

Viewpoint: Solved! Busting pro-organic, anti-GMO myths

Over the years, we have experienced a massive increase in the consumption of organic foods, with many people painting conventional farming as the devil. That is why we are here to bust the myths around organic farming.

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An independent study that reviewed 162 publications comparing these two farming methods showed no difference in contents of fifteen different nutrients. It also showed that food from conventional farms had more nitrogen, while those from organic farms were more acidic and had more phosphorus. Also, livestock products from organic farms had a higher level of fats.

We know that there is little difference in the nutritional value of foods produced conventionally and organically. However, activists do not stop there. They still insist that organic foods have better flavour and taste. Again, researchers did taste tests on several groups of people, and they could not tell the difference.

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Organic farming does not use lots of synthetic pesticides which cause damage to the environment, but they also have equally damaging chemicals. This is the truth that some people do not see and are easily persuaded by activists.

[**This is an excerpt. Read the original post here**](#)