

# 21 22 essay example

[Business, Company](#)



# 90457 1

## **Essay 21 : We are what we eat**

What to choose: a big, red and cheap apple or an organic one? For me, the answer is obvious. I prefer to eat natural and healthy food. Modern technology is developing so rapidly and has achieved such results, that nowadays it is possible to grow an apple only for few days, moreover, it will look like a picture. But the question is: what it has inside? Is it an apple or just pesticides in a shape of an apple?

I, personally, believe in Paul Bragg's words: " we are what we eat". Our physical and mental conditions are directly proportional. If we feel good-we look good and vice versa. People, who stay fit and take care of their health, are more successful in their personal life and a career. And people, who are overweight, who do not pay attention to their health, in the future will have many problems and are risky to have social phobia. This scenario is not for me. I want to be successful, and I do not want to spend much time and money on doctors in the future, that's why I prefer healthy food. I do not want problems with my health to interfere my future plans. The most important thing in the world is one's health. The best investments are those, that we invest in our health, because they will bring the biggest and the most important benefits. I am what I eat, and I want to be an organic apple, natural and healthy, not a fake one, full of pesticides.

## **Essay 22: Emerald Ash Borer**

The Emerald Ash Borer (EAB) approximately has destroyed 150-200 million ash trees since 2002, when it was first discovered in North America. This

green beetle threatens both

#90457 2

American ecosystem and economy. The first statement is true, because, when ash trees die, the life cycle around it crumbles; animals, birds and other plants suffer. The economy also incurs damages, because ash trees are used for various residential and commercial purposes. Their wood is very precious and is used in many industries. The destruction of trees means the destruction of income.

That's why it is very important to find solutions to the problem of EAB invasion. There are some ways to control EAB: 1) soil-applied Systemic Insecticides; 2) Trunk-Injected Systemic Insecticides; 3) Noninvasive, Systemic Basal Trunk Sprays; 4) Protective Cover Sprays. It is important to point out, that each of these methods has its own peculiarities. The usage depends on the state of the soil around trees, on the trees itself (for example, those, which have thick bark, are almost resistant to trunk-sprays) and on the life cycle of the beetles (as adults, eggs and larvae have different insecticides tolerance. According to the researches, sprays can not kill eggs, but are efficient in killing adult beetles).

#90457 3

## References

Herms, McCullough. et. al. Insecticide options for protecting ash trees from emerald ash borer. North Central IPM Center: Bulletin, 2009. Print