

## **THE IMPACT OF ORGANIC FOOD ON HEALTH AND WELLBEING**

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### **Abstract**

*People are increasingly concerned in the quality of food they consume in order to increase their health and live a life devoid of illnesses. As proven, food in a huge contributor to human body as it is fuel that makes the human machine function appropriately. Nowadays, there are a lot of chemicals used in raising crops, vegetables, fruits and there is a fierce chasing for food devoid of chemicals. The present article focuses on the impact of the food we ingest has on the health and wellbeing of people.*

Keywords: organic food, health, social policy

### **1.INTRODUCTION**

People of the 21<sup>st</sup> century are becoming increasingly concerned of the importance food has on health and wellbeing. The supermarkets are filled with processed foods that are high in saturated fats, sugar and sodium, and low in essential nutrients. These were proved to be responsible for overweight problems and a major contributor to health problems such as diabetes, heart disease, cancer and others.

The percentage of artificial preservatives, flavor enhancers, chemical colorants have been proven to have a negative effect on the human organs. Unprocessed foods have a tendency to be high in the usage of pesticides, chemical fertilizers, antibiotics, growth hormones and other chemicals that we might not be aware of.

The desire to enhance and preserve body health led people to focus more on more natural food i.e. organic food.

The public's hunger for information regarding food is increasing. There are numerous health and nutrition best booksellers that focus on issues concerning more and more people. The media, in all its forms – newspapers, magazines, TV and radio shows – focuses more on more on information that can be helpful for people's interest in adopting a healthier and trustworthy food.

The interest in keeping or getting a healthy life is making people aware of the numerous information and research that is focused on organic food. Most obviously, there is a strong connection between food and health. One needs power of discernment in order to make reliable and informed decisions when it comes to the their wellbeing and that of their family. Unfortunately, there is a large amount of information that is not properly researched and proven, therefore the chase after proper information is becoming more and more difficult.

Civilization, as it is regarded nowadays, reached this stage due to the fact that people advanced in technology and communication. Civilization can be defined as doing whatever one desires so that the others are not disturbed. (Anghel, 2015, 105).

### **2.MATERIAL AND METHOD**

Based on accurate information, dr. T. Colin Campbell reached the following conclusions when it comes to relevant information based on serious research that indicate the path to reducing the occurrence of cancer, diabetes, diseases that affect the immunity system, osteoporosis, Alzheimer, and other diseases:

- ✓ changing food habits make diabetes to give up on their medication
- ✓ heart disease can regress just by changing the food habits
- ✓ breast cancer is strongly connected to feminine hormones in the blood that are determined by the food that we have
- ✓ the consumption of dairy products can rise the occurrence of prostate cancer
- ✓ the antioxidants from fruits and vegetables are strongly connected to mental performance at a late age
- ✓ kidney stones can be prevented through a healthy food consumption (Campbell, 2007, 3)

### **3.RESULTS AND DISCUSSIONS**

These researches prove that a sensible diet is the strongest weapon we could have against sickness and disease. A healthy society can be attained if we focus on a sensible food consumption based on healthy and organic food devoid of chemicals. And as the best way to heal a disease is to prevent it, managing food in our life can lead to encouraging results when it comes to health and wellbeing.

There are some critics that claim there is not enough evidence to support the idea that organic food is healthier or safer than the conventional one; nonetheless, the organic farming methods speak for themselves.

The avoidance of all non-organic farming methods is the main idea of organic food production. That means the usage of artificial fertilizers, pesticides, antibiotics, growth hormones and similar chemicals are strictly forbidden. Organic food producers use only natural farming methods. Among that we mention composting, companion planting, crop rotation, stimulating biodiversity. The products resulted are devoid of

chemicals or other harmful things. Most certainly, organic food lack any genetically modified ingredients or artificial additives.

Despite the measures that are being taken when it comes to general health, people's health is worsening. We tend to spend more on each individual when it comes to food, two thirds of the American people are overweight, 15 million suffer of diabetes. Similar statistics are shown when it comes to heart diseases, cancer et all.

The conception that food might be the trigger of all diseases is proven by the recent research. We all have the tendency to eat what is healthy and tasty or what is culturally acceptable or what our parents taught us to like. Most of us live our lives based on the cultural limitations that define our food preferences and habits.

Without a doubt the main advantage of organic food is provided by the absence of non-natural ingredients. Due to the fact that organic food lacks artificial preservatives, their consumption must be made in a short period of time as when they are fresh. Being fresh increases the intake of nutritional values that they have. Therefore, they need to be consumed relatively soon in comparison with those that have preservatives added that look as they have just been harvested months after it happened. Consequently, the amounts of essential nutrients play a huge role in human health.

There are other great important positive effects organic food offers rather than the direct health benefits i.e. they are healthy for the environment as they lack the hazardous chemicals that might contaminate water and soil.

“Richter's concepts (based on experiments carried out by him between the years 1933 and 1948) is that the relationship between the nutritional needs and the chemical nature of the ingested foods is such that animals only require to select the most adequate foods is such that animals only require to select the most adequate foods for their nutritional needs. The body has the capacity to select foods based strictly on its requirements and the food ingested by free choice is just as adequate as that administered on the basis of rational nutrition. In fact, Richter felt that through his theory – The Theory of Self Selection – both animals and humans eat what they need to eat so that the dietary preferences are adequate to the needs of the body and that outside intervention could not bring a better choice” (Mincu, 2001, 105)

Though, the theory of self selection cannot apply to nowadays diet due to the fact that “man has lost the capacity to recognize the specific absence of a nutrient. All the result of modern dietary technology can bring about imbalances in the diet of contemporary man that he is unable to observe. His dietary preferences – sweet, salty, fatty etc., are not connected with any particular nutritional need but to the pleasure derived from eating this food. Man eats salty foods not because he has an adrenal insufficiency that he feels the need to compensate for, nor does he eat sweets as a result of hypoglycemia, these are dietary habits that are the result of his traditional tastes. It must be remembered that man

feeds on a sensory background that is on the one hand superior and artificial (sight, smell, taste) while on the other hand, digestive and profound – the saturation reflex.” (idem)

The characterization of the modern civilization when it comes to food is given by the food technology that due to its development in food additives, preservative, colorants, chemicals etc. favors the development of certain diseases such as heart disease, diabetes, various types of cancer, obesity et all. Chronic poisoning due to industrial food additives also affects health.

Traditionally speaking, food is the source for the human body. In general, the healthy body adjusts its food intake to its energy needs. Our present society has caused these rules not to be respected “on the metabolic market”, we do not eat in relation to needs but frequently in relation to our possibilities or our desires. (Mincu, 2001, 463) Hippocrates stated 2000 years ago that “our food should be our first physician”. It is still important to respect this precept. In order to achieve this, it is important to have a knowledge of what a calorie is as well as the principles from which proteins, lipids, carbohydrates, minerals and microelements are composed.

Recognition of the importance of diet in the physical and psychic development of children, in the prevention of some diseases as well as in bringing about increased school performances, has led to the application of dietary programs in which students, free of charge or for a fee, have breakfast, lunch, snacks that have been well prepared from the point of view of nutrients.

The diet of man is influenced by geographic and climatic factors as well as the natural food resources available in the area in which he resides. Unlike other living beings, man is a social animal. For this reason, his dietary behavior is conditioned by other factors than those mentioned earlier namely, the economic, social, political, cultural and historic conditions.

For fresh and healthy food one must consume the food that is grown in the area. Doing this, people make sure that they get the best quality of food and also it is an important way to protect the environment, as long distance transportation is no longer required.

As the global epidemic of diet related non-communicable diseases has escalated, it has become increasingly clear that healthy eating initiatives based on public education need to be supported by policies to improve the food environment.

The current “obesogenic” environment, in which unhealthy foods are heavily marketed, easily available and often cheapest options, makes it difficult to make healthy choices in response to information and education. A growing global consensus is forming around the need for governments to implement public health nutrition regulation in the form of food taxes and subsidies, informative product labeling, marketing restrictions and urban planning initiatives targeting processed and pre-prepared (e.g. “fast”) food high in salt, sugar, saturated fats and trans fats. (Thow and McGrady, 2014, 139)

#### 4. CONCLUSIONS

The setting of research priorities is the first step in dynamic process to identify where research findings should be focused to maximize health benefits. (Lydon, Zipurky, et al, 2014, 96)

Tension exists between an investment regime that promotes investment in the food-chain and the goals of public health nutrition measures. Incentives to investment can lower production costs and make unhealthful products more affordable; investment contracts can tie the hands of health regulators. In a context of growing government concern, increasing foreign investment in the food and beverage sector and greater reliance on investment law to protect the interests of investors, healthy policy makers should play a more active role in shaping investment policy. (Thow and McGrady, 2014, 142)

As natural and chemical free products are more difficult to grow, there is a growing concern that the farms that produce these types of food might not be able to support themselves in terms of continuing their activity.

There is a dire need for further research on the intersection of investment and public health nutrition policy, especially descriptive studies on how states balance the interests and how different policies affect investment and public health nutrition regulation. There is also a need for legal studies on the implications of different legal instruments and the most appropriate legal approaches to implementing different policy options. (Thow and McGrady, 2014, 142)

As the interest in healthy products increase, we expect a growth of companies that would promote healthy foods by producing high quality products respecting the natural laws of nature instead of helping out the crops, vegetables, fruits etc. with chemical additives.

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