



The Truth About Organic Foods

Alex Avery

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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 thorough 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."

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