

# *Sarah's Healing Touch*

## *for Women*

### **The Dirty Dozen & A Word On Organic**



Choose organic produce whenever possible. The absence of pesticides and other toxic chemicals is only one of many benefits of organic food. The most important reason to consume organic food is the superior nutrition of organic fruits and vegetables in comparison to conventionally grown produce. Most people are very deficient in vitamins, minerals, and overall nutrition. The best way to nourish your body is to consume organic produce and whenever possible, locally grown. I consider it important to get the produce that was allowed to ripen on the vine and straight from the ground because it is the best for nourishment. Fresh fruit and vegetables are several times more nutritious when consumed shortly after picking and retains significantly more nutrients. Having said this do the best you can regarding buying organic. If you shop wisely you can buy organic produce very reasonably priced. I shop sales, what is in season, and in bulk. I try and buy organic and fresh as possible but there are some things that I rarely get organic because of price and knowing that they are in the "safe" zone. Here is the list of the **DIRTY DOZEN**. These fruits and vegetables are highly exposed to pesticides and chemicals because of their leaves and thin skin, which gives nothing to protect them. Some of the items that I rarely buy organic are bananas, pineapples, and citrus fruit. This is because they have thick skin and so do not need to be sprayed as heavily.

### ***THE DIRTY DOZEN:***

- 1. Kale/Greens**
- 2. Lettuces & Spinach**
- 3. Grapes**

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**4. Strawberries & Blueberries**

**5. Cherries**

**6. Potatoes**

**7. Cucumbers**

**8. Peaches/Nectarines**

**9. Peppers**

**10. Apples**

**11. Celery**

**12. Corn**



*"Health is a relationship between you and your body"*  
~ Terri Guillemets

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