



A REVIEW

Relationship of organic farming and human health

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Abstract : In the last decade, the assembly and ingestion of organic food have exaggerated steady worldwide, despite the lower productivity of organic crops. Such foods run by organic standards of manufacture, management, dispensation, and marketing. Most notably, the employment of artificial fertilizers, pesticides, and genetic modification isn't allowed. One major reason for the exaggerated demand is that the perception that organic food is a lot of environmentally friendly and on the mend than conservatively made food. Shoppers of organic food tend to possess healthier dietary patterns overall. Medicine studies purpose to the negative effects of bound pesticides on children's psychological feature development at current levels of exposure. Such risks will be decreased with organic food, particularly throughout maternity and in infancy, and by introducing non-pesticidal plant protection in typical agriculture. There are units few familiar integrative variations between organic and traditional crops. Maybe most significantly, there are indications that organic crops have lower metal content than typical crops because of variations in fertilizer usage and soil organic matter, a difficulty that's extremely relevant to human health. Organic milk, and possibly additionally meat, contains a higher content of omega-3 fatty acid fatty acids compared to traditional product, however this is often unlikely to be nutritionally vital in lightweight of alternative dietary sources. The current use of antibiotics in typical animal production may be a key driver of antibiotic resistance. The hindrance of disease and a lot of restrictive use of antibiotics, as practiced in organic production, may minimize this risk, with probably tidy edges for public health. This review summarizes the scientific proof for integrative variations and health edges of organic compared with conventionally made food.

Key Words : Antibiotics, Food safety, Nutrients, Organic food, Chemical residues

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