



ORGANIC MUSCLE

# Organic Food Guide





# What Is Organic?



Organic foods are grown without the use of bioengineered or genetically modified seeds, synthetic chemical fertilizers, pesticides or herbicides. The soil for organically grown crops is fertilized by natural means, such as compost or manure. Farmers control weeds naturally with crop rotation, hand weeding, mulching and tilling. Bothersome pests are managed naturally by using birds, other insects, hand picking, traps and naturally-derived pesticides.



# Conventionally Grown Foods

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Conventionally grown is an “agricultural term” referring to a method of growing edible plants and other products. Organic method and conventional methods differ dramatically in nearly every aspect. Organic farmers and producers grow crops without synthetic chemicals, fertilizers, pesticides, antibiotics, hormones, or genetically modified organisms. Meanwhile, conventionally grown products often use controversial fertilizers and pesticides which allow for higher yield, out of season growth, greater resistance, greater longevity and a generally greater mass. These crops are typically sprayed with toxic herbicides and pesticides that end up in our air, water and food.



### Conventional Food Dangers:

- Use of GMO's (1)
- Use of Pesticides (2)
- Use of Herbicides (3)
- Bad For The Environment (4)
- Bad For Biodiversity (5)
- Leads To Toxin Exposure (6)
- Less Antioxidants (7)

(\*) Study Linked

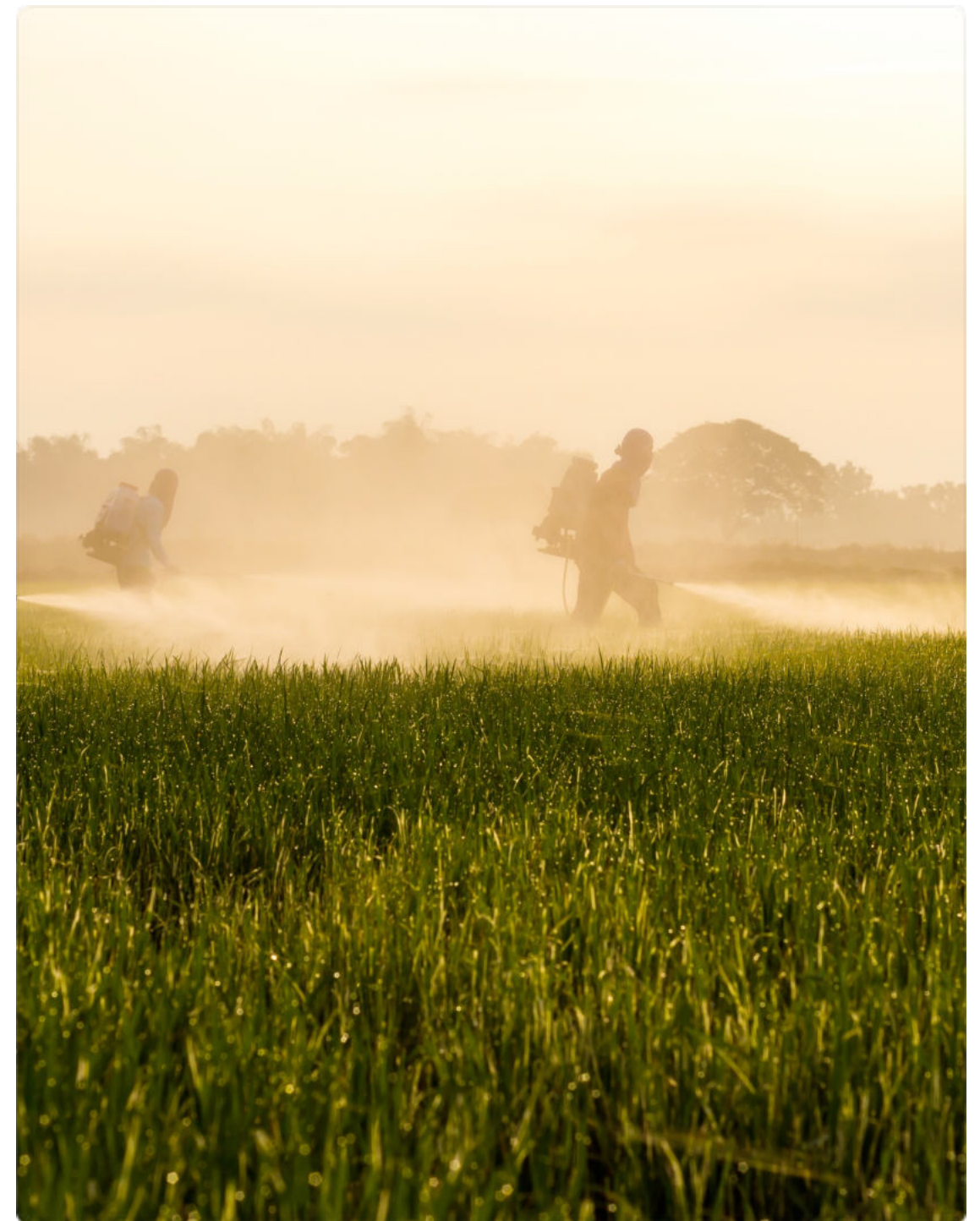
A recent study commissioned by the Environmental Working Group found that glyphosate, the active compound in the popular weed killer "Roundup," was in every sample of oat-based cereal and other oat-based foods marketed to children. Three-fourths of those glyphosate containing samples had levels higher than what EWG scientists consider protective of children's health!

Why is glyphosate ending up in all these foods? The use of genetically modified or "GMO" crops is the main cause. Certain crops are genetically modified to withstand being sprayed with Monsanto's "Roundup" herbicide. They are called herbicide tolerant or "Roundup Ready" crops.

Others are genetically engineered to produce their own "**Insecticide**" from the bacterium **Bacillus thuringiensis** or "Bt". This bacterium will attack the intestinal lining of the insects that eat it and essentially kill them from the inside out. This insecticide is now in the food after harvesting and may present danger to the human digestive system.

Many nutritionists and naturopathic practitioners believe that this is the cause of the increase in irritable bowel and intestinal diseases. While there is much circumstantial evidence to support this hypothesis more research needs to be done to make a full determination.

In addition, each year the herbicide tolerant or "RoundUp Ready" crops are sprayed with more than **250 million pounds** of glyphosate containing herbicide, which kills the other plants and weeds it comes into contact with, leaving the "Roundup Ready"





crops unharmed.

Overuse and misuse of this herbicide has led to evidence of it **leaching into the ground water**, which ends up as our drinking water. Water isn't the only place glyphosate is ending up either. It has been found in the urine of farmers and farm workers and even in **75% of air and rain samples** collected **in this study!**

So, glyphosate seems to be almost everywhere, what exactly makes this a problem? While the idea of any synthetic chemical seeping into every area of our lives should sound like a bad idea to anyone, glyphosate in particular should pose an even more disturbing reaction.

The cancer-research arm of the World Health Organization named **glyphosate a probable carcinogen** back in 2015. This idea is gaining even more momentum with the more recent ruling, which **awarded \$289 million dollars** to Dewayne Johnson in a lawsuit against Monsanto, the maker of the glyphosate containing weed killer Roundup. This settlement verified that exposure to large amounts of the weed killer during his time as a school groundskeeper led to his cancer.

Unfortunately, cancer isn't the only health concern from exposure to chemical herbicides and pesticides. The insecticide chlorpyrifos has been linked to **developmental delays in infants**. Studies also suggest that pesticide residues, at levels commonly found in American children, may **contribute to the prevalence of ADHD**. These residues have also been linked to **reduced sperm quality** in men.





# Benefits of Organic Foods

The number one benefit is that these crops are not grown with any harmful pesticides or herbicides. Organic crops were shown to not only be **less likely to contain detectable levels of pesticides**, but they were also **less likely** to test positive for toxic heavy metals like cadmium.



## Organic Food Benefits:

- Higher Levels of Antioxidants <sup>(1)</sup>
- Reduce Risk of Cancer <sup>(2)</sup>
- Less Likely To Have Heavy Metals <sup>(3)</sup>
- Organic Food Is Fresher, Due To Lack of Preservatives
- Usually Produced By Smaller Local Farms
- Better For The Environment
- Better For Biodiversity <sup>(4)</sup>
- No Use of GMO's or Genetically Modified Organisms
- No Use of Harmful, Cancer Causing Herbicides Like RoundUp

(\*) Study Linked



The health benefits of organic food doesn't end there! During a **six-year study** in the Journal of Agricultural and Food Chemistry, researchers found that organic onions had about **20% higher anti-oxidant content** than conventionally grown onions.

**In a more recent study**, organic crops were shown to contain higher concentrations of antioxidants on average than conventionally grown foods. Not only can organic foods increase your antioxidant intake, they can **reduce your overall risk** of several types of cancer. These benefits are proof that eating organic food is well worth the added cost that comes along with it.

Fortunately we are beginning to see the cost of organic foods going down, with retail giants like **Amazon** purchasing **Whole Foods** and gearing towards a healthier, organic market. In fact, just this week Whole Foods announced **New Lower Prices** on produce and more. This along with the **additional savings** for **Prime Members** on sale items and other exclusive deals, is making **Whole Foods** a more affordable place to shop for your groceries.

Organic farming is also **better for the environment** and the biodiversity of the ecosystem. These farming practices reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without the use of herbicides or pesticides is also better for nearby birds, insects and other animals, as well as the people who live close to farms.





America's huge food production system exports massive amounts of agricultural products each year; **\$139.5 billion** in the fiscal year for 2013. This is number that is projected to increased over the years. While this is a positive in many ways, providing million jobs and helping to feed families across the world, the effect on the environment is staggering.

Our rivers and lakes in particular are being contaminated at an alarming rate. **According to the U.S. Environmental Protection Agency** or "**EPA**," agriculture is the nation's **leading cause of impaired water quality**. The effects of these pollutants on specific waters vary and may not always be fully assessed. However, we do know that these pollutants have harmful effects on drinking water supplies, recreation, fisheries and wildlife.

**Nonpoint Source Pollution** or "NPS" pollution generally results from land runoff, precipitation, atmospheric deposition, drainage, seepage or hydrologic modification. NPS pollution, unlike pollution from industrial and sewage treatment plants, comes from many diffuse sources.

**NPS pollution** is caused by rainfall or snowmelt moving over and through the ground. As this runoff moves, it picks up and carries away natural and synthetic pollutants, which it ends up depositing into lakes, rivers, wetlands, coastal waters and ground waters.

**Sources of NPS pollution** can include excess fertilizers, herbicides and insecticides from **agricultural lands** and residential areas.








ORGANIC MUSCLE

Chapter 2

# Buying Organic

A photograph of a person wearing a denim shirt, holding a blue plastic shopping basket. The person is in a grocery store, selecting a bunch of bright orange carrots from a display. The background is filled with various green leafy vegetables, creating a vibrant and fresh atmosphere. The lighting is bright, highlighting the colors of the produce.

Now that you know the dangers of conventional farming for the consumer and the environment as a whole, you are ready to learn some tips on saving money and what to look for when buying organic foods.



# The Dirty Dozen

When it comes to conventional crops, they are not all created equal. Environmental Working Group released it's **2019 Dirty Dozen list** and it is reminder to us all that we still have a lot of work to do cleaning up the food system. This year, the report found that almost **70 percent of produce** sold in the U.S. tested positive for **at least one pesticide**. Whats more surprising, the health food kale was among the dirtiest of the bunch. Overall, the USDA found 225 different pesticides and pesticide breakdown products on popular fruits and vegetables Americans eat every day. Before testing, all produce was washed and peeled, just as people would prepare food for themselves, which shows that simple washing does not remove all pesticides. Below you will find the foods from the EWG List that positive. Each of these foods tested positive for a number of different pesticide residues and contained higher concentrations of pesticides than other produce.



**EWG 2019 Dirty Dozen List:**

- |                     |                   |
|---------------------|-------------------|
| 1. Strawberries (1) | 7. Peaches (7)    |
| 2. Spinach (2)      | 8. Cherries (8)   |
| 3. Kale (3)         | 9. Pears (9)      |
| 4. Nectarines (4)   | 10. Tomatoes (10) |
| 5. Apples (5)       | 11. Celery (11)   |
| 6. Grapes (6)       | 12. Potatoes (12) |

(\*) Study Linked



Some of this years key findings were that **more than 90 percent** of samples of strawberries, apples, cherries, spinach, nectarines, and kale tested positive for residues of two or more pesticides. Kale and spinach samples had, on average, **1.1 to 1.8 times as much pesticide** residue by weight than any other crop. This was probably one of the more shocking findings because kale is typically considered a health food.

The USDA had not tested kale for almost a decade. But even as its popularity as a health food rich in vitamins and antioxidants has sky-rocketed, the level and number of pesticide residues found on kale has increased as well. **EWG's analysis** places kale third on this year's **Dirty Dozen™**, which is their annual ranking of the fruits and vegetables with the most pesticides.

More than **92 percent of kale samples** tested had two or more pesticide residues detected, and a single sample could contain up to **18 different residues**. The most frequently detected pesticide, found on nearly 60 percent of kale samples, was **Dacthal**, or "DCPA," classified by the Environmental Protection Agency **since 1995 as a possible human carcinogen**.

In 2005, its major manufacturer **voluntarily terminated its registration for use** on several U.S. crops, including artichokes, beans and cucumbers, after studies found that its chemical breakdown byproducts were highly persistent in the environment and could contaminate drinking water sources.

Then in 2009, for the same reasons, the **European Union prohibited all uses of Dacthal!** Yet it is still used in the U.S. on crops including kale, broccoli, sweet potatoes, eggplant and turnips.





Each year, Americans eat about eight pounds of fresh strawberries, but along with them comes dozens of pesticides, including chemicals that have been linked to cancer and reproductive damage or have been banned in Europe. In 2015 and 2016, conventionally grown strawberries tested by the U.S. Department of Agriculture contained an average of 7.8 different pesticides per sample, compared to 2.2 pesticides per sample for all other produce.

If that wasn't bad enough, strawberry growers use large amounts of poisonous gases to sterilize their fields before planting, killing every pest, weed and other living thing in the soil. This along with the USDA tests that found strawberries to be the fresh produce item most likely to be contaminated with pesticide residues, even after being picked, rinsed in the field, and washed before eating. This is why strawberries yet again find themselves at the top of the list for the EWG's Dirty Dozen™.

Between January 2015 and October 2016, USDA scientists tested 1,174 batches of conventional strawberries, about 89 percent of which were grown in the U.S., with the rest coming from Mexico, except one, which came from the Netherlands. These tests found that almost all samples (99%), had detectable residues of at least one pesticide. 30 percent of those had residues of 10 or more pesticides!

The dirtiest strawberry sample tested had residues of 23 different pesticides and breakdown products. These samples had residues of 81 different pesticides in various combinations, some of which are linked to cancer, reproductive and developmental damage, hormone disruption and neurological problems.





# The Clean Fifteen

In contrast to the dirty dozen, we have the clean fifteen which are the least pesticide contaminated.



## EWG 2019 Clean Fifteen List:

- |                        |                      |
|------------------------|----------------------|
| 1. Avocados (1)        | 9. Kiwis (8)         |
| 2. Sweet Corn (2)      | 10. Cabbages (9)     |
| 3. Pineapples (3)      | 11. Cauliflower (10) |
| 4. Sweet Peas (Frozen) | 12. Cantaloupes (11) |
| 5. Onions (4)          | 13. Broccoli (12)    |
| 6. Papayas (5)         | 14. Mushrooms (13)   |
| 7. Eggplants (6)       | 15. Honeydew Melons  |
| 8. Asparagus (7)       |                      |

(\*) Study Linked



The food taking the **number one spot** for being the least pesticide contaminated is none other than the avocado. This healthy, fatty superfood had only one type of pesticide found on **less than 1%** of the **360 samples tested** by the USDA. These avocados were all prepared prior to testing, by washing or peeling them. The avocados naturally thick skin it typically peeled before eating. This skin serves as a protective barrier for the inner fruit, so most of the **pesticides that would be present** are removed prior to eating.

Not only are avocados one of the cleanest foods, they are also one of the healthiest. This unique fruit is high in healthy fats, unlike most fruits which consist primarily of carbohydrates. Avocados are the fruit of the tree known as *Persea americana*. This fruit is praised for its high nutrient content and is added to various dishes for its good flavor and rich texture. It is the main ingredient in guacamole, giving it that smooth creamy texture.

Avocados have become incredibly popular among health-conscious individuals, often referred to as a superfood due to the health properties that they can provide. Of the many varieties of avocado, pear shape, round shape, black or green colored, the hass avocado is the most popular. Referred to as the “Alligator Pear,” due to its pear-shaped, green, bumpy skin, which bares resemblance to an alligator.

The yellow-green flesh that is harvested from the fruit is rich in various nutrients, including 20 different vitamins and minerals. The most abundant of those nutrients present are Vitamin K at 26% DV, 20% DV of Folate, and 17% DV of Vitamin C.





This fantastic fruit also contains 14% DV of Potassium and Vitamin B5, along with 10% DV of Vitamin E. Not to mention the trace amounts of Magnesium, Manganese, Copper, Iron, Zinc, Phosphorous and Vitamins A, B1 (Thiamine), B2 (Riboflavin) and B3 (Niacin). All packed into a food with 160 calories, 2 grams of protein and 15 grams of healthy fats. Of it's 9 grams of carbohydrates, 7 are fiber, giving it only 2 "net carbs" which makes it a low carb or keto-friendly food.

The second cleanest food on the list was sweet corn. **Less than 2% of sampled sweet corn**, which included corn on the cob and frozen kernels, had detectable levels of pesticide. While this makes corn and corn products sound safe, **at least 8% of sweet corn**, and the majority of starchy field corn used in processed foods, is grown from genetically modified seeds. These corn seeds are genetically engineered to produce there own "**Insecticide**" from the bacterium **Bacillus thuringiensis** or "Bt."

The GM corn then acts as the insecticide, killing the insects from the inside out by attacking their intestinal lining. Once again, many nutritionists and naturopathic practitioners believe that this is the cause of the increase in irritable bowel and intestinal diseases. Corn would be the one item on the clean fifteen we would recommend buying organic.


So, if you want to avoid pesticides, herbicides and foods that act as there own, buy organic and non-gmo produce, especially when it comes to the Dirty Dozen, and stick with the Clean Fifteen when organic and non-gmo are not an option. This will also help cut the cost of your grocery bill.





## Chapter 3

# Nutritional Information



All of our bodies require various vitamins and minerals that are essential for optimal health and body development, as well as preventing disease. These are often referred to as micronutrients because they are vitamins and minerals that are not produced by the body and must be found in food. Lack of these essential nutrients can lead to deficiencies that cause all sorts of health problems.



# Lack of Nutrients

When the body doesn't take in or absorb the necessary amount of a nutrient, deficiencies begin to occur. Health problems that can arise from various deficiencies include digestive problems, skin disorders, stunted or defected bone growth, and even dementia. The amount of nutrients you should intake to avoid this deficiencies varies by age. Luckily, in the United States many of the foods found in your local grocery store, such as cereals and breads, are fortified with these nutrients to prevent deficiencies. In some cases, this doesn't even do enough as a preventative. So, how do people still end up with nutritional deficiencies?



- Causes**
- Poor Diet
  - Busy Lifestyle
  - Factory Farming
  - Depleted Soil



Poor diet or lack of healthy nutrient filled foods is the biggest cause of nutritional deficiencies. There are many different culprits for this widespread nutritional epidemic. Most Americans do not eat a wide enough variety of foods or they rely on nutrient deprived processed foods. The importance of nutritional diversity has been **known since 1497** when Vasco de Gama's crew discovered citrus cured scurvy. We now know that lack vitamin c was the cause. Many scientists believe that nutritional deficiencies can contribute various health issues such as, Alzheimer's, dementia, and even cancer though this hasn't been conclusively proven.

However we do know that in order to achieve optimal health we should eat balanced diet filled vitamins, minerals and micronutrients. Many of the most popular restaurants in America cater to speed and convenience over health and nutrition. These foods are highly processed and packed full of sugars, fillers, artificial flavors, preservatives, and other low quality ingredients.

To make matters even worse, these foods are processed in factories and frozen. Then they are shipped across the country to various locations where they are fried and served to you and your family as a meal. A “meal” that lacks most of the essence of what a true meal should be. Fresh, filling, and nutritious. No wonder they can charge such low prices and still turn such a high profit.

So why do people even buy this junk? Well one fact about junk food has proven to be true time and time again. People love the taste. Fatty, sugar filled, highly processed foods seem to hit people in the taste buds right where it counts. So much so that it





has **created a multibillion dollar industry** across the globe.

But is it just the tastebud temptation that fuels this industry? The answer is in the name of the industry itself, “Fast Food.” The speed at which the food is prepared for the customer is just as important of a factor as the tempting taste of the food. The ability to drive up to a window with your car and grab a bag of food to go has completely shifted the way we eat our meals to fit our busy, fast-paced lifestyles.

Busy fast-paced lifestyles don’t seem to be going anywhere anytime soon. In fact, we just seem to keep getting busier and busier as we get older and as technology advances. Our care-free childhood days seem to fade into fond memories as we add on more tasks and responsibilities of adulthood to our daily lives.

The days where cleaning our rooms and catching our favorite Saturday morning cartoons seemed to be the biggest of our worries are long gone now. We have exchanged our role as a child for a new, even bigger one as an adult. With that exchange comes a whole new world of worries and responsibilities. From finding a job and paying your bills to becoming a parent of your own children, there are many new obstacles and challenges that come with this role. So many that it makes you laugh at the memories of the days you spent worrying about cleaning a messy bedroom.

With each new responsibility added to your day, you are left with less and less time for anything else. This includes your diet and how you prepare your meals. Add that with the increased cost of living and you end up having both parents working full time jobs. The days of the stay at home parent that has time to prepare





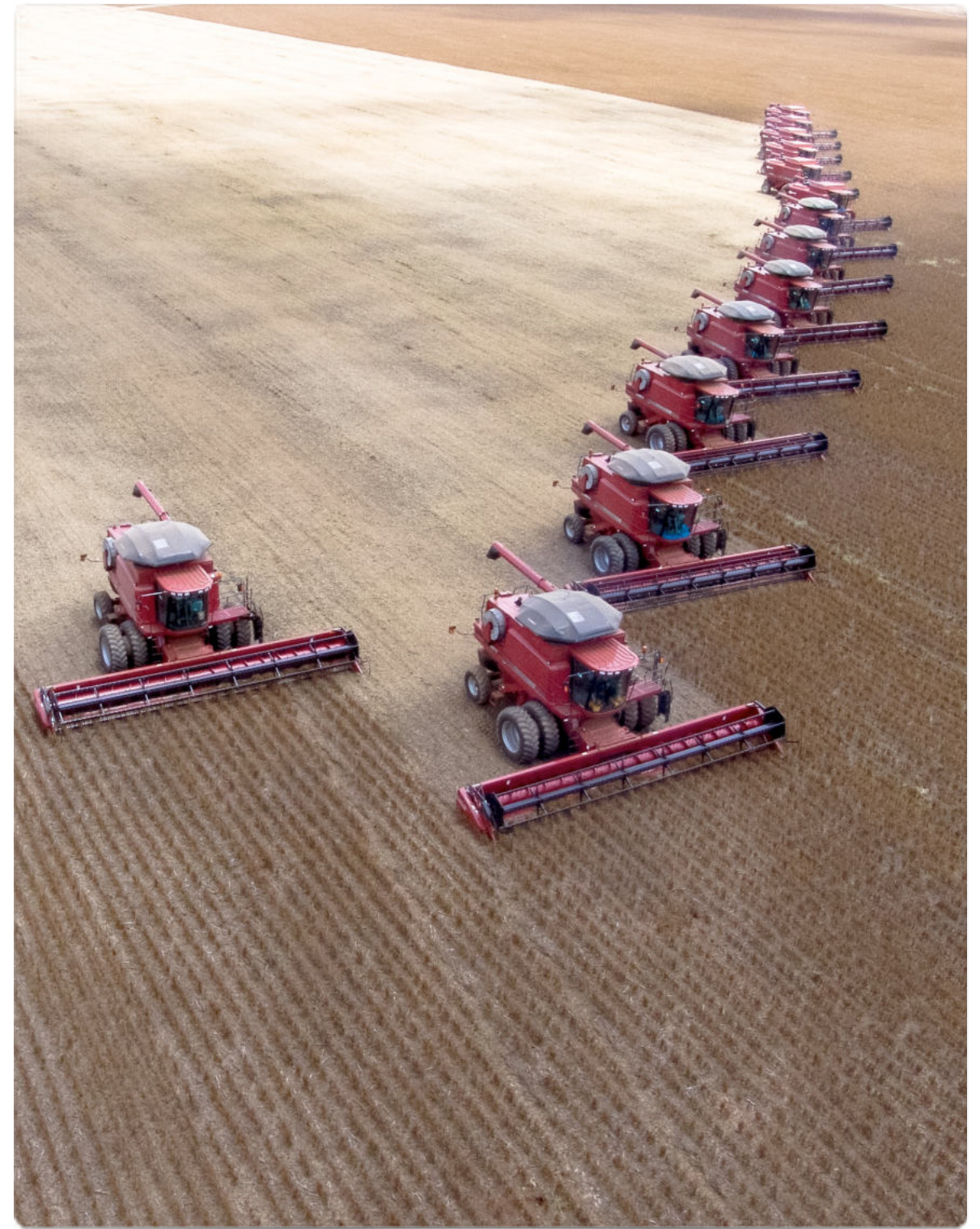
healthy, nutritious meals for their families seems to be coming to an end. **Many American households** have found that they need both adults to work full-time hours to be able to afford the costs of living in our present day.

Now with the modern advances in technology and how it has embedded itself into most every area of business, our work doesn't stay at work. We no longer work 9-5 and be done for the day. We work on our smart phones and computers at work, at break, and many times in-between. We are connected like never before and busier than ever. Not only has this technological, "Microwave Age" made us crave things to be faster than ever, it makes us depend on it.

If we are so caught up in our new responsibilities and technologies, other areas of our lives tend to get neglected. More often than not this involves neglecting our diet and nutrition. We look for the quick and easy fix to a point where most believe they depend on it. The belief in this quick and easy, fast and friendly mantra is so widespread that it may be our downfall.

The demand for quick and easy food convenience has lead to our dependence of giant factory farms and the use of genetically modified crops, synthetic fertilizers, herbicides, and pesticides. These practices can lead to some serious implications on the environment and our own health including degraded soil, contaminated water ways and water supplies, as well as dangers to flora and fauna.

**The Global Land Outlook** is the most comprehensive study that has been done to investigate, map, and interlink the impacts of





urbanization, climate change, erosion and forest loss. These results showed that the biggest factor was the expansion of industrial farming. The study explains that heavy tilling, multiple harvests and abundant use of agrochemicals have increased yields at the expense of long-term sustainability.

**A paper in the outlook** by the Joint Research Centre (JRC) of the European commission noted that decreasing productivity can be observed on 20% of the world's cropland, 16% of forest land, 19% of grassland, and 27% of rangeland. "Industrial agriculture is good at feeding populations but it is not sustainable. It's like an extractive industry, said Louise Baker, external relations head of the UN body. She said the fact that a third of land is now degraded should prompt more urgent action to address the problem. Over time, the diminishment of soil fertility can lead to abandonment of land and ultimately desertification.

One thing is for sure, the benefits of industrial agriculture or factory farming come along side host of serious long term issues. Even before the soil is completely degraded, abandoned, and deserted, the industrially grown crops lack the proper amount of nutrients. Not only are these crops lower in nutrients than there organically grown counterparts, but **they are lower in nutrients than other conventionally grown crops** that are grown on a smaller scale.

**Researchers lead by Donald Davis** at the University of Texas blame this declining nutritional content on the industrial agricultural practices designed to improve traits like size, growth rate, and pest resistance, but not nutrition.





Davis's team studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding “reliable declines” in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over that time. This is just an example of one body of research that was done on this matter. Several other studies show the same evidence of nutrient decline in various foods. This is why supplementation is so important in our industrialized environment.

While supplementation is something most people hear about nowadays, it hasn't had this mainstream popularity for that long. In fact, not too long ago the weirdo "health nuts" were the only ones using supplements. Then came the increase in demand for protein powders, pre-workouts, post-workouts and other fitness supplements from the bodybuilding community. Which spilled into the athletic community to help power high-performance athletes. This caused the information to get out to the public on the benefits to these supplements, leading us to the present day where even the busy stay at home mom uses supplements to fill nutritional gaps, boost energy, replace a meal like breakfast and more!

A **dietary supplement** is a manufactured product intended to supplement the diet when taken as a pill, capsule, tablet or liquid. Herbal supplements are made of herbs and botanicals. A **botanical** is a plant or plant part valued for its medicinal or therapeutic properties, flavor and/or scent. Herbs are a subset of botanicals. Products made from these botanicals are used to maintain or improve health and are referred to as herbal or botanical products.





# Buying “Healthy” Supplements

With all the different kinds of supplements from the many "Health & Fitness" companies out there, it can be hard to decide which products to go with. There are many factors to take into consideration when looking into these supplements, such as making sure they are free of the harmful additives, including lead, mercury, PCB's, hydrogenated oils and artificial colors. It is important to note that supplements labeled "Natural" can even contain harmful ingredients.



# Harmful Ingredients In “Health Supplements”

Supplement companies know that more and more people are seeking natural alternatives in foods, cleaning products, personal care products, clothes and more. They are taking in this information and marketing their products in a way to appeal to these consumers. What a lot of these companies are not telling you is that they are cutting corners and using loopholes to make their "All Natural" products without your best interest and health in mind.



## Harmful or Hidden Ingredients:

- Artificial Colors (1)
- Lead, Mercury, & PCB's (2)
- Use of GMO's (3)
- Detectable Levels of Pesticides (4)
- Hydrogenated Oils (5)
- Use of rBST Treated Dairy Products (6)

(\*) Study Linked



Many of the most popular health and fitness supplements that you can find at your local health store or market, are packed full of synthetic artificial colors and dyes. These artificial colors are **all approved by the FDA** to be added into foods and other products.

Colors among the **FDA's approved list**, include Blue No. 1, Blue No. 2, Green No. 3, Red No. 3, Red No. 40, Yellow No. 5 and Yellow No. 6. The FDA's official statement for why these colors would even be found in your vitamins and other health supplements is to "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and 'fun' foods."

The real question is, how many people out there that are looking out for their body's wellbeing and trying to live a healthier life, actually care about their vitamins being colorful and shiny? It does seem to be the common marketing gimmick with most products, so why not right? One reason why these artificial colors should not be in our foods or supplements, is that the FDA itself has "probed" into the **connection between artificial food dyes and children's behavior** in the form of ADHD.

Two years later a **new CSPI report**, Food Dyes: A Rainbow of Risks, further concludes that the **nine artificial dyes approved in the United States likely are carcinogenic**, cause hypersensitivity reactions and behavioral problems, or are inadequately tested.





Some supplements that are being sold for personal health and wellness are loaded with toxic hydrogenated oils as fillers. That's right, companies add these horrible toxic oils just as a filler because they are cheap and that will help make their product larger and seem more appealing. These oils are typically the primary source of "**Trans Fats**" in the average person's diet. They increase "**Low-Density Lipoprotein**" (LDL, or 'bad') cholesterol and decrease "**High-Density Lipoprotein**" (HDL, or 'good') cholesterol. These factors contribute to the leading cause of death, "**Coronary Heart Disease**." Most of the **trans fats** in the foods and supplements that we consume come from "**Hydrogenated**," or even worse, "**Partially Hydrogenated**" oils.

Products like shortenings and margarines are made from liquid vegetable oil. This is where the **hydrogenation process** comes into play, giving these products their solid form at room temperature. This process turns liquid oils into solid fats, making them more saturated. When the process is done fully the **trans fat** content is minimized, making the fully hydrogenated oils a little better than their partially hydrogenated counterpart.

Both oils still contain the **trans fatty acids** that have been shown to increase risk of **Cardiovascular Disease**. As if the oils themselves weren't bad enough for you, the process in which they are made also uses gases and heavy metals. During the process of hydrogenation, hydrogen is forced into heated vegetable oil by using a nickel catalyst. This will then change the chemical structure of the oil, making it a solid. Because this process makes oils solid, margarines and shortenings were traditionally only partially hydrogenated to keep them slightly soft.





One of the easiest, most cost effective ways for a company to cut corners is to use "GMO" or genetically modified ingredients. Because GMO's are not required to be labeled in the United States or Canada, companies can use all kinds of GMO crops like sugar beets, corn and soy products in there "Natural" products.

Soy, corn and sugar beets are big ones to look out for because they are the **most widely produced**. They are also turned into additives like soy lecithin, corn syrup, corn starch, maltodextrin, MSG, xanthan gum and sugar. Ingredients that can be found in all kinds of foods and supplements!

As mentioned earlier, the main purpose of most of these GMO's is to either withstand treatments of "**Synthetic Chemical Herbicides**" like Monsanto's "**RoundUp**" or they are genetically engineered to produce there own "**Insecticide**" from the bacterium **Bacillus thuringiensis** or "Bt." This use of GMO crops leads to pesticide and herbicide contaminants ending up in your health supplements.

Nearly all of the herbal dietary supplements **tested in a Congressional investigation** contained trace amounts of lead and other contaminants. **16 of the 40 supplements tested** contained pesticide residues that appeared to exceed legal limits. **Another study from 2016** showed determination of multi-residue pesticides in botanical dietary supplements like green tea, ginseng, ginkgo leaves, saw palmetto, spearmint, and black pepper. **Results revealed** 36 pesticides were detected in the 9 tea samples at concentrations of 2-3500 µg/kg and 61 pesticides were detected in the 23 ginseng samples at concentrations of 1-12500 µg/kg.





There is an expanding body of evidence that fats and fatty acids are not only good for us, but essential in our diet. Fats are needed for optimal brain health and proper immune function. Healthy Fats also **suppress inflammation** and aid joint mobility so effectively that **avocado oil has been prescribed** as a treatment for arthritis.

Now all kinds of companies are coming out with what they call "Healthy" fatty acid supplements. The most popular of these being "Fish Oil". One problem is, fish high on the food chain can accumulate mercury, lead and other contaminants. Those metals the fish accumulate can make their way into your fish oil supplements.

**In California in 2010**, high levels of PCBs in fish oils **led to a lawsuit** that stated the supplement manufacturers should have placed warning labels stating the cancer risk on their fish oil supplements. Additionally, **in 2011 testing by Consumer Reports showed** 1/3 of the fish oils tested had high "PCB" levels. So be careful which brands and companies you trust when buying your "Omega-3 Fatty Acid Supplements" such as fish oil.

Make sure that these supplements, along with any others, are organic whenever possible to avoid higher levels of pesticides and herbicides. They should come from a trusted health supplement company or store such as **Organic Muscle** or **Whole Foods** to ensure the quality of the supplement. Last but not least, always read the label. Even if the supplement is from a company you trust, you should still want to know what's in it and how you should take it.





With increasing demand for dairy and/or whey products, many farmers have resorted to “**Factory Farming.**” This is a process in which farm animals are kept in factory type environments. Standing in their own waste and confined to small areas. This waste, when left untreated **leaks into ground and surface water.** In some cases polluting the water supply. These animals don't live anything like they were intended to in their natural environments.

In some cases dairy cows are treated with **Bovine Somatotropin (BST)** or Bovine Growth Hormone (BGH). BST is a natural protein-based hormone cow's produce in their pituitary gland. This hormone regulates their growth, metabolism, and milk production. In 1993 The FDA approved a version of this hormone for dairy cows that was produced in a laboratory using **Recombinant DNA Technology** called Recombinant Bovine Somatotropin (rBST) or Recombinant Bovine Growth Hormone (rBGH). The FDA claims this is relatively the same to the hormone the cows body naturally produces.

rBST treated milk has **higher levels of Insulin-like Growth Factor-1. IGF-1 is a hormone** that plays a key role in childhood growth and continues to have anabolic effects in adults. Canadian and European regulators have found that the **FDA completely failed to consider a study** that showed how the increased IGF-1 in rBST milk could survive digestion and make its way into the intestines and blood stream of consumers. **Numerous studies now demonstrate** that IGF-1 is an important factor in the growth of cancers of the breast, prostate and colon.





Most fitness magazines and even personal trainers recommend whey protein powder or whey isolate. What they don't tell you or get into, is where that whey comes from and what is left in the dairy products of these factory farmed dairy cows. To add even more fuel to the fire, some whey protein supplements **may not contain the disclosed amounts** of the ingredients listed on the label, compromising the nutritional quality and the effectiveness of these supplements.

Furthermore, dairy consumption in general can pose serious health risks even if you do not have any lactose intolerance. So much so that regular consumption of dairy products has been **linked to prostate cancer**. The cancer risks don't stop there, according to **a study published online in the British Journal of Cancer**. Dairy is also associated with increased risk of lung cancer, breast cancer, and ovarian cancer in the large number of people with lactose intolerance.

That should be enough to get anyone off of dairy! Plus, it's even easier than ever with all the plant based dairy alternatives available now. Everything from yogurt, milk, and cheese, to ice cream and butter now has plant based dairy-free options. This is a market that doesn't look like it will be losing steam anytime soon. In fact, projections of this market show it **growing to \$37.5 Billion by 2025**. When you look at these numbers compared to the **\$1.9 Billion dollar decline** in dairy sales, you can see that the dairy-free evolution has begun.





## Section 2

# My Supplement Recommendations

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That's enough about all the stuff you don't want in your foods and supplements, now it's time to go over what you do want to find in them and which ones you can trust. When it comes to supplements for myself, I avoid any animal products including dairy. So I use a plant based protein powder instead of the popular whey protein. I make sure all supplements are free of artificial flavors, dyes, and colors. As well as any synthetic vitamins and processed fillers. Here are some of my favorites that I have found to be the cleanest natural supplements on the market that get the job done and then some!



### Clean “All Natural” Supplements List:

1. Organic Muscle Pre-Workout
2. MFit All-Natural BCAA's
3. Organic Muscle Replenisher
4. Elementa Essentials Creatine
5. Elementa Essentials L-Glutamine
6. Elementa Essentials L-Arginine
7. Garden of Life Digestive Enzymes
9. Organic Muscle Superfoods
10. Garden of Life Collagen Builder
11. Organic Muscle Protein Powder



Pre-Workouts are among the worst of the health and fitness supplements to be loaded with the harmful ingredients I covered. Especially artificial colors, fillers, and preservatives. This fluorescent, almost glowing, powders pack a lot more than an energy boost! These products are known to pack extremely high amounts of sugar, caffeine, and other stimulants on top of the other harmful ingredients mentioned. So much so that pre-workouts may be even more dangerous than the popular energy drinks that have had so much bad publicity.

Next to multivitamins, **energy drinks are the most consumed** dietary supplement among American teens and young adults. These drinks are **loaded with sugar**, artificial flavors, colors, and harmful preservatives. Pre-Workouts marketed as “Health & Fitness Supplements” are not much better. Most of these products are loaded with the same amounts of sugar or more. In some cases, they don’t use any sugar at all but resort to artificial sweeteners instead. This synthetic sweetness comes at a cost though.

Aspartame is one of the most widely used of these sweeteners. It can typically be found in products labeled sugar free, such as diet soda, ice cream, candy, energy drinks, as well as health and fitness supplements like pre-workout. This chemical has been controversial for years, with **opponents citing claims** of it causing many ailments including cancer, seizures, headaches, depression, attention deficit hyperactivity disorder (ADHD), dizziness, weight gain, birth defects, lupus, Alzheimer’s disease, and multiple sclerosis.





Aspartame and its manufacturers took one of their biggest hits when a **major study**, released in July 2017, connected aspartame to an increased risk of heart disease and increased body mass index. The reaction was much different than ones from the small studies that are sometimes dismissed. Due to the fact that this review included a total of almost 407,000 individuals with a median 10-year follow-up.

If the amounts of sugar or lack of sugar in the form of artificial sweeteners like aspartame it's enough to make you read your pre-workout labels, maybe the crazy amounts of caffeine that are often present in these powders should be. Many companies that produce these products are in a race of sorts to create the pre-workout with the most punch or in this case, caffeine. This has led to some seriously dangerous levels of caffeine in pre-workouts.

Caffeine is safe though isn't it? If you're a moderate coffee drinker or drink the occasional soda, you're probably fine. The American Heart Association has examined all published research to date, stating that "moderate coffee drinking" (2 cups a day) doesn't seem to be harmful. Additional research published in the Food and Chemical Toxicology journal supports this, citing 400mg a day as the upper limits for adults.

Now when you look at some of the pre-workouts available that have the 400mg limit in a single scoop! In 2016, a teenager in South Carolina, USA, collapsed after drinking a McDonald's latte, a large Mountain Dew soft drink and an energy drink in under two hours. With no pre-existing heart condition, he was pro-





nounced dead from a “caffeine-induced cardiac event”. The total amount of caffeine consumed by the teenager was reported by the BBC to be 470mg. That’s not much over the daily limit or much over a single scoop of extreme pre-workout like Mr. Hyde. This caused many, including [Men's Health Magazine](#), to wonder "Is My Pre-Workout Killing Me?"

Luckily there is an all natural, organic, solution to your pre-workout and overall energy needs. One that is powered by mother nature and that comes in three incredible flavors. [Organic Muscle's Organic Pre-Workout](#) is a great all natural, non-gmo, chemical free, vegan, certified organic health and fitness supplement that can be used as an energy boost by anyone!

That's right, [this pre-workout](#) isn't just for athletes, bodybuilders or fitness enthusiasts. It's for the busy mom, the college student staying up to study, or the average joe who just gets tired throughout the day. It's for anyone and everyone looking for an energy boost that doesn't want to risk their health. [This is](#) great tasting, all natural energy that is one scoop away! Nothing artificial or synthetic [can be found here](#). Only the power of mother nature through the use of organic superfoods and herbs!

[This pre-workout](#) was [rated number 1](#) by [RaveReviews](#) and is used by many professional athletes like those on [Team Organic Muscle](#)! This supplement has sold out many times and has a [4.5-star review on Amazon](#), making it the #1 Rated Pre-Workout sold there! It comes in three great flavors, [Lemon Berry](#), [Pineapple Coconut](#), and [Passionfruit Guava](#). So, if increased energy and performance is something you are looking for without the use of





dangerous energy drinks and pre-workouts, you'll want to hurry up and order **Organic Muscle's Pre-Workout** before it sells out again.

If you or anyone that you know is into health and fitness, then there is a good chance that you have heard of “BCAA's”. While you have probably heard about them there are still a few questions that you may have. What they are? Where they come from? Or why you would even need them?

Muscle protein is made up of a total of twenty “**Amino Acids**”, which are simple organic compounds containing both a carboxyl ( $\text{—COOH}$ ) and an amino ( $\text{—NH}_2$ ) group. Nine of these twenty are considered “**Essential Amino Acids**” or “EAA's”, meaning they cannot be produced by the body in physiologically significant amounts. This is why they are crucial components of a balanced diet!

This muscle protein is in a constant state of turnover, meaning that protein synthesis is occurring continuously to replace protein lost as a consequence of protein breakdown. The anabolic state has no specific definition but generally refers to the circumstance in which the rate of muscle protein synthesis exceeds the rate of muscle protein breakdown. This results in a gain of lean muscle mass. Conventionally the anabolic state is considered to be driven by a stimulation of muscle protein synthesis but theoretically could also result from an inhibition of muscle protein breakdown.

For the synthesis of new muscle protein, all the EAA's, along with the eleven “**Non-Essential Amino Acids**” or “NEAA's” that





can be produced in the body, must be present in adequate amounts. This is so important for those who are looking to build lean muscle mass and take those gains in the gym to the next level!

The “**Branched-Chain Amino Acids**” or “BCAA’s” leucine, isoleucine, and valine are three of the nine EAA’s. Leucine is not only a precursor for muscle protein synthesis, but may also play a role as a regulator of intracellular signaling pathways that are involved in the process of protein synthesis. The overriding metabolic goal of consuming BCAA supplements is to maximize the anabolic state. It is **widely asserted** that BCAA’s induce an anabolic state by stimulating muscle protein synthesis. No wonder the sale of BCAA’s as nutritional supplements has become a multi-million dollar business!

Now that you know what BCAA’s are, where they come from and why you want to incorporate them into your diet. You need to know which ones to buy! As I have mentioned in a past article, there are a lot of supplement companies out there cutting corners and using loopholes to decrease the quality and safety of their products for the sake of profit gains. This is why you need to find a supplement company that is dedicated to using clean, quality ingredients in their supplements.

You need not look any further than **MorelliFit** for the cleanest, best quality, all natural, vegan BCAA’s. **This supplement** doesn’t contain any artificial colors, flavors, sweeteners or dyes! It is also free of harmful fillers, binders, and preservatives. Sweetened with the all natural, zero calorie **stevia leaf** extract, no BS!





What it does contain is 9.5 grams of **all natural BCAA's** with a 2:1:1 Ratio of leucine, isoleucine, and valine. This has been found to be **the best, most beneficial ratio** of these amino acids. **Morelli-Fit** takes **their BCAA's** a step even farther by adding **L-Glutamine**, which is not one of the nine EAA's but is considered a "**Conditionally Essential**" amino acid.

**Glutamine** is the most common amino acid found in your muscles. Over 61% of skeletal muscle in the body is glutamine. Glutamine consists of 19% nitrogen, making it the primary transporter of nitrogen into your muscle cells, which gives them energy. During intense training, glutamine levels are greatly depleted in your body, which decreases strength, stamina, and recovery. It could take up to six days for glutamine levels to return to normal. This abundant amino isn't done there, glutamine plays a key role in protein synthesis. Studies have shown that glutamine supplementation can minimize the breakdown of muscle and improve protein metabolism. That's why I have an additional **L-Glutamine supplement** from **Elementia Essentials** in the #5 spot on my list.

As if that wasn't good enough, **MorelliFit** adds in important electrolytes that are lost when we sweat during intense training. These are essential minerals for proper hydration and prolonged workouts. This along with the added Vitamin B6, which can impact your mood, sleep, pain levels and risk of chronic illnesses, make this supplement stand out among the others in this multi-million dollar industry.





Supplements with added electrolytes may not be enough in some cases of intense training or physical activity. That is where electrolyte supplementation comes in to play. It is also the reason why electrolyte sports drinks like Gatorade, and Powerade are so popular. While the idea of a lot of people consuming drinks with added electrolytes may sound like a good thing, most of these beverages are loaded with sugar and those nasty artificial ingredients we already went over.

So what's the solution to your electrolyte needs? The answer is here in the form of **Organic Muscle's** watermelon flavored **Organic Replenisher**. This great electrolyte supplement is packed with hydrating ingredients like coconut water, lemon, mineral salts, strawberry, Acai and Himalayan pink salt. These are natural sources of electrolytes that mother nature provides for us. **Organic Muscle** just put them all together with other powerful recovery ingredients like goji berry, maca root, cherry, maitake mushroom, ginger, green tea, turmeric, beetroot, spirulina, and chlorella to make the best **hydrating recovery drink** out there!

With a great watermelon flavor and only 2 grams of natural sugars, **this is** one flavorful way to make sure your body is fully hydrated and that you are maintaining proper water balance. It will help you replenish and rebuild your body after putting in work in the gym or just keep you healthy and hydrated while you go about your day. **Organic Replenisher** is truly a supplement for anyone and everyone who needs to stay hydrated, which is all of us!





One of the many challenges one can face on a meatless diet is a lack of creatine, a substance found in every muscle cell. This substance helps your muscles produce energy during heavy lifting or high-intensity exercise. It works so well that it is the #1 supplement for improving performance in the gym. Rightfully so with **evidence-based scientific studies** that prove its benefits.

As if its performance benefits weren't enough, creatine provides a number of other health benefits, such as **protecting against neurological disease**. Something that everyone can benefit from, not just bodybuilders and weightlifters. Creatine is similar to amino acids in a chemical sense. It can be produced naturally by your body from the amino acids glycine and arginine. This along with **L-Arginine's** ability to enhance physical performance through prolonged energy and endurance, boost nitric oxide levels and increase blood flow, have landed it the **#6 spot on my list**. I use **this one** from one of my favorite brands on Amazon, Elementa Essentials.

Your body's creatine stores can be **affected by a number of factors**, including meat intake, exercise, amount of muscle mass, and levels of hormones like **testosterone** and IGF-1. While 5% of the body's creatine stores are found in your brain, kidneys, and liver, **the other 95%** of the body's creatine is stored in muscles in the form of phosphocreatine.

Creatine supplementation **increases the body's stores** of phosphocreatine, which is a form of stored energy in the cells. This is due to its ability to help your body produce more of a high-energy





molecule called ATP. Having more ATP can make your body perform better during exercise. For this reason, ATP is often referred to as the body's energy currency.

I do not eat meat, so for my creatine needs, I use **this great creatine supplement** from Elementia Essentials because they are a company that I trust to use quality ingredients, free from any banned substances, fillers, synthetic chemicals or anything artificial. Their goal is to provide the warmest customer experience on Amazon. They nurture their formulas from concept to manufacturing, to packaging so they can offer the purest, highest quality, rigorously tested ingredients. If you don't love your **pure creatine**, they offer a 100%, no-questions-asked, money-back guarantee.

It is 100% clean, pure, and proven. With no questionable ingredients, and no additives. **This creatine monohydrate powder** is made of the purest commercially available, pharmaceutical grade creatine. Use it with the peace of mind that you're not putting contaminants in your body. It is never grainy or gritty. Elementa Essentials **natural creatine monohydrate powder** mixes into drinks easily. While some creatine pre-workout supplements cause an upset stomach, Elementa Essentials **pure creatine** is gentle on the stomach and always dissolves easy.

**This supplement** is loaded with 99.99% pure creatine, .09% more creatine powder than other creatine protein on the market. Elementa Essentials creatine monohydrate is naturally vegan, soy, wheat, sugar, and dairy free. If every bit counts, why take a creatine supplement with impurities?



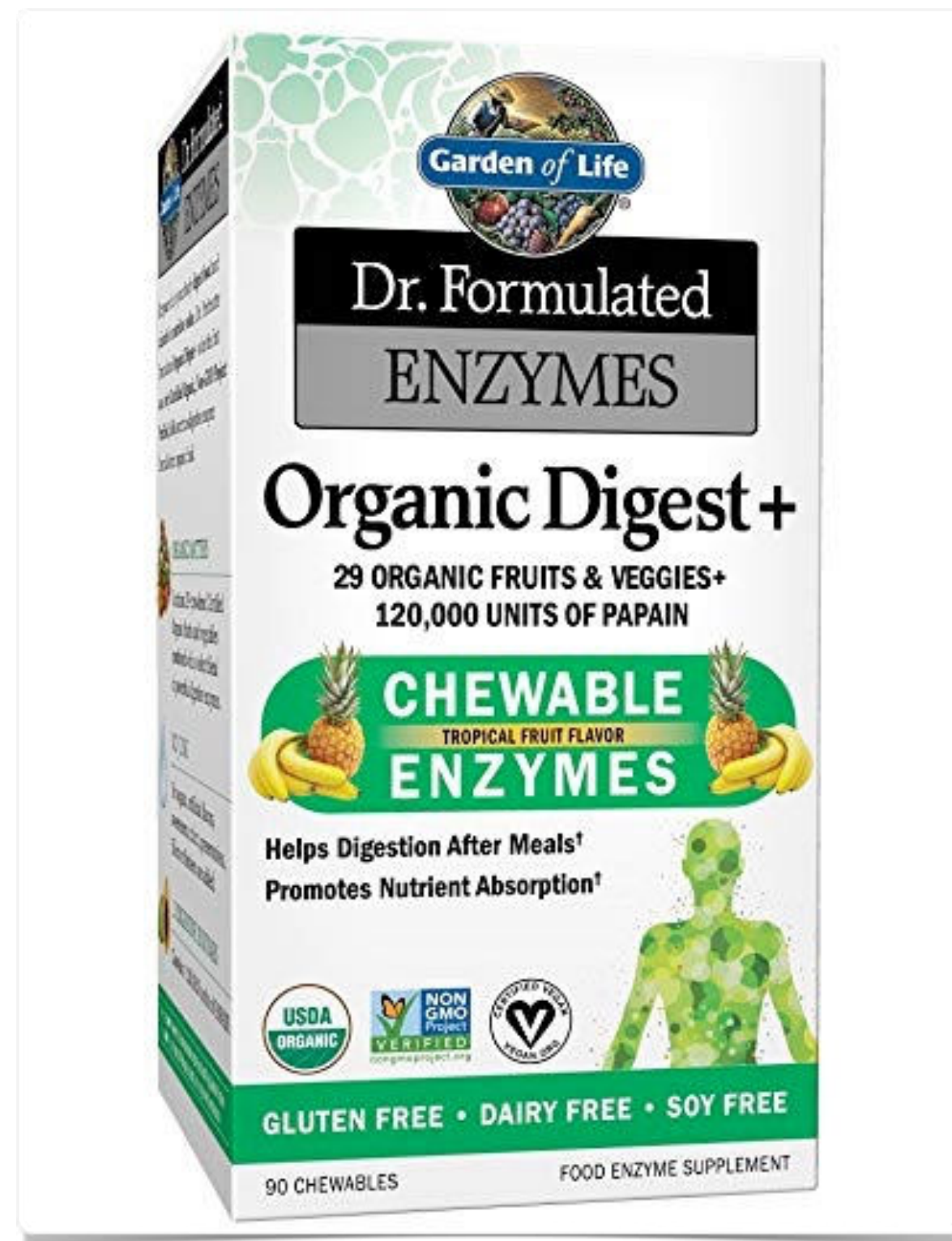


One of the biggest keys to proper diet and supplementation is to ensure that you have the proper digestive enzymes in your body to breakdown and absorb the nutrients in your food and supplements. This is the key function of the digestive system, which is made up of several of the body's organs. This system is responsible for transporting and breaking down the foods we eat to absorb their nutrients.

Many foods are naturally great sources of digestive enzymes, including pineapple, papaya, mango, honey, bananas, avocados, kefir, sauerkraut, kimchi, miso, kiwifruit, and ginger. While it is important to try to incorporate as many of these foods into your diet as possible, supplementation may be just as good or better in some cases. Some people may struggle to try to eat the amount of these foods necessary to ensure optimal digestion and nutrient absorption.

That's where digestive enzyme supplements like **this great one** from Garden of Life can really come in handy. **This amazing supplement** contains 29 Certified USDA Organic fruits and vegetables combined with a select blend of powerful digestive enzymes to promote nutrient absorption and help digestion after meals.

**Garden of Life Dr. Formulated Enzymes Organic Digest+** is powered by 13 digestive enzymes, including 120,000 units of papain, the natural digestive enzyme present in papayas. All with less than 1 gram of sugar, and no artificial flavors, sweeteners, colors, preservatives, fillers or binders.





All the bases are covered and then some with this hypoallergenic, gluten, dairy and soy free, and third-party Vegan Certified by Vegan Action supplement. It sure is an easy, convenient way to make sure you are absorbing all your nutrients and digesting your food properly. One that can be trusted time and time again with a prominent name in Garden of Life and all the third-party testing and backing.

Because enzymes and proper digestion in the body are so important, it doesn't hurt to consume multiple foods and supplements containing them. That brings me to my next supplement recommendation in the form of Organic Muscle's **Organic Superfood Greens**. This supplement is packed with 14 powerful superfoods that can help slow the aging process, enhance detoxification, improve digestion and gut health, improve mental clarity, increase energy levels, boost immune function, improve cellular function and countless other benefits!

Organic Muscle's **Organic Superfood Greens** are filled with nutrient dense plants like wheatgrass, which contains large amounts of chlorophyll. This is a pigment that is in all green plants and **associated with many health benefits**. Wheatgrass is also an excellent source of vitamins A, C, and E, as well as iron, magnesium, calcium and amino acids. Of its **17 amino acids**, eight are considered essential, meaning your body cannot produce them and you must obtain them from food sources.

This along with the presence of several important antioxidants, including glutathione, as well as vitamins C and E, make this one





powerful plant! These antioxidant compounds fight free radicals to prevent cell damage and reduce oxidative stress, which can accelerate **the aging process**, lead to degenerative diseases and even promote cancer.

That's only one of the gracious greens used in this sensational supplement. Chlorella, moringa leaf, spirulina, peppermint, and matcha green tea are also in the mix. Not to mention the "Energy, Focus & Endurance Blend," which features superfoods that are known to increase cognition and performance. These are **time tested plants and herbs**, including coconut water, ashwagandha, beetroot, and turmeric. Then Organic Muscle takes things to the next level by adding in a "Prebiotic & Probiotic Blend." This blend of prebiotic "**VitaFiber**" and probiotic "**Lacto-Spore**" powders ensures optimal digestion and gut health, among the **many other benefits** probiotics, have to offer.

This is just one of the three amazing organic superfood blends from Organic Muscle. They also make **Organic Superfood Reds** and **Organic Superfoods Golds** formulas. Not only does the blend of superfoods in **Organic Superfood Reds** help with your mental clarity, focus, and overall energy, but it also helps detox the body, and fight the aging process. All while boosting your metabolism and immune system along the way!

**Organic Superfood Reds** is an all-natural, organic blend of superfoods and herbs that is used to nourish your body the way mother nature intended. It has three distinct blends used to cover all of these health aspects. As always, all of the ingredients in this supplement are sourced from organic farms in the USA.





The **Organic Superfood Golds blend** is the latest supplement in this great line of superfood products. This superfood blend is formulated to promote recovery, detoxification, and rejuvenate your body and mind while you sleep. Because it is made here in the USA with USDA certified organic ingredients, it is the new gold standard for health and fitness supplementation!

**Organic Superfood Golds** contains 12 powerful superfoods that promote relaxation, a deep restful sleep, detoxification, and recovery of the body and mind. This organic formula is loaded with anti-oxidants and nutrients with anti-inflammatory properties that can help your body overcome muscle and joint pain the natural way. Its all powered by the two organic superfood blends that harness mother natures full recovery potential.

The antioxidant and anti-inflammatory blend helps speed up recovery, reduce pain and inflammation, boost the immune system, enhance detoxification, and revitalize your body and mind. This powerful blend includes organic Jerusalem artichoke, turmeric root, cordyceps mushrooms, cacao, cinnamon, cardamom, and black pepper. These are superfoods and herbs whose medicinal properties have withstood the test of time and then some.

Then the relaxation, digestion, and recovery blend really show off mother natures natural ability to soothe our bodies, promoting relaxation and recovery. In addition to aiding digestion, **Organic Superfood Golds** can help your body heal and recover while you sleep. All from ingredients like coconut cream, vanilla, reishi mushroom, lemongrass, ginger, and ashwagandha.





Next to B12 and creatine, collagen is another vital compound that many non-meat eaters are lacking. It is the **most abundant protein** in the human body. Collagen is incredibly important due to it being the **major component of connective tissues** that make up several body parts, including tendons, ligaments, skin, and muscles.

Providing your skin with structure and strengthening your bones are some of the **many important functions of collagen** in the body. This is why collagen supplements have become increasingly popular over the years. Most are hydrolyzed, which means the collagen has been broken down, making it easier for you to absorb. While the vast majority of these supplements are made from animal products like cow hides, there are a few products like **this one** from Garden of Life that are plant-based and vegan-friendly.

**mykind Organics Organic Plant Collagen Builder** is certified USDA organic, non-gmo project verified, and made only from organic plant foods. **This supplement** helps build the body's own natural production of collagen. Something that can't be done by eating collagen. Collagen is a protein that is broken down by the digestive system. What you can do is feed your body the necessary co-nutrients needed for building collagen, such as those found in organic plant collagen builder.

Made from over 30 real, nutritious organic, family-farmed whole foods, with specifically chosen ingredients to help support the body's own collagen production. This organic plant collagen





builder can help restore and maintain youthful levels of collagen, keratin and elastin—three proteins which promote the body's healthy, natural glow. It contains silica from certified organic all natural bamboo extract which is a key co-nutrient for collagen production. Also included is high polyphenolic pomegranate to support skin health and protection from UV damage. Organic rooibos and organic green tea are known to fight free radicals, which can support healthy skin, teeth, and bones. Then there's "beauty-boosting biotin" to support healthy hair, skin, and nails.

Now it's time for the protein powder. This is probably the number one supplement people buy when they start working out and trying to get in shape. As if the powder itself possessed some kind of magical powers. While these powders may lack these magical powers, they sure don't lack harmful and controversial ingredients.

The most popular protein powder on the market is whey protein. While it does boast an impressive amino profile, **all the other health concerns** that come along with dairy products and the unwanted additives they may contain, make it so I can't recommend a dairy based protein powder. People who are lactose intolerant have digestive symptoms when they consume dairy products. This includes nausea, vomiting, diarrhea, and related symptoms.

Dairy consumption can still pose serious health risks even if you do not have any lactose intolerance. So much so that regular consumption of dairy products has been **linked to prostate cancer**. The cancer risks don't stop there, according to a study published





online in the British Journal of Cancer. Dairy is also associated with an increased risk of **lung cancer, breast cancer, and ovarian cancer** in a large number of people with lactose intolerance.

So what is an athlete, bodybuilder or fitness enthusiast to do if they don't want to put dairy products made from the milk in their bodies? That's where **Organic Muscle** comes in. They are the first company dedicated to offering customers certified organic fitness supplements. All of their herbs, superfoods, sprouts, and adaptogens are sourced from eco-friendly, organic, American farms. These supplements were formulated with a reverence for ancient humanities vast wisdom of herbs and superfoods. Modern Scientific research has validated what mankind has known for millennia. Fitness, vitality, and health all begin with proper nutrition.

So how does the plant protein compare to whey? We all know about the praises of whey protein for its high protein content with a full amino profile. **Organic Muscle** uses a blend of plants and superfoods for a protein source. This blend includes hemp, sacha inchi, pea, and rice protein. Both pea and rice isolate proteins are powerful on their own but mixed together, they are a dairy-free powerhouse that can compete with whey!

So the next time you hear "Got Milk?" think about what that milk can do to your body. If you're like me and millions of others and want to avoid dairy, but still want those gains that you get in the gym from supplementing. Look no further than **Organic Muscle Vegan Protein** to fuel your workouts the natural, plant-based way, without all that dairy!





# Closing Highlights

In a world where we are exposed to many toxins via the air we breathe, the water we drink, and the chemicals we use on ourselves and our homes, we should do our best to limit the toxins in the foods we eat and supplements we take. This involves paying close attention to the foods and products that we buy at our local supermarkets by reading labels and supporting trusted companies. Companies like **WholeFoods**, **LuckyVitamin**, **BetterBodyFoods**, **ThriveMarket**, **Garden of Life**, **MorelliFit**, **Elementa Essentials**, and **Organic Muscle**. These are third-party tested and certified companies that offer healthy, all-natural, organic foods and supplements that can be trusted time and time again. Not to mention the great discounts that **ThriveMarket**, **LuckyVitamin**, and now **WholeFoods**, via **Amazon Prime**, offers with their membership programs.



### Organic Food Guide Checklist:

- Buy Organic To Avoid Pesticides, Herbicides, & Consume Higher Levels of Antioxidants
- Save Money On Food By Purchasing Organic Foods Only When They Are One of The Dirty Dozen & By Purchasing Conventional Foods When They Are One of The Clean Fifteen
- Always Read The Labels of Your “Health & Fitness Supplements” For Any Controversial Additives
- Purchase Foods & Supplements From Trusted, Third-Party Tested Companies