



# Is Organic Food Health Promoting?

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I have been eating organic food as much as possible for the past 55 years, relying primarily on herbs for dealing with transient health issues. Many of my friends, family, clients, and colleagues, not following as natural and holistic food and lifestyle pattern, have not aged as well. Of course, there are differences in genetics, environment, economics, mindset, and lived experience. I have tuned out the malign marketing that encourages eating for pleasure, cost, and convenience rather than for health and recovery.

All animal, vegetable, and biosphere health is a result of soil, water, and air quality. Organic food supports local farmers who are laboring to keep the soil teeming with micronutrients, phytonutrients, and microorganisms to provide sustainable healing food for their community. Cheap food is not worth the price one pays for it. It is typically old, stale, denatured, and nutrient-poor, with unlabeled synthetic compounds, additives, and preservatives.

There are 80,000 FDA approved chemicals that can be added to our soil and food. The accumulation of chemicals and the interactive effects they are having when mixed together have been little studied. Although, we do see a worsening of health issues and for the first time, the current generation is less likely to live as long and well as previous generations. The consequences of stress, toxins, and living in V.U.C.A. (volatile, uncertain, complex and ambiguous) times is inflammatory, disruptive, and damaging to our metabolism, gut/brain communication, and natural rhythm.

## Eating for Health™ Changes

I have witnessed that when a person switches to eating more organic food their health improves. This is most true if it is consumed daily, rather than occasionally. Conduct your own research in *Eating for Health™* by sourcing and eating premium organic produce, grains, nuts, seeds, and legumes, prepared with culinary herbs and culinary spices with pasture-raised, rather than feed-lot produced, meat and



dairy products for 30 days and chart the changes in the following areas on a (1-10 basis) 10 being Best.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Energy							
Mood							
Pain							
Weight							
Sleep							
Inner Peace							

## Evidence in Favor of Some Benefits of Organic

Here's a summary of what the scientific research currently says about the health benefits of eating organic vs. conventionally grown food. There are few studies measuring this as there is no financial incentive for conventional agriculture of food producers to conduct this expensive research.

### Lower pesticide residues / heavy metals

- A systematic review found that organic foods tend to have lower levels of toxic metabolites such as cadmium, and fewer synthetic-fertilizer and pesticide residues. [PubMed Central](#)

## Is Organic Food Health Promoting? (continued)

- For example, one review noted organic crops had lower cadmium and pesticide residues. [PubMed Central](#)
- The Mayo Clinic notes studies find that “when it comes to long-term health, organic food exposes consumers to less pesticide residue.” [Mayo Clinic](#)

**Interpretation:** Switching to organic may reduce exposure to certain residues, though the health impact of that reduction remains unclear.

Some compositional differences (nutrients, fatty acids, etc.)

- Some studies suggest organic meat and dairy may have higher amounts of omega-3 fatty acids and slightly lower saturated fats. [Healthline](#)
- Other work shows organic vegetables and fruits may have higher levels of certain micronutrients or antioxidants in some cases. [Oxford Academic Nutrition Reviews](#)
- For example: “Among the micronutrients... magnesium, potassium, calcium, and iron were more sensitive to variables than just the cultivation system.” [PubMed Central](#)

**Interpretation:** Yes, there are measurable differences in composition in some studies, but they’re not consistent across all foods or nutrients.

Observational links to health outcomes (weak evidence, confounding issues)

- A review found that in observational/longitudinal studies, higher organic intake was associated with reduced incidence of some health conditions (e.g., infertility, birth defects, allergic sensitization, pre-eclampsia, metabolic syndrome) though the evidence is not definitive. [PubMed Central](#)
- For example: In a birth-cohort study in the Netherlands, exclusive consumption of organic dairy was associated with a 36% reduction in risk of eczema at age 2. [BioMed Central Environmental Health Journal](#)

**Interpretation:** These findings are suggestive but cannot prove cause-and-effect because people who choose organic also tend to have healthier lifestyles overall (diet, activity, socioeconomic status) which confounds the results.

## Evidence That Weakens a Strong Claim of Health Benefit

No strong, consistent nutrient superiority

- A 2012 meta-analysis by Stanford found little evidence that organic foods are more nutritious or pose fewer health risks than conventional alternatives, though they did reduce pesticide exposure. [Stanford University Health Policy](#)
- Recent reviews continue to show mixed results: some nutrients differ, others don’t; many studies diverge. [PubMed Central](#)

**Interpretation:** The idea that “organic = substantially more nutritious” is not supported by clear, consistent evidence.

Healthy-lifestyle confounding is a major issue

- Many of the observed associations (e.g., lower obesity rates among organic consumers) may reflect other behaviors (more vegetables, less processed foods, higher socioeconomic status) rather than the organic status itself. [BioMed Central Environmental Health Journal](#)

**Interpretation:** It’s hard to isolate the effect of “organic” from the many other healthy habits that tend to accompany it.

Direct, long-term health outcome trials are lacking

- Reviews note there is a shortage of well-powered human trials where the only difference is organic vs conventional diet, with long follow-up and controlling for confounders. [PubMed Central](#)

**Interpretation:** Because of this, it’s hard to make strong claims about organic food preventing disease, improving outcomes, etc.

## Summary & Practical Take-Aways

- If you choose organic, you’re reducing exposure to pesticide residues and to some heavy metals.
- There may be modest benefits in terms of fatty acid profile (for meat/dairy) or antioxidants and micronutrients (for produce).
- Eating more fruits and vegetables (whether organic or conventional) is of greater benefit than whether they are organic. Some emphasize quantity and variety over organic status.

## Is Organic Food Health Promoting? (continued)

- If budget is a concern, conventional produce is still a good choice and avoiding produce because it's conventional is not recommended.
- Given the current state of research we can say, "There may be health benefits from organic food consumption." but not, "There are proven, large health benefits."
- No studies have the impact of eating organically on energy, mood, weight, sleep, and inner peace, or on disease management and reversal.

Let Dr. Bauman know if you would like to be an *Eating for Health™* research study participant.

### Further Research Findings on the Health Benefits of Eating Organic Foods

[Association of Frequency of Organic Food Consumption With Cancer Risk Findings From the NutriNet-Santé Prospective Cohort Study](#), Julia Baudry, Karen E Assmann, Mathilde Touvier, Benjamin Allès, Louise Seconda, Paule Latiño-Martel, Khaled Ezzedine, Pilar Galan, Serge Hercberg, Denis Lairon, Emmanuelle Kesse-Guyot, doi: 10.1001/jamainternmed.2018.4357Abstract

[Organic Foods for Cancer Prevention—Worth the Investment?](#) Hemler EC, Chavarro JE, Hu FB. JAMA Intern Med. 2018 Dec 1;178(12):1606–1607. doi: 10.1001/jamainternmed.2018.4363.PMID: 30422205

[Organic Food Consumption and Cancer Risk: A High-Quality Study and Inappropriate Reactions](#). Robert J. Bull Cancer. 2019 Jan;106(1):5–8. doi: 10.1016/j.bulcan.2018.11.007. Epub 2018 Dec 21.PMID: 30583792 French.

[High-Quality Food Combined With Organic Food Consumption and the Risk of Cancer](#). Wee IJY, Syn NL. JAMA Intern Med. 2019 May 1;179(5):723. doi: 10.1001/jamainternmed.2019.0110.PMID: 31058932

[Prospective Association Between Consumption Frequency of Organic Food and Body Weight Change, Risk of Overweight or Obesity: Results From the NutriNet-Santé Study](#). Kesse-Guyot E, Baudry J, Assmann KE, Galan P, Hercberg S, Lairon D. Br J Nutr. 2017 Jan;117(2):325–334. doi: 10.1017/S0007114517000058. Epub 2017 Feb 7.PMID: 28166859

[Dietary Intakes and Diet Quality According To Levels of Organic Food Consumption by French Adults: Cross-sectional Findings From the NutriNet-Santé Cohort Study](#). Baudry J, Allès B, Péneau S, Touvier M, Méjean C, Hercberg S, Galan P, Lairon D, Kesse-Guyot E. Public Health Nutr. 2017 Mar;20(4):638–648. doi: 10.1017/S1368980016002718. Epub 2016 Oct 12.PMID: 27731291

[Association Between Ultraprocessed Food Consumption and Risk of Mortality Among Middle-aged Adults in France](#). Schnabel L, Kesse-Guyot E, Allès B, Touvier M, Srouf B, Hercberg S, Buscail C, Julia C. JAMA Intern Med. 2019 Apr 1;179(4):490–498. doi: 10.1001/jamainternmed.2018.7289. PMID: 30742202

[Organic Food and Health](#). Glibowski P, Rocznica Panstw Zakl Hig. 2020;71(2):131–136. doi: 10.32394/rpzh.2020.0110.PMID: 32519524Review.

[A Systematic Review of Organic Versus Conventional Food Consumption: Is There a Measurable Benefit on Human Health?](#) Vigar V, Myers S, Oliver C, Arelano J, Robinson S, Leifert C. Nutrients. 2019 Dec 18;12(1):7. doi: