



THE ORGANIC PLANTERS
Greener. Fresher. Better.

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ORGANIC FOODS

That reduce risk of cancer

A research study in France in 2009 involving about 60000 people found that, overall, eating more organic food drastically reduces the risk of cancer. To be labelled organic, the product should have been produced without using any form of chemicals and in an environmentally safe manner.



Some commonly used items are:

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CARROT

Carrots for vitamins and antioxidants. It contain beta-carotene, an antioxidant so it will protect cell membranes from toxin damage and slow the growth of cancer cells.

BEANS

Beans contain fiber, which may drastically reduce risk of cancer.



BERRIES



Antioxidants are found in berries. As a result, antioxidants protect the body from cell damage thus preventing various types of cancers like skin, bladder and lungs.



TURMERIC & CINNAMON

Curcumin is a substance found in the spice turmeric. Curcumin is thought to have antioxidant properties, which means it may decrease swelling and inflammation. It's being explored as a cancer treatment in part because inflammation appears to play a role in cancer.

NUTS

Walnuts contain pedunculagin, a substance that the body converts to urolithins. Urolithins are estrogen receptor-binding compounds that may help to prevent breast cancer.





CITRUS

Citrus fruits are high in vitamin C and other antioxidant, antimutagenic, and antiproliferative compounds, which all help to prevent cancer

FLAXSEED

Flaxseeds for Omega-3 fatty acids. For its lycopene compound with anticancer properties.



GARLIC & FISH

Garlic for its phytochemicals that reduce colorectal cancer risks & fish, if it is acceptable, for Omega-3 fatty acids, the same as flaxseeds.





At Organic Planters, we provide a wide range of organic and sustainably sourced fruits, vegetables and grains, as well as various spices and beauty products. All of our organic product customers receive a 10% discount on their first purchase. Except beauty products, all other products are delivered with in 10 km at Kakkanad.





Farm fresh organic fruits, vegetables and other
organic food products are now available with
The Organic Planters.

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