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AWARDS

Don't waste your money

Emma Wells Dip ION,
Nutrition Consultant, Smart
Nutrition, discusses the
benefits of 'Going Organic'

Why bother with organic food, isn't it a waste of money? According to an article in the national press last year this is undeniably the case. However, a closer look at the evidence reveals a myriad of reasons for steering down the organic highway. Leading Toxicologist Vyvyan Howard, from the University of Liverpool, states that we now have 500 more toxins in our bodies which our grandparents' bodies would not recognise. The majority of these new toxins are sourced directly from our diet. Is this extra toxicity really worth the health risk?

A marked increase in diseases such as cancer, and super bugs such as MRSA, despite better housing, sanitation and medication, should lead to the conclusion that something is seriously amiss with our world. There are government regulations set for safe levels of single pesticides – but can these really be trusted with the lack of long-term research. More worryingly there is no research that shows the accumulative effects that combinations of pesticide residues inflict and most non organic food contain multiple pesticide residues. Chemically derived food toxins tax your bodies pathways of detoxification, leading to weakened immunity, cell damage and accelerated ageing. Soft fruits, lettuce and carrots are often the worst offenders for residue levels. Wash these thoroughly or always opt for organic. Non organic meat contains numerous chemical residues plus growth hormone and antibiotics. These extra factors have been thought to play a role in both male and female fertility issues therefore, organic meat tastes better as well as being healthier. Positive research has proved organic



food to contain higher levels of vitamins, minerals and phyto-nutrients. One study shows organic fruit, vegetables and grains to contain up to 29% more magnesium and 26% more calcium – both needed for healthy bones, 86% more chromium – needed to help you balance your blood sugar levels and therefore help your energy, 498% more iodine – needed for the thyroid and good metabolism for weight loss; 372% more selenium – a potent antioxidant recognised for its protective qualities against numerous diseases caused by free radicals. The list goes on. This study also confirmed less toxicity from heavy metals with 25% less mercury, 29% less lead and 40% less aluminium.

Shopping for organic food couldn't be easier, sign up to a local farm box scheme and you will get a weekly delivery straight to your door. Wash off the farm mud to reveal the magic and revel in the knowledge that you are doing the best for your body and the environment. Be

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healthy, choose an organic life. National Organic Week organised by The Soil Association runs from the 4th to 12th of September. Smart Nutrition can be contacted on 01273 775480 or www.smartnutrition.co.uk. For more information on where to buy organic food or to locate your local organic farm contact the Soil Association www.soilassociation.org Local Organic FoodBox schemes are ever more popular and the choice on box size and contents is a movable feast.

Farms and Box Delivery Schemes:
O for Organic – 01323 741000.
Real Food Direct – 01273 621222.
Barcombe Nurseries – 01273 400011.
Ashurst Organics – 01273 891219.
Health Food Shops:
Beans & Things – 01273 477774.
Infinity Foods – 01273 603563.
Organic Butchers:
Colmer's Family Butchers – 01903 504327. Choice Cuts – 01903 531361.
Always look for the soil association logo.