

Conventional vs. organic food

[Health & Medicine](#)



**ASSIGN
BUSTER**

Conventional Vs. Organic Food Name of Institution

Your street address

City State Zip

Date

First and Last name of recipient

Street address

City, Street Zip

Dear Mr/Mrs.....

I am a student at High School with interests in health issues.

Through this letter, I would like to point out a health problem that is slowly escalating throughout our country and point out the cause to the same. The food that most people are feeding on is mainly conventionally cultivated and not the highly advocated organic food. This in turn has far reaching implications to the health of the people of this country. Through this letter, I wish to bring to your attention the dangers of going for conventional food rather than the organically grown food.

One of the dangers of feeding on conventional food is the accumulation of dangerous chemicals in the body. According to Geary (2012), the chemicals used in inorganic fertilizers that are in turn used to bring up the conventional plants later on accumulate in our bodies after we feed on these foods. This later results into health problems such as obesity, development of cancer and stomach upsets among others. An easier way to avoid this is to stick to the conventional foods that are easy to grow and take care of. Another danger of feeding on conventional food is the fact that such food contains less nutritional value when compared to the organic food. According to Geary <https://assignbuster.com/conventional-vs-organic-food/>

(2012), the chemicals used in cultivating the conventional crops hasten their growth leading to unsustainable development of roots that prevents the absorption of adequate minerals. As such, when taken this way, little nutrients are taken in leading to poor health among the users of such food. The reasons given by people to warrant their usage of conventional food rather than the organic is that the conventional food is cheaper. As Geary (2012) argues out, this can be dealt with effectively if all people were to shift to organic food. The main reason as to why the price of organic food goes high is the limited market available which forces farmers to sell their products at prices which are a bit higher in order to avoid the imminent losses. However, if all people were to cultivate or buy organic food, then this will trigger a steady and surplus supply that will eventually translate into reduced prices.

The advantages of cultivating crops organically are many and need to be shared by all the stake holders. To begin with, the manure is less expensive since it is locally available on the farm if compared to fertilizers that are expensively bought. Even though the crops grow faster when grown using these fertilizers, the outcome is poor in terms of nutritional value in addition to exposing the users of such food to unnecessary health fatalities. In addition to this, the use of organic farming methods helps to improve the soil structure that in turn facilitates aeration and development of humus. (Geary, 2012). This allows a sustained usability of land in future. In contrast, the use of inorganic fertilizers supports poor soil development and results into undesirable consequences such as water logging and infertility of the soil. The condemnations against the use of conventional farming methods and consumption of food cultivated in this manner are on the rise. People are <https://assignbuster.com/conventional-vs-organic-food/>

advised to shift to organically cultivated foods and through this letter, it is hoped that the message will be shared across your institution. Thank you.

Yours Sincerely

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Reference

Geary, M. (2013). The TRUTH about Organic vs Conventional Foods: its About More Than Just Pesticides. Retrieved March 30, 2013, from www.truthabouttabs.com.