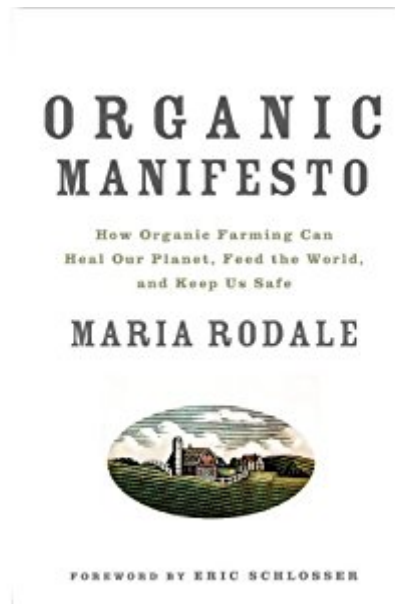


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# Organic Manifesto: How Organic Food Can Heal Our Planet, Feed The World, And Keep Us Safe



## Synopsis

Drawing on findings from leading health researchers as well as conversations with both chemical and organic farmers from coast to coast, Maria Rodale irrefutably outlines the unacceptably high cost of chemical farming on our health and our environment. She traces the genesis of chemical farming and the rise of the immense companies that profit from it, bringing to light the government's role in allowing such practices to flourish. She further explains that modern organic farming would not only help reverse climate change by reducing harmful carbon emissions and soil depletion, but would also improve the quality of the food we eat, reduce diseases from asthma to cancer, and ensure a better quality of life in farming communities nationwide. For every parent wondering how best to safeguard the health and safety of her children; for every environmentalist in search of a solution to the worsening crisis that afflicts our land, air, and waters; for every shopper who questions whether it is worth it to pay more for organic, Maria Rodale offers straightforward answers and a single, definitive course of action: We must demand organic now.

## Book Information

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## Customer Reviews

The Organic Manifesto will convert anyone who is on the fence about the benefits of organic food and farming. Maria Rodale's well researched and easy-to-read manifesto is an articulate outpouring of convincing information that makes you want to stand firm and demand organic. She writes about the origins of conventional farming, why it's so toxic for the planet and our bodies, and why chemicals aren't necessary to produce an abundance of healthy food. She explains how organic

farming mitigates global warming, produces the tastiest and most nutritious foods, and why a shift to organic is essential to creating a sustainable future. Maria's passion pours off every page and is contagious. This is a wonderful and important book that everyone should read!

I hadn't thought much about the organic vs conventional/chemical debate. Organic seemed like a nice option if you can afford it but not really something to get too fussed about. When a friend gave me this book it totally turned that perspective on its head. I had no idea what actually went into the farming we take for granted but the research Maria Rodale has collected in this book was shocking. I'm writing this three days later and I still haven't been able to stop thinking about it. This isn't about more nutrients or feeling better about supporting your local farmer, this is about the health of my family and our country. This book will be the one that changes how you see the world, it did for me.

I grew up in the 60's and 70's with my Mom's strong opinion on organics and everything natural. I continued that approach to eating up to about 2006 where I spent about 3 years eating what others eat. I gained weight - 25% body weight increased! Diabetes, fatigue, growths on my thyroids and behavior alterations. I found that a large part of the issue was associated with MSG. However, that did not fix everything. This book provided an easy read to the problems of eating mass produced foods and the chemicals that can be found in and on them. It details how these chemicals enter our bodies and what they do to them. This was the other piece of the puzzle I was missing and I am so glad to have a book that I can easily read while gaining meaningful facts in quantities. I highly recommend this book for anyone not feeling quit right and wants to investigate more about the source of the potential problems. As she says, the solution is easy, go organic! After reading this book, you will probably never eat anything that is not organic again! R

I have never really given much thought as to the HISTORY of our dependence on chemical farming and that is the one aspect of this book that I found most fascinating. The author starts out with an in depth look at the state of things today and moves into how we got here. She discusses the health of the soil and the health of our children...looking at soil contamination and the health risks that all of us face as a result. She interviews 'traditional' chemical farmers and gets their opinions on WHY they grow things the way they do. Their responses are included in this book and many of the comments they provide are straight from the literature handed to them by big chemical companies. I found that chapter particularly sad since many of those farmers expressed an interest in organic farming but just didn't know how to move away from the techniques that they were so familiar

with. The chapters on the development of chemical farming were fascinating! Did you know it all started by importing bat guano from far away islands using slave labor to harvest it? Things just spiraled out of control after that! There are also chapters on the politics of subsidies, lobbyists, and the government's involvement in farming and genetically modified crops (GMOs). The author discusses modern organic farming...from compost to cover crops... and has some great information to dispel common myths associated with the organic movement. She ends with a chapter on a new future, some of which is feasible but others I am not so sure. I don't think chemical companies are ever going to get their hands (and wallets) out of Washington. It is up to US, as a people, to stop buying chemically farmed foods. Supply and demand will, I hope, pressure farmers to change their way of growing food. I don't expect anyone in Washington to care, as sad as that is! I highly recommend this book if you would like to learn more about the history of farming in our country!

This is a must read. It is really enlightening even to someone that didn't need to be convinced of why organic is good. I wish Organic didn't need to be called organic. All other food should have to be labeled, Chemical. The why of the whole chemical thing is sad and somewhat daunting. But it's one person at a time, we can do this.

This book is perfect for the person that wants to do something to help the world but not sure where to start. This book is great for the uninitiated as to why choosing organic isn't just a personal choice we make at the local market but a lifestyle we should all adopt to help the world. It is my sincere hope that as many people as possible read and understand just how important this book is. Very well written this book tells it like it is in no uncertain terms that the choices we make are either the world a better place or making it worse. Once you read this book you will never look at organic the same way again or food in general for that matter.

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