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A lot of people eat organic food, others don't like to eat organic food, and others don't really care if it is organic or not. Organic food is much better for you than the food that have all kinds of preservatives in them. Here are five reasons you should eat more organic foods.

We are bombarded with information about organic foods—yet much of it is conflicting. Some people say it's more nutritious, others say it's not. And isn't it more important to eat food produced locally? The truth is organic agriculture is key to our survival—and there's clear scientific data to back it up. I'm not the first in my family to reach this conclusion. My grandfather, J.I. Rodale, launched *Organic Farming and Gardening* magazine in 1942, and with it the organic movement (as well as the company that publishes *Runner's World*). My father supported local farmers. To them, organic was obviously healthier and better for the environment. But in the 1960s, many considered them crazy. So they set out to prove their ideas.

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