

## Everything Should Be Organic

I believe in simple things. I am an eternal student, and I have found that simple, common sense things tend to be safer, smarter, friendlier, more environmental, and so on. Somehow, in our current society's focus on convenience, we have lost a lot of those characteristics. American food is one prime example. Truth be told, "food" is a misnomer for the typical American diet, an oxymoron--emphasis on the "moron".



Take lunchmeat for starters. Unless a person makes a point to buy organic, free-range and grass-fed, there isn't a whole lot of "meat" in there. A glance at the ingredient label will reveal things like, "dextrose, monosodium glutamate, sodium erythorbate, natural flavoring, sodium nitrite". Don't ask me what "natural flavoring" is.

Next, let's look at a blueberry muffin. You'd expect to find a list that reads something like "flour, milk, blueberries, eggs, sugar, baking powder". Unless you go out of your way to a specialty neo-hippie bakery, what you'll actually get includes, "mono-and diglycerides, sodium benzoate, artificial flavor, polysorbate 60, food starch-modified, propylene glycol monoesters, potassium sorbate, sorbic acid and sodium propionate". Blueberries are

optional.



Living in Wisconsin, cheese is a favorite of mine. I must draw a line here. I like real cheese. Much of what people actually consume is labeled "cheese *food*".

Apparently adding "food" after "cheese" is a nice way of saying "fake". Interestingly, sometimes "product" is used in place of "food". A popular cheese food that is often used for making grilled cheese sandwiches contains, "modified whey, sodium citrate, sodium phosphate, and sorbic acid". Another popular cheese food that is often used for creating cheese sauces contains, "sodium phosphate, maltodextrin, dried corn syrup, sodium alginate, sorbic acid, sodium citrate, and apocarotenal".



We know that "American Food" is synonymous with "unhealthy", more specifically, "artery clogging, obesity causing, diabetes inducing, dementia cultivating and depression initiating." And the ironic thing? These things are largely avoidable by consuming actual food. Food that comes directly from a tree, a mammal,

a bush, a bird, a root, a grain. Especially if you add in simple movement, such as walking, riding bike and/or swimming.

So the deal is this: All of the things I just mentioned are organic. They are natural parts of life. They are real, tangible things or actions. Not so long ago, our food was *FOOD*. It was grown in the soil with manure for fertilizer and pollinated by insects and the wind. Human hands were the main cultivators, aided by the sun and the rain. Those hands enjoyed connecting with the Earth. They respected, appreciated and feared the cycles of the seasons.

And yet, somehow, people like me, who care about health: human and ecological, are “nuts”, “freaks”, “fanatics” because we make a point to buy real food. Admittedly, we pay waaaay too much for food that is GMO-free, without pesticides and without artificial ingredients and convenience packaging. *But, what is the real price of American food?*



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