

ORGANIC FOODS AND HEALTH

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Article Info	ABSTRACT
<p>Article History: Received: 28th June 2025 Accepted: 03rd July 2025 Published: 06th July 2025</p>	<p>This paper explores the concept, production, and health benefits of organic foods. Organic farming avoids artificial fertilizers and pesticides, emphasizing environmental sustainability and traditional agricultural practices. The paper discusses the nutritional advantages, reduced pesticide exposure, and potential disease prevention benefits of consuming organic food. It also highlights consumer perceptions, challenges in certification, and environmental impacts, including biodiversity preservation and reduced greenhouse emissions. Overall, the study supports the growing preference for organic food due to health, ecological, and ethical considerations, while noting the higher costs and need for public awareness.</p>
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Introduction

Food is grown and produced by organic farmers and producers without the use of artificial fertilizers and pesticides. Utilizing renewable resources and natural farming cycles, as well as saving water, soil, and energy, organic farming also aims to preserve the environment and coexist peacefully with current ecosystems.

Traditional farming practices, like combining crops and cattle and rotating crops to prevent soil nutrient depletion, are frequently employed. The cost of organic food is frequently higher than that of conventionally produced food due to labor-intensive processes and smaller scale operations.

Standards and Certification of Organic Foods

Biodynamic farming, a form of organic farming invented by Rudolf Steiner, emphasizes ecological balance and uses natural preparations. Organic foods must meet specific criteria in different countries, such as 95% organic content and avoidance of artificial additives.

Health Benefits of Organic Food

Organic food may have higher levels of nutrients due to natural farming methods. It reduces exposure to synthetic chemicals, may lower inflammation, improve immune function, support digestion, and reduce risks of diabetes and heart disease.

Public Perception and Market Trends

The public often perceives organic food as healthier and safer, leading to increased demand despite higher costs. Claims about better taste and nutrition are common, though not always backed by scientific evidence.

Environmental Benefits of Organic Farming

Organic farming reduces chemical use, conserves soil and water, supports biodiversity, and lowers greenhouse gas emissions.

Challenges and Limitations

Despite the perceived benefits, organic food is expensive and difficult to verify. Nutritional differences remain inconsistent throughout studies due to variations in production and handling methods.

Conclusion

Organic food offers various health and environmental benefits. While public interest grows, continued research and awareness are essential for long-term adoption and policy support.

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