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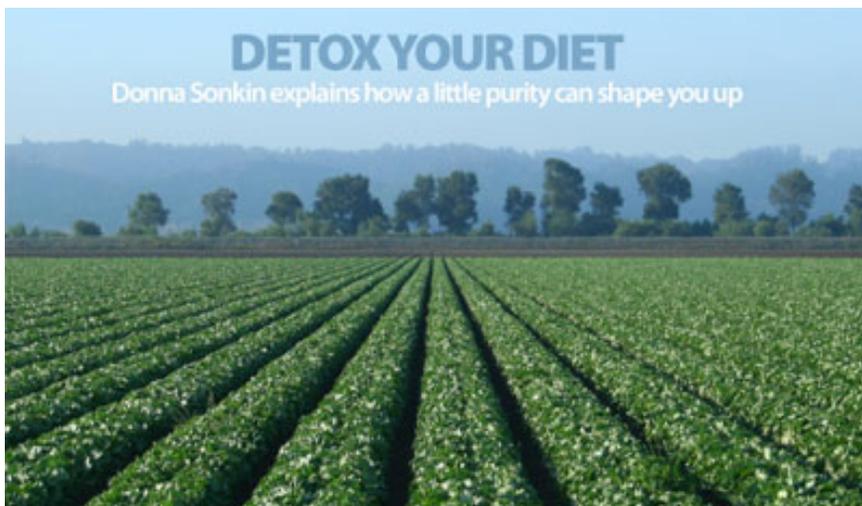
HEALTH

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The Benefits Of Buying Organic Food

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DETOX YOUR DIET

Donna Sonkin explains how a little purity can shape you up

The human body was created millions of years ago and it understands two things: nutrition and waste.

Chemicals, pesticides and herbicides, which were introduced into the food supply in the late 1960's, are a relatively new thing. Our bodies don't really understand what to do with them, so they don't get moved along as waste or into the bloodstream for nutrition.

So, where do they go, you ask? They hang out in the "toxic waste dump" of the body – the fat cells. Eventually, one of two things can happen:

- Our fat cells get overloaded with fat resulting in toxicity getting re-released into the body. This explains why we see overweight people having all sorts of health trouble, e.g., diabetes, cancer, skin tags, etc.
- Our fat cells get engorged with chemicals and release all of that toxicity right back to the body. This usually happens after years of build up or as people approach their 50's and 60's.

Either way, the body needs to find balance and stop the toxins from

- a) building up
- b) getting in there in the first place

To stop this from happening, it's really simple. Stop letting the chemicals in! Here's how:

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1. Buy organic foods or join a C.S.A. (community supported agriculture) - where local farmers offer “shares” of their crops for the season. A half-year share runs approximately \$400. You simply sign up and then once a week go to a “pick up” spot for your fresh, organic produce. I walk away from my CSA every week with two huge bags bursting at the seams! Most local farmers don’t use pesticides or herbicides and the food is picked at the peak of ripeness. This is also great for the environment because the food travels less and therefore uses less fuel, creating fewer pollutants. Check out [Local Harvest](#) or go to one of New York’s forty-five green markets.

2. Eat Whole Foods!

Choose foods that are not processed. For example, a grain is a fantastic whole food, but when it is processed into that “white stuff” we see all over the supermarket shelves, all of its good fiber and serotonin-boosting complex carbohydrate power goes away. What’s left is a white paste that the manufacturer adds back or “enriches” with synthetic vitamins, which the body does not know how to process.

Look for whole grain - sprouted breads, when grains are sprouted or soaked they release phytic acid, a mineral blocker, which has been linked to a host of digestive disorders as well as many diseases. According to Paul Check founder of the Check institute “there are many scientific indicators linking grain consumption to rheumatic and arthritic conditions as well” the best course of action is to look for whole grains like brown rice and quinoa and soak them for at least 4 hours or find whole sprouted breads in the freezer section of your local health food store.

I love the breads from *Ezekiel*, *Alvarado Street Bakery* and *Pacific Bakery*, all available at Whole Foods.

Another tip is to take a look at the ingredients listing on food—if it contains chemicals like fake sugars (aspartame, saccharin and sucralose), just say NO! Not only are fake sugars chemicals that the body does not understand, they have also been shown to actually increase sugar and carbohydrate cravings. One of their main components, phenylalanine, blocks the body’s natural ability to produce serotonin (the feel good hormone).

I have found that gentler, natural sugars are a good substitute. They have minerals, fiber and vitamins that the body needs. With their extra nutrients and fiber, they will not spike insulin levels; because they come from nature, they are in harmony with the system. Ones to try: agave nectar (cactus syrup), organic grade ‘B’ maple syrup, and brown rice syrup. Remember to use these sparingly as they do have calories.

Also quite sinister: any artificial colors and high fructose corn syrup. Simply put, if you can not pronounce it and it does not look or sound like it came from food, put it back on the shelf and run for your thin and healthy life!

3. Sweat it out baby...

With heart-pumping exercise - even if it is simply putting the radio on and goofing off in front of the mirror for 15 minutes, you are clearing out the toxins, saving your life and getting fit. Not bad, huh? Just make sure that you are doing something that you love. One of my clients goes ice skating another started taking a Salsa class. A good rule of thumb is to explore your options and find things that made you happy as a kid – e.g., you could even set up a Saturday kickball game. Just remember to keep it **fun!** The last thing you want to do is start to resent your workout.

With these basic principles you are now well on your way to optimum health. I have seen people literally drop 10 lbs. in a month from giving up chemicals and eating more dark green organic vegetables. Try it and let me know how it goes. Some of the health benefits of ridding the body of chemicals clearer

skin, vibrant energy, clearer thought process and much more!

It is your turn to shine. Go for it chemical free!



Donna Sonkin H.H.C., A.A.D.P.

Donna Sonkin is a Certified Holistic Health Counselor accredited with the American Association Of Drugless Practitioners. Donna's **"Get Thin For The Camera"** program is devoted to helping actors, models and performers of all types achieve their optimum weight through a 'whole food nutrition' approach.

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