

Eat Organically to Reduce the Risk of Cancer



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Eating organically may reduce the risk of all cancers, especially postmenopausal breast cancer and lymphomas.

According to [JAMA](#), **promoting organic food consumption could be a promising preventive strategy against cancer.**

Since our immune system is our defense against disease, eating for nourishment, versus pleasure and comfort, and introducing less toxins into the body, which can overload the immune system, is key to a strong defense.

[Organically farmed foods](#) are less toxic than conventionally produced foods because organic methods restrict the use of pesticides, fertilizers, antibiotics, irradiation, industrial solvents, and synthetic food additives. Organically farmed foods also bear **slightly to modestly higher nutritional content.**

Organics May Also Reduce the Risks of Allergy and Obesity

According to the [National Institute of Health](#), NIH, **organic food production has several documented and potential benefits for human health**, and wider application of these production methods would benefit human health.



The NIH also states that: the main source of human exposure to pesticides and residues is in the consumption of conventional fruits and vegetables; that the use of antibiotics in conventional animal production as a key driver of antibiotic resistance in society; and that:

Epidemiological studies report adverse effects of certain pesticides on children’s cognitive development.

Cleaner Foods. Cleaner Diets. Cleaner Bills of Health.

Organic Foods Are Less Toxic

Organic foods can reduce our exposure to:

- pesticides, fertilizers, antibiotics, irradiation, industrial solvents,
- artificial colors, flavors and preservatives and
- GMO foods, ingredients and contamination

Organic Foods Are More Nourishing

Compared to conventionally-raised foods, organically-raised foods contain:

- modestly higher contents of antioxidants in fruits and vegetables and
- higher contents of omega-3 fatty acids in dairy products and meats

Farming’s Effects on the Environment

According to [Wiki](#), “from an environmental perspective, fertilizing, overproduction, and the use of pesticides in conventional farming may negatively affect ecosystems, biodiversity, groundwater, and drinking water supplies. These environmental and health issues are intended to be minimized or avoided in organic farming.”

Five Ways to Reduce Harmful Chemicals in Your Food and Water

Consider the subchapter, “Five Ways to Reduce Harmful Chemicals in Your Food and Water.”



15 Reasons to Eat Organic

Also, consider [15 Reasons to Eat Organic](#)



Our mission at The Thermogram Center is, in part, to empower clients with preventive education. Many underlying causes of cancer are manageable. We hope to be a part of your efforts to secure a healthier tomorrow. Learn the mitigation techniques to help you and your loved ones, pets included, to reduce the risk of cancer. Be the Cure. Support Prevention.

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