



# Beyond Organic: Growing for Maximum Nutrition and Flavor

*Dr. Jana Bogs*

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NOTE: This is the black & white version of the book. There is also a full color version available  
<https://www.amazon.com/Beyond-Organic-Growing-Maximum-Nutrition/dp/0615957005>

Our foods have lost up to 70% of some nutrients in the last 70 years. Even organic foods have little more nutrient density than those conventionally grown. This loss of nutrition may explain our increasing health concerns. Whatever your goals and dreams in life, all will be more easily achieved when your body and mind receive the best nutrition from optimally-grown foods.

Learn how the Beyond Organic Growing System (BOGS) can produce Nutrition Grown foods, with many times the nutrient content of typical produce. Plants must receive the optimal nutrition they need to be able to express their full potentials to create large arrays of health-giving phytonutrients. In turn, people and animals who eat these Nutrition Grown plants receive the phytonutrients they need to help them express their full potentials.

“The cure just might be in the garden—the Nutrition Grown garden!”

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Playing with family in the park, coming to see the water world or hanging out with good friends is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Beyond Organic: Growing for Maximum Nutrition and Flavor, you can enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

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