And so it goes on.

Most of us get away without too much focus on choosing what is best for us. We consider ourselves 'lucky' for our good health. However we are living in an increasingly toxic world from which we cannot escape, even clean water is not readily available to many. The air pollution runs high, chemical sprays drift for hundreds of miles, emissions from factories and traffic are pretty much inescapable.

Wouldn't it make sense to do everything that we can do to control our personal environment and choose the best and only the best for ourselves and our families? Long term our health for fully living is our most important asset!

Farming Secrets says: Be Present When Choosing.

Ref: Inspired by [The Healthy Patch](#)