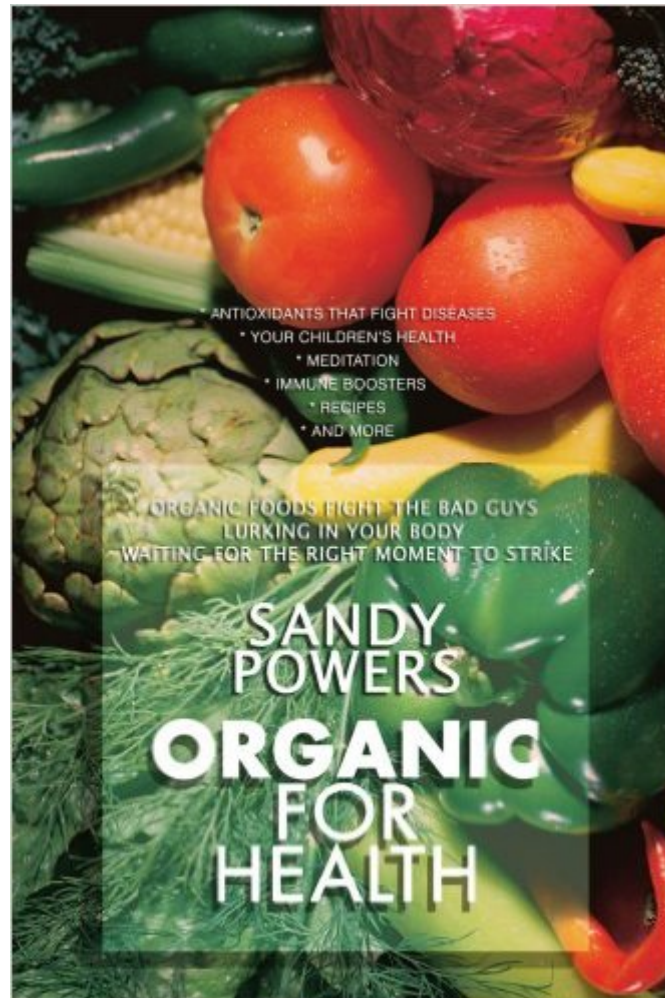


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# Organic For Health



## Synopsis

You won't believe what the U.S. Department of Agriculture permits farmers to inject into beef cattle, sheep, poultry, and dairy cows. After all, the faster an animal gains weight, the more quickly it can be slaughtered and sped to your dinner table. More telling yet, the USDA has mandated that organic food cannot contain added hormones, antibiotics, synthetic pesticides, irradiated components, genetically modified organisms, or reprocessed sewage. That means non-organic foods most likely contain these additives, all of which may be detrimental to your health, or even deadly. While the government insists that residual hormones and antibiotics in food are harmless, research proves otherwise. In *Organic for Health*, cancer and liver disease survivor Sandy Powers shares firsthand knowledge of antibiotics in seafood, pesticide absorption in fruits, diminished vitamin levels in vegetables, and additives that can trigger hyperactivity and asthma. And she brings the healing and restorative power of organic foods, rich in vitamins and minerals that are not over-produced by chemical agents, into sharp focus. *Organic for Health* will convince you to avoid conventionally grown foods laden with the biggest offenders, and more important, to fill your body with the clean, potent vitamins and minerals in organic foods that truly honor your health.

## Book Information

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## Customer Reviews

Americans are being poisoned every day with food that has been approved by the United States Department of Agriculture. The USDA allows terrifying quantities of poisons and contaminants to remain inside the meat and produce that currently fills supermarket shelves. It is a legal practice,

and Americans continue to believe the food supply is safe. Sandy Powers' amazing recount of her battle with breast cancer is one that every American should take to heart. After the initial diagnosis, Powers was unable to have surgery to remove the tumor because the levels of enzymes in her liver were dangerously high, and surgery could cause total liver failure and death. Various tests could not explain the reason behind her illness. She went ahead with the risky surgery, but continued treatment could not be pursued due to the high levels of enzymes. Eventually, Powers decided to try an experiment on herself to heal her liver. She simply undertook an organic diet. It is probably no surprise that the change in diet restored her liver enzymes to healthy levels and positively affected her cholesterol, enabling her body to more effectively battle the cancer. Powers' experience is the inspiration behind Organic for Health. As if her own story isn't convincing enough, she spends several chapters explaining how the food supply is processed and the dangerous (and disgusting) amounts of contaminants suppliers are allowed to ignore. She begins with "Hormones, Antibiotics, and E. coli," briefly covers the seafood industry, then provides some startling statistics on fertilizer and pesticides, including the "Dirty Dozen" most dangerous fruits and vegetables.

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