

Organic Food is Preventive Medicine

BY VALERIE AUSTIN

Expensive restaurants are into ceremony without caring about quality. Cheap restaurants are into slop that may taste and look really good but it's cheap substandard food with chemical tricks to fool you. How else can food be so cheap?

What Do "You" Eat?

When you go out to eat you will be eating chemically-enhanced food however fresh it is. How do I know? There isn't anywhere for you to go to eat organic food (and that includes Miami). It must be one of the unhealthiest states in the US. Only a couple of upmarket restaurants have an appetizer or part of a meal that is organic and that's if you are extremely lucky. The good news is that there are a few places that you CAN get organic food - these are small cozy cafés, but only one restaurant, Seraphina, Victoria Park, where there is indeed a wide choice that is available to you. A sad situation for healthy people.

My "mission" (and I really wish I had picked something easier) is to be able

make chemically-adjusted food sound okay. Generally, non-organic food is old food which is either picked too soon or adjusted with taste enhancers and colouring or both. Why is it important to know the difference? Because conventional food is killing us.

The more people that support restaurants that serve organic food, the more chance that those of us wanting to look after our health will be able to eat out once again. Don't forget it will cost you a little more, but don't make an issue of it; they are doing their best against all odds, just have a little patience and it will pay off in the end.

My dream is to be able to go out and eat at charity lunches, balls and restaurants, with "real" food being the norm rather than having to worry about poisoning myself.

I am pleased to report that since my article last month I have made a little headway. My favorite charity "Unicorn" who raise amazing amounts of money to help children with autism and learning disorders have agreed to request organic food for their prestigious ball in Palm Beach. So many of the ladies in charity work are health conscious and becoming more aware of the dangers of conventional food. After two months of "fully" organic eating, various hair-dressers are constantly complimenting me on the condition of my hair.

ing Josh's market (see suppliers). It has internet access, a snack bar with very tasty and very reasonably priced organic salad and sandwich type food and juices. Robin, the partner, who served me was very enthusiastic and dedicated.

1955 Harrison Street, Downtown Hollywood 954.927.8588



Maria Elena Dieguez at Nature Boy Health Food Store & Eatery

Nature Boy Health Food Store & Eatery

A cheery small eatery decorated with bright colours and furnished with very comfortable bar seats. The owner, Maria, is friendly and happily proud of her food. Some dishes are organic during the day, such as the rice. However, in the evenings from Wednesday to Saturday (open till 9pm), they serve predominantly organic "raw" food. Maria suggested that I try the Lasagne followed by Apple Pie. If I closed my eyes I could have thought I was really eating lasagne and pie, such was the amazing taste of the raw food. I cannot wait to make a return visit. Because the raw food is cold it makes an ideal take-out. The food looks and tastes great and (as a take out) is perfect with a glass of your favourite wine.

220-C Commercial Blvd.,
Lauderdale-By-The Sea, 954.776.4696

Simply Natural Café (100% organic)

This was a truly joyful eating experience with lots of choice and everything I tasted was delicious. The soup was terrific; the stir-fry was fresh and the vegetables cooked just right. I wasn't



Juice Appeal Organic Cafe, Hollywood

to eat real food. In case you didn't read my first article "Where Has All the Real Food Gone?" explaining what organic really is, here is a quick summary. Organic food is the modern name for real food in fruit and vegetables and "conventional" is the new word to

Eating Out or Taking Out—Cafes

Juice Appeal Organic Cafe

Their motto is "Health is Wealth, Be Healthy". This was one of the three places I found to be mostly organic. It's a great little café to pop into when visit-