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Are You Making Healthy Decisions?

Given the fact that we are blissfully enjoying the warmth of the summer season (for those of us located in the



northern hemisphere anyway) you would probably think that it's unusual to hear the hacking cough of a nasty winter cold, right?

But recently it seems that everywhere I go I hear more and more people coughing.

There was no news of a cold or flu epidemic, so there was no way to really pinpoint what was going on, but it piqued an interest. As our team researched 'coughing' and 'breathing problems', there was one thing that was quite evident - there is an incredibly large number of people in America and around the world suffering from chronic lung disorders.

Although there are millions suffering from mild forms of asthma or occasional bouts of bronchitis brought on during the flu season, there are more than 600 million people worldwide suffering from

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Getting sick (or at least pretending to) was sort of fun back in the old da



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Overall health can often occur naturally if the body receives the proper nu

COPD or Chronic Obstructive Pulmonary Disease. What's more, this is a disease that many people don't know a thing about!

When we discovered that this unfamiliar condition was not only the 4th leading cause of death amongst Americans, but that more than half of those cases were likely preventable by diet alone, we knew we had to raise COPD awareness.

I don't want to give away the contents of the entire article, but one interesting thing we found out is that many environmental pollutants are a contributing factor for COPD. This lead into some research on toxicity and an entire article dedicated to the beneficial nature of eating organic foods, as well as the 12 most polluted foods you should only purchase from an organic source and the 12 least polluted that can be purchased from a regular source.

I hope you find the articles in this ebook – *More FDA Warnings about Depression Medications Validate Your Natural Approach, Did Depression Cause Your Diabetes?* and *Popular Diabetes Treatment Could Increase Your Risk of Heart Problems* – both interesting and informative.

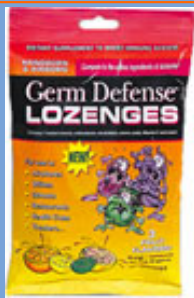
Second Hand Smoke, Diet and Chronic Lung Disease

New Study Finds Prevention is Key

Although there are more than 600 million people worldwide affected by COPD (Chronic Obstructive Pulmonary Disease), according to estimates by the World Health Organization, it is a disease that is unfamiliar to many of us.



COPD often goes undiagnosed because the symptoms and



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conditions usually develop over months and in some cases over years. Even once it is many of the 11 million Americans afflicted with the disease are so unfamiliar with COPD that they are unaware of how to treat it. Unfortunately, the quandary with chronic lung conditions is that they become very difficult to treat once they have fully developed.

With experts in the field of chronic lung disease emphasizing **prevention as the best remedy for decreasing the prevalence of COPD** – one that kills more than 2.75 million people each year – awareness is now one crucial element in the fight.

Recently scientists at the Harvard School of Public Health discovered that the newly coined *Mediterranean Diet*, a diet typified by **fish, fruits, vegetables and whole grains, can lead to a 50% decrease in your risk of developing COPD.**

These types of foods contain a very high level of antioxidants, which have been proven to help fight cancer in other studies.

Foods rich in antioxidants can

What is COPD?

COPD, Chronic Obstructive Pulmonary Disease, can be defined as one of two things, either chronic bronchitis or emphysema.

Chronic Bronchitis is an inflammation of the airways that restricts breathing, causes coughing and wheezing, and often leads to more serious respiratory infections.

Emphysema occurs when lung tissue loses its elasticity, causing shortness of breath and a decreased flow of oxygen throughout the body.

Both of these diseases are very serious, as COPD is

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help to rid your body of *free radicals*, the harmful molecules that can disrupt the functions of living cells and end up causing

cancer and other ailments, including those affecting the lungs.

While COPD awareness and maintaining a balanced diet of healthy foods and whole grains are both excellent methods of prevention, avoiding smoke from cigarettes, pipes and cigars is another method of avoiding this very serious disease.

Although it has been linked to a number of causes, smoking or second-hand smoke accounts for most COPD cases. In addition to creating free radicals, smoking causes enormous wear and tear on the entire respiratory system, which over time causes many people to end up with COPD. The most important thing you can do to avoid COPD is to quit smoking and take yourself out of environments where cigarette smoke exists.

- [NicoTonic](#) promotes nervous system functioning for people undergoing nicotine withdrawal.
- [Rx-Hale](#) helps maintain balanced mood during the nicotine withdrawal program.
- [Crave-Rx](#) helps maintain systemic and mood balance during and after nicotine withdrawal.

Pollution can also cause COPD, as over the years breathing in pollutants in the air can cause significant duress on the respiratory system. However, it can be difficult to avoid air pollution altogether, especially if you live in an urban environment.

This is why taking precautions to make sure you do not develop

currently the 4th leading cause of death amongst Americans.



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future respiratory problems is often the most effective approach when it comes to chronic lung disease, including the preventative measures we have mentioned – awareness, diet, not smoking and avoiding excessive pollution.

There are also many natural and herbal remedies available to help you to maintain a healthy respiratory system and fight free radicals. Using these in conjunction with other preventative measures can have a tremendous impact on decreasing the possibility of COPD.

- [Anti-Can Caps](#) promotes systemic health at the cellular level with strong antioxidant support for all body systems.

If you are currently living with COPD, there are many natural remedies available to help heal the damage the disease has caused, such as improving circulation to affected areas and encouraging free breathing.

- [Triple Complex BronchoSoothe](#) promotes easy, comfortable and normal breathing.
- [BioVent](#) supports bronchial and respiratory health for easy breathing.
- [ComfiCoff](#) promotes relaxation to soothe throat and chest discomfort, irritation and congestion.
- [Fatigue Fighter](#) helps maintain energy levels and feelings of well being, overall systemic and immune functioning.
- [Immunity Plus](#) promotes healthy immune system functioning and helps fight viral and bacterial

Special Message



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MORE INFO

*"I have been dependent on an inhaler for many years and have hardly needed it at all since starting with BronchoSoothe. I can't believe how quickly my chest relaxes... I can recommend BronchoSoothe with no hesitation" - **Jamie L.***

*"Absolutely a life saver! I use to make frequent trips to the hospital but since taking [BronchoSoothe], I have not. I just place two to four pills under my tongue then I lay back and relax and in no time my chest opens up. Excellent product!!!" - **Shannon, MI , USA***

The Danger of Pesticides

Are they Finding their Way into Your Diet?

Organic! Organic! Organic! Does it seem like everywhere you look you see the word organic?

Whether it's in a health food store, a restaurant,



or even your local grocery store *organic foods are all the rage.*

They are being sold practically everywhere and you can find everything from organic fruits and vegetables to organic flour, and even organic meats!

Many claim that eating organic products means avoiding overly processed foods, thereby cutting hydrogenated oils, trans-fats, preservatives and other negative ingredients out of your diet. But lately the debate over fruits and vegetables seems to be taking center stage. *The pesticides used on foods are currently a big concern for the health community,* due to their many acute and chronic effects.

The basis of this debate lies in the method by which foods are grown. To put it simply, organic



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foods are grown without the use of pesticides, and only with naturally occurring organic fertilizers.

There are many reasons that foods are grown in this method. Some feel organic farming encourages better soil for future growing seasons, and other cite that pesticides can have a harmful effect on water supplies and farm animals. But from a health standpoint the debate takes a different turn.

While many people are proud of buying organic food to support more environmentally sustainable growing methods, other want to know: *Does eating organic fruits and vegetables mean you are making a better health decision for yourself and your body?*

It seems that more and more evidence is being uncovered that suggests the answer to that

question is a resounding 'Yes'. The problem with many fruits and vegetables grown using synthetic pesticides these days is that very little is done to rid the foods of the chemicals in the pesticides.

What Does Organic Really Mean?

by Sue Gilbert, M.S.,
Nutritionist (iVillage)

Most people understand the simple definition of organic -- food that's grown without the use of synthetic fertilizers and pesticides. But it is much more than that.

Farmers who use organic growing methods and people who buy organic foods are committed to long-term stewardship of the land and a vision of humans being in ecological harmony with nature.

Their mission is to ensure sustainability of the air, soil and water, and to maintain the health of people, plants and animals.

Washing fruit and vegetables thoroughly before consuming them has always been advocated by authorities on the subject, but the Environmental Working Group reminds consumers that even a thorough cleaning does not effectively remove all of the chemicals left behind.

"While washing fresh produce may help reduce pesticide residues, it clearly does not eliminate them," says EVG. "Nonetheless, produce should be washed before it is eaten because washing does reduce levels of some pesticides. However, other pesticides are taken up internally in the plant, are in the fruit, and cannot be washed off..."

Synthetic pesticides, in essence, are toxins and consuming foods that have been subject to pesticide spraying means that you're consuming those toxins. Nowadays, pesticides are suspected to have negative effects on development and neurological systems. In fact, the EPA recently undertook to begin a study on the effects of 73 of the most common pesticides on the endocrine system, which includes the pancreas, adrenal gland and the pituitary gland.

While eating one apple grown in pesticides may not cause your health to go suddenly downhill, the prolonged exposure and consumption over an extended period of time is of great concern to scientists. So, the potential positive impact on your endocrine system that eating organic foods can have on your health is quite significant.

There are natural remedies that can also help improve the functioning of the endocrine system, which helps counteract the effects of pesticides.

- [Insulate Plus](#) - Helps maintain healthy circulation, blood sugar levels, insulin production and bio-availability.
- [AdrenoBoost](#) - Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

Changing your consumption habits by switching to organic foods is definitely effective, but it is also important to help alleviate some of the stress that pesticides, synthetic fertilizers and other toxins put on our body's own natural detoxification system.

Often times, the liver and kidneys have to do a lot of work to help constantly cleanse our bodies of toxins, and often times they can become overworked. There are a variety of herbal and homeopathic remedies that can aid your body's natural removal of the toxin build-up and help to keep your kidneys and liver functioning properly.

- [Detox Drops](#) - Promotes natural cleansing function and ability to eliminate toxins.
- [Kidney Dr.](#) - Promotes kidney and urinary system health and functioning.
- [Liver Dr.](#) - Promotes healthy liver functioning, resistance to toxin/disease damage and systemic health.

"I have been struggling with fatigue for many years. Every day I woke up feeling like I couldn't face the demands of the day - you know that feeling of "Oh No!" you get when you wake up? After taking Detox Drops for only three days, I started to feel more alive and my energy levels increased every day... Detox Drops are great!" - Carla

"I have always had bad headaches and have been to doctors, chiropractors - you name it! Some helped but the headaches always came back. Michele has helped me to see that I am poisoning myself with what I eat and that the pain tablets have been causing me to have more headaches. The Detox Drops have really helped. I haven't had a headache for weeks." - Winston

Twelve Organic Produce Items to Reduce Your Pesticide Exposure by 90%

Health conscious people worldwide have a growing concern about the toxin risk associated with eating food contaminated by synthetic fertilizers and pesticides. Many people are switching to organic foods in an attempt to minimize their toxin intake, but in some locations certain organic fruits and vegetables may not be available.

As a result, the Environmental Working Group has released a guide to the fruits and vegetables that commonly contain the highest amounts of pesticides. The guide is intended to provide consumers with a general idea of which foods are most important to buy from organic farm sources, and which foods you can buy from other sources with a relatively low risk.

PESTICIDES in PRODUCE

*Do you know
which foods
are best
to buy
organic?*



DIRTY DOZEN

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes (Imported)
Spinach
Lettuce
Potatoes

CLEANEST 12

Onions
Avocado
Sweet Corn (Frozen)
Pineapples
Mango
Asparagus
Sweet Peas (Frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli
Papaya

(The entire list is below)

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Test Results: Complete Data Set

| Rank (worst to best) | Commodity | Combined Score | Percentage of Samples Tested with Detectable Pesticides | Percentage of Samples With Two or More Pesticides | Average Number of Pesticides Found on a Sample | Average Amount (in ppm*) of All Pesticides Found | Maximum Number of Pesticides Found on a Single Sample | Number of Pesticides Found on the Commodity in Total |
|----------------------|--------------------|----------------|---|---|--|--|---|--|
| 1 | Peaches | 100 | 96.6% | 86.6% | 3.1 | 1.134 | 9 | 42 |
| 2 | Apples | 96 | 93.6% | 82.3% | 2.8 | 0.894 | 9 | 50 |
| 3 | Sweet Bell Peppers | 86 | 81.5% | 62.2% | 2.4 | 0.138 | 11 | 64 |
| 4 | Celery | 85 | 94.1% | 79.8% | 3.0 | 0.413 | 9 | 30 |
| 5 | Nectarines | 84 | 97.3% | 85.3% | 3.0 | 0.576 | 7 | 26 |
| 6 | Strawberries | 83 | 92.3% | 69.2% | 2.3 | 0.799 | 8 | 38 |
| 7 | Spinach | 77 | 81.1% | 55.0% | 2.5 | 1.000 | 5 | 27 |
| 8 | Cherries | 75 | 80.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 9 | Pears | 74 | 79.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 10 | Imported Grapes | 73 | 77.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 11 | Tomatoes | 72 | 76.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 12 | Lettuces | 71 | 75.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 13 | Broccoli | 70 | 74.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 14 | Potatoes | 69 | 73.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 15 | Avocados | 68 | 72.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 16 | Bananas | 67 | 71.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 17 | Onions | 66 | 70.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 18 | Asparagus | 65 | 69.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 19 | Broccoli | 64 | 68.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 20 | Papaya | 63 | 67.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 21 | Spinach | 62 | 66.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 22 | Tomatoes | 61 | 65.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 23 | Cherries | 60 | 64.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 24 | Apples | 59 | 63.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 25 | Peaches | 58 | 62.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 26 | Strawberries | 57 | 61.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 27 | Imported Grapes | 56 | 60.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 28 | Spinach | 55 | 59.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 29 | Lettuces | 54 | 58.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 30 | Broccoli | 53 | 57.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 31 | Potatoes | 52 | 56.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 32 | Avocados | 51 | 55.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 33 | Bananas | 50 | 54.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 34 | Onions | 49 | 53.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 35 | Asparagus | 48 | 52.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 36 | Broccoli | 47 | 51.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 37 | Papaya | 46 | 50.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 38 | Spinach | 45 | 49.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 39 | Tomatoes | 44 | 48.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 40 | Cherries | 43 | 47.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 41 | Apples | 42 | 46.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 42 | Peaches | 41 | 45.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 43 | Strawberries | 40 | 44.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 44 | Imported Grapes | 39 | 43.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 45 | Spinach | 38 | 42.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 46 | Lettuces | 37 | 41.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 47 | Broccoli | 36 | 40.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 48 | Potatoes | 35 | 39.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 49 | Avocados | 34 | 38.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 50 | Bananas | 33 | 37.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 51 | Onions | 32 | 36.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 52 | Asparagus | 31 | 35.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 53 | Broccoli | 30 | 34.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 54 | Papaya | 29 | 33.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 55 | Spinach | 28 | 32.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 56 | Tomatoes | 27 | 31.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 57 | Cherries | 26 | 30.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 58 | Apples | 25 | 29.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 59 | Peaches | 24 | 28.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 60 | Strawberries | 23 | 27.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 61 | Imported Grapes | 22 | 26.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 62 | Spinach | 21 | 25.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 63 | Lettuces | 20 | 24.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 64 | Broccoli | 19 | 23.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 65 | Potatoes | 18 | 22.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 66 | Avocados | 17 | 21.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 67 | Bananas | 16 | 20.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 68 | Onions | 15 | 19.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 69 | Asparagus | 14 | 18.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 70 | Broccoli | 13 | 17.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 71 | Papaya | 12 | 16.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 72 | Spinach | 11 | 15.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 73 | Tomatoes | 10 | 14.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 74 | Cherries | 9 | 13.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 75 | Apples | 8 | 12.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 76 | Peaches | 7 | 11.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 77 | Strawberries | 6 | 10.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 78 | Imported Grapes | 5 | 9.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 79 | Spinach | 4 | 8.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 80 | Lettuces | 3 | 7.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 81 | Broccoli | 2 | 6.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |
| 82 | Potatoes | 1 | 5.0% | 50.0% | 2.0 | 0.500 | 4 | 20 |

| | | | | | | | | |
|----|---------------------|----|-------|-------|-----|-------|---|----|
| 5 | Nectarines | 84 | 97.3% | 85.3% | 3.0 | 0.576 | 7 | 26 |
| 6 | Strawberries | 83 | 92.3% | 69.2% | 2.3 | 0.799 | 8 | 38 |
| 7 | Cherries | 75 | 91.4% | 75.8% | 2.8 | 0.290 | 7 | 25 |
| 8 | Lettuce | 69 | 68.2% | 44.2% | 1.7 | 0.142 | 9 | 57 |
| 9 | Grapes - Imported | 68 | 84.2% | 53.2% | 1.8 | 0.284 | 8 | 37 |
| 10 | Pears | 65 | 86.2% | 45.7% | 1.6 | 0.586 | 6 | 33 |
| 11 | Spinach | 60 | 70.0% | 31.2% | 1.1 | 1.240 | 6 | 24 |
| 12 | Potatoes | 58 | 81.0% | 18.0% | 1.0 | 1.655 | 4 | 18 |
| 13 | Carrots | 57 | 81.7% | 48.3% | 1.6 | 0.046 | 6 | 31 |
| 14 | Green Beans | 55 | 67.6% | 42.0% | 1.4 | 0.199 | 6 | 35 |
| 15 | Hot Peppers | 53 | 55.0% | 27.5% | 1.0 | 0.290 | 6 | 51 |
| 16 | Cucumbers | 52 | 72.5% | 31.7% | 1.2 | 0.057 | 6 | 40 |
| 17 | Raspberries | 47 | 47.9% | 23.3% | 0.9 | 0.906 | 6 | 21 |
| 18 | Plums | 46 | 74.0% | 27.1% | 1.1 | 0.666 | 4 | 15 |
| 19 | Oranges | 46 | 85.1% | 34.6% | 1.3 | 0.100 | 4 | 18 |
| 20 | Grapes - Domestic | 46 | 60.5% | 23.4% | 0.9 | 0.104 | 7 | 31 |
| 21 | Cauliflower | 39 | 84.6% | 14.6% | 1.0 | 0.004 | 5 | 15 |
| 22 | Tangerines | 38 | 66.7% | 33.3% | 1.2 | 0.375 | 3 | 4 |
| 23 | Mushrooms | 37 | 60.2% | 22.3% | 0.9 | 0.158 | 5 | 16 |
| 24 | Cantaloupe | 34 | 53.3% | 19.4% | 0.8 | 0.026 | 4 | 25 |
| 25 | Lemon | 31 | 55.6% | 10.0% | 0.7 | 0.188 | 5 | 10 |
| 26 | Honeydew Melon | 31 | 59.2% | 14.2% | 0.8 | 0.012 | 4 | 16 |
| 27 | Grapefruit | 31 | 62.9% | 15.2% | 0.8 | 0.056 | 4 | 9 |
| 28 | Winter Squash | 31 | 41.3% | 11.6% | 0.6 | 0.017 | 5 | 26 |
| 29 | Tomatoes | 30 | 46.9% | 13.5% | 0.6 | 0.029 | 5 | 16 |
| 30 | Sweet Potatoes | 30 | 58.4% | 10.0% | 0.7 | 0.198 | 3 | 17 |
| 31 | Watermelons | 25 | 38.5% | 13.2% | 0.6 | 0.021 | 4 | 13 |
| 32 | Blueberries | 24 | 27.5% | 10.0% | 0.4 | 0.327 | 4 | 11 |
| 33 | Papaya | 21 | 23.5% | 5.0% | 0.3 | 0.053 | 4 | 19 |
| 34 | Eggplant | 19 | 23.4% | 6.9% | 0.3 | 0.013 | 4 | 15 |
| 35 | Broccoli | 18 | 28.1% | 3.2% | 0.3 | 0.004 | 3 | 19 |
| 36 | Cabbage | 17 | 17.9% | 4.8% | 0.2 | 0.121 | 3 | 18 |
| 37 | Bananas | 16 | 41.7% | 2.0% | 0.4 | 0.029 | 2 | 7 |
| 38 | Kiwi | 14 | 15.3% | 3.4% | 0.2 | 0.160 | 3 | 8 |
| 40 | Asparagus | 11 | 6.7% | 0.6% | 0.1 | 0.026 | 2 | 19 |
| 41 | Sweet Peas - Frozen | 11 | 22.9% | 2.3% | 0.3 | 0.010 | 2 | 5 |
| 42 | Mango | 9 | 7.1% | 0.5% | 0.1 | 0.057 | 2 | 13 |
| 43 | Pineapples | 7 | 7.7% | 0.6% | 0.1 | 0.002 | 2 | 7 |
| 44 | Sweet Corn - Frozen | 2 | 3.8% | 0.0% | 0.0 | 0.005 | 1 | 3 |
| 45 | Avocado | 1 | 1.4% | 0.0% | 0.0 | 0.001 | 1 | 2 |
| 46 | Onions | 1 | 0.2% | 0.0% | 0.0 | 0.000 | 1 | 2 |

| | Frozen | | | | | | | |
|----|---------|---|------|------|-----|-------|---|---|
| 45 | Avocado | 1 | 1.4% | 0.0% | 0.0 | 0.001 | 1 | 2 |
| 46 | Onions | 1 | 0.2% | 0.0% | 0.0 | 0.000 | 1 | 2 |

Note: We ranked a total of 42 different fruits and vegetables but grapes are listed twice because we looked at both domestic and imported samples.

* ppm means parts per million