

Organic foods: eat them

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News Writer

You are thinking of going on a diet to help shed a few pounds, especially after stuffing yourself during Thanksgiving. Now it's Monday and the greasy pizza just does not look appetizing, so you try the salad. Before you decide to start munching down on the salad, did you ever think that this is the best option? Have you ever thought of trying organic foods instead of the "traditional" chemically produced foods that we consume everyday?

Chances are that you think I am some sort of hippie promoting organic foods and in the end of this article I will ask you to, "chill out man," but, in fact, I am not a hippie. I am just a concerned student thinking about the food we eat in our society. I just want to spread the message of a healthier alternative to food. Most of you have walked into stores like New Leaf or Whole Foods and seen the special labels that go before the names of foods that say Organic. In case you don't know, organic means that the food is grown without the use of chemicals in fertilizer. Now how does this help with losing a few pounds? Recently, studies have been conducted to find out if eating organic food can help people lose weight. What researchers have found is that it can help with keeping bodies slimmer. This begs the question of, "why does it work?"

The typical food we find on the shelves of grocery stores is heavily processed. For example, take a bag of Doritos and look at the ingredient list. Now, try to pronounce the ingredients and identify what they are. It is most likely that you cannot even name all the ingredients without stumbling and let alone figure out what each of them are. Now let's say you eat the Doritos,

what does your body do with all the ingredients? One hundred years ago there were no such thing as Doritos; the food was natural and didn't receive chemical treatment. Now, our bodies have to somehow deal with these new and foreign chemicals. Your body typically tends to do is store it as fat. To make matters worse, the additives used in the food cause us to crave more, leading to over eating. So as we eat these Doritos, the chips make us fat, cause us to eat more and make matters worse. A similar process happens with non-organic salads. Salads are sprayed with pesticides and herbicides while growing. Some of these chemicals stay on the vegetables when we eat them and our body stores them as fat. While the amount of fat created is minimal, it is still unhealthy to be storing pesticides and herbicides in our bodies. The solution to this problem is eating organic foods. Organic foods do not have chemicals and will be processed by our bodies efficiently and naturally. It will cause us to feel fuller as there are no additives and will keep our lives healthier. As human beings, we have survived off the food we have called organic since we first existed.

If you want a better solution than eating just a salad from the cafeteria, try something else that's organic. It may cost a bit extra, but the benefits are too valuable to be ignored.



Penn State

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had the courage to tell any officers about what Sandusky was doing even though they knew what was going on and what had been going on for years.

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QUIZ: Are You A Narcissist???

1 What is your great source of inspiration?

- a. Internal influences
- b. External influence
- c. yourself

2. Your dreams are usually of:

- a. what dreams?—I don't remember any.
- b. standing in front of a crowd in your underwear
- c. yourself

3. Who is your ideal date with?

- a. the guy/girl of your dreams
- b. I'm not good enough for anyone
- c. yourself

4. If \$10,000,000 were up for grabs, who would be the most deserving?

- a. starving children
- b. anyone but yourself
- c. yourself

5. When you try to think of other things, the only thing you can think of is:

- a. yourself
- b. yourself
- c. yourself

If you answered mostly a. you have nothing to worry about. You have common human responses that indicate a strong, functional, grounded human being.

If you answered mostly b. you need some help. Learn to love yourself, and trust that you are good enough. But hey, don't let us inspire you; look within yourself for inspiration.

If (yourself) answered mostly c. (yourself) are absolutely a narcissist. (Yourself) probably can't even read this clearly because (yourself) are probably only thinking about (yourself).

