

Beware the Dirty Dozen: Are these Top 12 Pesticide-Laced Fruits and Vegetables in Your Grocery Cart?

Health & Wellness expert Alicia Stanton, MD suggests that consumers go organic for these favorite produce items

Glastonbury, Conn. (May 5, 2010) – While the long term effects of environmental pollutants and pesticides on our bodies are still largely unknown, there is much health conscious consumers can do to manage their exposure to toxic chemicals. Dr. Alicia Stanton, author of *Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life*, discusses the Dirty Dozen - the twelve produce items identified by The Environmental Working Group to have the highest levels of pesticides.

Dr. Stanton recommends that consumers buy organic versions of these otherwise healthy foods as often as possible to help reduce the level of pesticide residue in their bodies:

- Peaches
- Apples
- Bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Lettuce
- Spinach
- Potatoes
- Imported grapes

“I realize it isn’t always feasible to buy 100 percent organic, but setting priorities for your family’s diet helps,” said Dr. Stanton. “Studies have shown that when organic foods replace conventional ones in the diets of children, levels of key pesticides in their blood drop to nearly undetectable levels after only five days.”¹

Not only do organics protect us from toxins, they also have better flavor and are 25 percent more nutritious. Conventional crops are bred to grow faster and larger, which reduces the amount of nutrients a plant takes up from the soil and increases the amount of water content. Organic crops grow slower and reach a smaller size, but are more nutrient dense. Organics also are richer in antioxidants since they must fight harder to ward off pests.

“If organics are not readily available or affordable, I would recommend filling the sink with water and a little dishwashing liquid, washing your fruits and vegetables thoroughly, and rinsing them well,” said Dr. Stanton. “This can be a very effective way to remove the pesticides from the peel of fruits and vegetables, which is often packed with vital nutrients.”

About Dr. Alicia Stanton

Dr. Alicia Stanton practices anti-aging and integrative medicine in the greater Hartford, Conn. -area. Dr. Stanton is Board Certified in Obstetrics and Gynecology, a Fellow of the American College of Obstetrics

and Gynecology, a Diplomat of the Board of Anti-Aging Medicine and an Advanced Fellow in Anti-Aging and Regenerative Medicine. Dr. Stanton has a special interest in hormone balance and its effects on menopausal symptoms, weight gain, PMS, energy levels and stress. Her experience also translates well to help manage her male patients and their hormonal issues, including low testosterone, adrenal fatigue and low libido. Her debut book, *Hormone Harmony*, takes a look at how our bodies' hormones work together and the lifestyle factors, such as food choices, environmental toxins, stress and exercise – that can disrupt hormonal balance. For more information, visit www.hormoneharmony.org.

¹ [Organic Diets Significantly Lower Children's Dietary Exposure to Organophosphorus Pesticides](#), Lu, et al. *Environmental Health Perspectives* Volume 114, Number 2, February 2006.