

July 2016

# Today's Chiropractic Monthly Newsletter



Dr. Charles M. Laycock

**Why Should You Care About Pesticides?** The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

**What's the Difference?** Environmental Working Group (EWG) research has found that people who eat five fruits and vegetables a day from the Dirty Dozen™ list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

**Will Washing and Peeling Help?** The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

**How Was This Guide Developed?** EWG analysts have developed the Guide based on data from nearly 89,000 tests for pesticide residues in produce conducted between 2000 and 2008 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at the dedicated website, [www.foodnews.org](http://www.foodnews.org).



## Dirty Dozen PLUS BEST BOUGHT ORGANIC

- |                    |                           |
|--------------------|---------------------------|
| 1. Apples          | 8. Peaches                |
| 2. Celery          | 9. Potatoes               |
| 3. Cherry Tomatoes | 10. Spinach               |
| 4. Cucumbers       | 11. Strawberries          |
| 5. Grapes          | 12. Sweet Bell Peppers    |
| 6. Hot Peppers     | 13. Kale/Collard Greens + |
| 7. Nectarines      | 14. Summer Squash +       |



## Clean 15 Non-organic is OK

- |               |                         |
|---------------|-------------------------|
| 1. Asparagus  | 9. Mangoes              |
| 2. Avocados   | 10. Mushrooms           |
| 3. Cabbage    | 11. Onions              |
| 4. Cantaloupe | 12. Papayas             |
| 5. Sweet Corn | 13. Pineapples          |
| 6. Eggplant   | 14. Sweet Peas (Frozen) |
| 7. Grapefruit | 15. Sweet Potatoes      |
| 8. Kiwi       |                         |



## Today's Chiropractic Clinic

614 S. 225th Street  
Des Moines, WA 98198  
(206) 878-BACK (2225)

[www.todayschiropractic.net](http://www.todayschiropractic.net)

~Serving Our Community Since 1990~

### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm  
Tues: 8:30am-12pm & 2:30pm-5pm