

[Read free] The Truth About Organic Foods

The Truth About Organic Foods

Alex Avery

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Alex Avery : The Truth About Organic Foods before purchasing it in order to gage whether or not it would be worth my time, and all praised The Truth About Organic Foods:

2 of 3 people found the following review helpful. Definitely worth a read.By T. PribbenowExcellent book.Finally a no nonsense, no-spin presentation of facts about the organic industry and its claims.I recommend this book to anyone who is tired of hearing the hysteria and fear-mongering, and wants to have all the available information to make an informed decision about their food.6 of 8 people found the following review helpful. Great Educational Tool!By drbwmillsThis book gives a great synopsis of the organic foods movement. It succinctly informs the reader about the science behind organic foods and conventional food production. Organic food is a choice, but it is no safer or healthier than conventionally produced food. Organic food is worse for the environment due to increased use of fossil fuels to produce it, and decreased land productivity when organic methods are used.10 of 15 people found the following review helpful. Good for Teaching and Learning, NOT for the careless readerBy J. HarshmanThis book brings up a lot of interesting points and counter-points to the media hype of Organic foods. They are not the answer for most of the population or the environment, and Avery does a good job showing that.Avery also does an excellent job of doing what the organic movement has also mastered: presenting opinion as fact. His writing is peppered with these disguised sentences. His introduction about how he is unbiased is a JOKE; this borders on a polemic.I still enjoyed the book and because it's my area of research could dodge his opinion sentences and polemic flare. A good read for people who question the organic movement and don't want to buy into it lock, stock and barrel.

The Truth About Organic Foods by Alex Avery,Director of Research and Education, Hudson Institute. Are organic

foods really worth their high prices? Are they as healthy as you think? This is the first-of-its kind book dispels the many myths that marketers of organic foods have been circulating in a scientific-based, and at times, humorous approach. Consumers, retailers, food companies, and farmers will find this book highly enlightening and helpful when they are faced with the choice to go-organic - or not. Beginning with the rather mysterious creation of the organic movement in the 1920s, the book takes the reader through the many health, safety and unintentional consequences surrounding this controversial subject. Chapters include: Is Organic Food Healthier?; Is Organic Food Safer?; Organic Pesticides?; Hormone Hype and Antibiotics Angst; and Organic Farming versus Wildlife Habitat. Dr. Norman Borlaug, Nobel Peace Prize Winning Ag Scientist, says, "The Truth About Organic Foods gives consumers a through and straight-forward explanation of why organic foods offer no real health or safety benefits. More importantly, Avery communicates why organic farming's lower yields and reliance on scarce organic fertilizers represents a potential threat to the world's forests, wetlands and grasslands. The book offers scientifically sound evidence that more-affordable conventional foods are healthy for families and also good stewardship of nature."