

ആര്യ സംഗമങ്ങൾ... ജീവിതത്തെ...	യുലിക പട്ടാളാക്കിയ പ്രതിക്രികൾ		Fulfill Your Ministry	American Corner Health Corner PROBLEM- SOLVING	മൈബിലിപ്പറ്റ പിപ്പാത മൈബിൾ കീസ് അണ്ണൂ മൾട്ടികൾ	വാർത്തകൾ
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16-ഒരു ഫൂ.പി.സി. ഫാമിലി കോൺഫറൻസ് ഡാളസിൽ

ഡാക്ഷൺ: DFW Airport ലെ Terminal C യിൽ സ്ഥിതിചെയ്യുന്ന Hyatt Regency Hotel ലിൽ പാർക്ക് ജൂലൈ 19-22 വരെ നടക്കുന്ന നോർത്ത് അമേരിക്കയിലുള്ള എസ്.പി.സി. വിശ്വാസികളുടെ കൃത്യാനുസമേളന നത്തിരുത്തുക്കൾക്കും അനുബന്ധങ്ങൾക്കും പരിഗണിക്കപ്പെടുന്നു.

കോൺഫിറൻസിൽ സുഗ
മമായ നടത്തിപ്പിനുവേണ്ടി പ്ര
ത്വേക കമ്മറ്റികൾ പ്രാബല്യത്തി
കുറയ്ക്കു. കോൺഫിറൻസിന് എ
യർഹോർട്ട്സിൽ നോർത്ത് ഗ്രേറ്റർ
കൂട്ടിയോ സൗത്ത് ഗ്രേറ്റർ കൂ
ടിയോ പ്രവേശിക്കുന്നവർ വല
ത്തെയറ്റുത്തുള്ള Ticket Only



வி.ஸி.എன்.എ.கெ., ஶாரோன், ஏஜி கொள்பவரினஸுகல் கல் அடையுமூலமாய் ஸமாபந. 36-மாற் வி.ஸி.என்.എ.கெ. கொள்பவரின்ச் சொஸ்ட்ரீஸ் பட்டுள்ளதில் அடையுமூலமாயி நடந்து. கல்விடின்றி பாஸ்டிர் வெமேத் ஜோஸ்ஸன், ஈஸ் கிட்டி வெஸ்டி மாது, டெசிரால் சொவூக்கூடி ஜோஸ்ஜ், யூதன் கோர்யினேர்ட் ஷோனி தோமஸ், லேஸிப் கோர்யினேர்ட் ஆபாயானியேத் தூதன்தியவர் நேற்றுதம் நன்கி. ஶாஹ் ரோன் கொள்பவரின்ச் சிட்டோயிடில் ஸமாபிட்சு. ஏ.ஐ. கொள்பவரின்ச் ரோசுஸ்ட்ரீஸ் அடையுமூலமாயி நடந்து.



பொன்னால் கூடும். ஏன் கேள்வி என்றால், ஸ்டக்கிள்டர் கூடும், அதை ஸ் முனிவன், ஜெனி கெ. ராஜஸ், காந்தி பிரைவீல்



ഡോക്യൂട്ട് കമ്മറ്റി: പാ. കെ.വി. തോമസ്, ജോൺസൺ വർക്കി, ബോബി തോമസ് എന്നിയ രാഖ ഹാസ്പിൽബേളു, ഓസ്റ്റൺ റാത്രു

ഹനസൗകര്യം കോൺഫറൻസ് നടക്കുന്ന Terminal C യിലേക്ക് എപ്പോഴും ലഭ്യമാണ്. ഡാളസി നടുത്തുള്ള Love field എയർ ഹോർട്ടിൽ നിന്നും കോൺഫറൻസ് സ്ഥലത്തെക്ക് ധാരാതാ സ്റ്റുക്കരും ക്രമീകരിക്കുന്നതാണ്.

(ଶ୍ରୀମତୀ ପ୍ଲେଟ୍ ୪,

ചർച്ച റഹ് ഗോഡ് മാരിലികോൺ പ്രസ്സ്
ജൂലൈ 19-22 വരെ കേരളഹോമയിൽ



വി. എയിസ് റൂഫർ വി. ഫിൽജേറി ജോൺസണ്
പ്രസിദ്ധന് വൈസ് പ്രസിദ്ധന്

ബോർഡ് കുറുവിള ട്രഷറാർ സബമാൻ വർഗ്ഗിന് യുത്ത് കോർഡിനേറ്റ് ലാലി സംകൂട്ടി ലോറിസ് കോർഡിനേറ്റ്

കൈലാലഹോമ: വടക്കേ അമേരിക്കയിലെ പ്രശ്ന് ഓഫ് ഗ്രോഡ് വിശ്വാസി സമൂഹത്തിന്റെ കുടുംബസംഗമമായ നോർത്തേമേരിക്കൻ പ്രശ്ന് ഓഫ് ഗ്രോഡ് 23ാമത് കോൺഗ്രസ്സ് ജൂൺലെ 19 മുതൽ 22 വരെ കൈലാലഹോമയിൽ നടക്കും. നാഷണൽ പ്രസിഡന്റായി റവ.ജെയിസിൻ റിച്ചാർഡ്, റവ.പി.എജോയി ജോൺസൺ ചെവന്റെ സിഡൻസ്, ബൈറ്റ് വിജോ തോമസ് എക്കട്ടറി, ബൈറ്റ് റേവഡില്ല കുറുവിള ട്രഷറാർ, റവ. സബമാൻ വർഗ്ഗീന് യുത്ത് കോർഡിനേറ്റ്, സിസ്റ്റർ ലാലി സംകൂട്ടി നാഷണൽ ലോറിസ് കോർഡിനേറ്റ് റൂറായും പ്രവർത്തിക്കുന്നു.

ദിവ്യവാർത്ത സാഹിത്യ അവാർഡിന് ക്രീസ്തീയ ചെനകൾ ക്ഷണിക്കുന്നു

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ଫିଶେକଂ ପେତ୍ତରତ ବେତଲହୋମିଲା
ତିରୁଙ୍ଗୁ (୧ ଶମୁଵେଳୀ 17:12) ଏହିଲୁହୁ
ଯେଶୁବିନ୍ଦେ ଜଗନମାଣୀ ବେତଲହୋମି
ଏ ପ୍ରଶାନ୍ତମାହାତ୍ମୀୟର. କୋଣ୍ଠାନ୍ତ୍ରିନ୍ଦ୍ରିୟ
ତିର୍ତ୍ତ ଚାକିବରତତୀତୀଣୀ ଯେଶୁବିନ୍ଦେ
ଜଗନତିବିନ୍ଦେ ଓରମ୍ଭତ୍ୟକାଣୀ ତିରୁପ୍ତିର
ବିପୁଲତ୍ତି ପଣ୍ଡିତର. ଏହିବୁଝୁ ପଢ଼ିମୁହୂର୍ତ୍ତ
ପତ୍ରିତେଣାଂ କରୁତେଷ୍ଟକୁଣ ପତ୍ରିକାକୁ
ତୁଳିତ ବିଶାଲମାଣକିଲୁହୁ ଚରିତ ବା
ତିଲିଲୁହୁର ବେଳା ହୁତିଗକତର ପ୍ରବେ
ଶିକ୍ଷାବାନୀ. କାଳିତେବାନ୍ତାତ୍ମତିର ଯେଶୁ
ବିନ୍ଦେ ଜଗନତିକାଳ ନକ୍ଷତ୍ରର ବାନୀ ନି
ନାତିବେ ଆନ୍ଦୁଶମିକାକୁଣ ବେତ୍ତନୀ ନ
କ୍ଷତ୍ରର ମାର୍ବିତ୍ତିର ତାତିତ ପର୍ତ୍ତିକ୍ରିୟ
ଏଣ୍ଟ. କଣ୍ଟାମାର୍ଯ୍ୟର ଯେଶୁବିନ୍ଦେ ଜଣା ନାଲ୍
କିମ୍ ସଥାପନମାଣନ୍ତ ଏହୁତିତ୍ୟକ୍ରିୟାଣ୍ଟ.
ବନ୍ଧୁର ଅଲାକ୍ଷତମାଣୀ ବେତ୍ତନୀ ବିଭିନ୍ନକୁ
କରି ପ୍ରକାଶିକାକୁଣ ସଥାପନ ନିନ
ପ୍ରୋତ୍ଶର ବିକାରଭିତମାଯ ନିମିଷତ୍ତବ୍ୟା
ଯି. ବିବିଧ ସାରୀ ବିଭାଗକାରୀର ପ
ତୁଳିକରିକାଣୀଙ୍କ ତିରୁପ୍ତିରିବି ଏହା ସ
ମୁଦ୍ରାଯ ଏତ୍ତବେକାଣବୁହୁ ଆରତୀଦୟାହୁ ମ
ନାଲ୍ଲିତ ମାଯାରେ ନିତକ୍ଷାବୁ.

ତୁଳକର୍ମ ପାଞ୍ଜିଯାର ପରିସରପ୍ରେତେ
ଶତେତକ ତଣଙ୍ଗର ପୋଯି. ଯେଶୁବି
ରେ ଜଗନ୍ନାଥର ଲୁଟଯହାର ଅରିଯି
ଚୁ ସମଲମାଣିତର୍କ କରୁତୁଣ୍ୟ. ଲୁଟ
ଯହାର ଆର୍ଦ୍ରକରେ ସଂରକ୍ଷିତ ତାମାସି
ଚିରୁଣ ପାତ୍ର ଶୁଦ୍ଧକଳ୍ପିତ ପିର୍ଦ୍ଦକଳ୍ପିତ ସ
ନରିତ୍ୟ. ବଲମୁଖ ପାରକଲ୍ପିତ ବେ
କ୍ରିୟାବଳକିଯ ଶୁଦ୍ଧକଳ୍ପିତ ଆର୍ଦ୍ରକର୍ମକ
ବୈତ୍ତିତକାର୍ଯ୍ୟ ପାତ୍ରଙ୍କଳ୍ପିତ ମେ
ଲ୍ଲାଙ୍କ ଯେଶୁବିରେ କାଳତେ ଅନ୍ତର୍ଗତ
ରିଚିତ୍.



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A portrait photograph of a man with dark hair and a beard, wearing a suit and tie.

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കൈള ചൊടിപ്പിക്കുകയുണ്ടായി. സംഘർഷം തിരിൽ അനേകകു പലവർത്തിനികൾ കൊല്ലപ്പെട്ടതായി വാർത്തയുണ്ടായിരുന്നു. യെഹുദരുടെയും അറബികളുടെയും ക്രിസ്ത്യാനികളുടെയും വീക്ഷണ തിരിൽ യെരുശലേം അവരുടെ പുന്നുള്ള മിയാണെന്നും യഹോവ വസിക്കുവാൻ തെരഞ്ഞെടുത്ത സ്ഥലമാണിതെന്നും പറയുന്നു. യിസ്രായേലിന്റെ അധിനതയിലുള്ളസ്ഥലമായതിനാൽ തോക്കുധാരികളും ഭക്തരും ഹോലിസ്റ്റും എപ്പോഴും ഇരു പ്രദേശങ്ങളിൽ നിലയുറപ്പിച്ചിട്ടുണ്ട്. എപ്പോഴും വലിയ സുരക്ഷിത വ

ലയത്തിലാണ് യെരുശലേം പട്ടണം. തുടർന്ന് ടുറിസ്റ്റ് കേന്ദ്രമായ യോർദ്ദൂർ നഗരി ലക്ഷ്യമാക്കി ഞങ്ങളുടെ ബിന്ദു യാത്രയായി. യേശു യോഹന്നാൻ സന്നാപകനാൽ സന്നാനം ഏറ്റു എന്ന് പറയപ്പെട്ടുന്ന സ്ഥലം കാണാനായി എത്രയും വിശദമായി അവിടെ ചിലവഴിപ്പോൾ സമയം വൈകിയതിനാൽ ഞങ്ങൾ ബാധിച്ച കയറി തിരികെ ഹോട്ടലിലേക്ക് പോയി. ഹോട്ടലിൽ നിന്ന് അത്താഴവും പ്രാംതമന്നയും കഴിഞ്ഞ് അവരവരുടെ മുൻകളിലേക്ക് വിശ്രമിക്കാനായി പോയി.



FULFILL YOUR MINISTRY

Second Timothy is Apostle Paul's final letter written from Roman prison where he was waiting execution. He challenges and urges his young protégé, Timothy to be faithful in carrying out the calling he has received. Paul give his own testimony of services to Christ from the day he was captured by Christ on the way to Damascus, till the final days of his life.

Jesus Christ shed His precious blood on the cross to save us and appointed each one of His children with a special call to do a specific ministry for the glory of God and for the expansion of His kingdom. We are saved and selected to work for the Kingdom of our Savior. We are ambassadors of Christ, servants of Christ, His laborers in the vineyard, teachers of the word of God, preachers of the gospel, agents for Christ and ministers of the Gospel. Each and every child of God is called with a purpose for a specific ministry to enlarge the kingdom of God. One must understand the true purpose and will of God and the mission of the ministry.

Apostle Paul asked God "What shall I do Lord?" soon after he was captured by the love of Christ. (Acts 22:10). He followed the direction of his Savior to finish his Christian race in spite of many struggles, obstacles and challenges. What is your call? What is the ministry God gave you? A Pastor, an Evangelist, a preacher, teacher, an author, a composer, a singer, an editor, organizer, a prophet, a prayer warrior, a musician, a leader, a mentor, an administrator, whatever your call is, a child of God must submit to the specific call of God and fulfill the call to God's satisfaction and approval.

We see many who are called for a certain ministry deviate from the original call to suit their own desire and end up in failure by missing the message and the mission of God. "You are not an accident, you are a divine choice" words of Henri Nouwen, a famous writer. God called us and gave each of us an assignment to fulfill successfully if we will yield to Him allowing Him to hold us and mold us in His hands. The following facts are very vital to understand and finish your ministry:

God's call to serve is a call to suffer

"But you be watchful in all things, endure afflictions, do the work of an evangelist" Paul's words to Timothy (11 Timothy 4:5). Serving Christ is precious but not painless. Deep wounds and tragic disappointments are usual. Shame, suffering, sickness, sacrifices, loneliness, set backs are factors that may challenge the ministry. But these are channels we are gradually confirmed to the image of Christ and to His call. It is not how well you start the call of ministry but how well you finish the call despite all adversities.

Ministry in any field is hard and challenging. But, what we do, why we do it and how we do it are very important factors to a great ministry. People expect things rightly or wrongly, fairly or unfairly, kindly or unkindly and those expectations can be crippling to someone who is called to be a Pastor or any spiritual ministry. Despite all expectations, challenges, disappointments, criticisms, unfairness, be honest and sincere to your call. Trust the one that called you and obey His instructions and walk

through His directions. Many deviate from God centered ministry to self-centered ministry and utterly fail to finish.

Prayer, knowledge and Training are key factors

Just like any other profession in the world, even in spiritual ministry one must have the proper training and knowledge of the word of God. Bible is the word of God and the author is the Holy Spirit. It is the manual for a holy and sincere life in this sinful world. Proper knowledge of the writers, books, verses, contest, parables, interpretations, prophecies and purpose of each book are very important to study and to know for a good ministry. Timely training from good leaders and scholars is absolutely necessary to complete the task given by God.

Prayer is another key tool for a great and successful ministry. Many great ministers are great prayer warriors. **Prayer is the power behind any great men of God and their ministry.** Many great preachers spent numerous hours in the presence of God for guidance and blessings for their ministry. Paul had trained Timothy and Titus and wanted to continue to invest in their spiritual and pastoral development. To be effective servants of Christ and to fulfill the call, instructions from veteran leaders and experienced servants of God are unavoidable.

Commitment and Dedication of the Higher Calling

Dr. E.V. Hill, the late Baptist preacher was called by Ronald Regan, the late President of the United States to give him a job in the president's cabinet. E.V. Hill answered, "Mr. President, thank you so much for the call, but I do have a higher calling from my Savior, Jesus Christ". The heart of an effective ministry is to understand the message and the mission. Ask God to reveal the true purpose and goal rather than choosing some ministry for own fame, position and wealth. Many are turning away from the true call of God and are competing, fighting and even creating groups in the name of Jesus just to satisfy own hidden agendas and ignore the commission of God.

Ministry is hard work and need great dedication and commitment. Pastoral ministry is even more challenging compared to other spiritual ministries. A Pastor needs to be an expert counselor, care giver, preacher, teacher, leader, servant, good administrator and delegator. He must deal with seniors, juniors, youths, children, young couples, old couples, family issues, marriage issues and many other issues facing the congregation. He must be well aware of worldly issues, history, ethics, current events, culture etc. Many Pastors feel overwhelmed with these constant demands and their failure to delegate wisely to the well qualified members in certain areas and give up or deviate from their call.

Understand why we do the ministry

Why do we do the ministry? It is absolutely important not to be preoccupied with the pragmatic issue of what works, one must have a clear

vision of the call. Anyone involved in spiritual ministry must ask, why Jesus came? Why He had to die? Why we preach the Gospel? The true answer is because of "LOVE".

That is Apostle Paul says (1Timothy 1:5). The passionate love for the one who loves the world and gave His only begotten son for our salvation. Our goal is to see people come to Christ, to change lives to manifest holiness and right living but Paul chose to express his goal is love. **It means that God's love becomes the driving force behind any spiritual ministry.** Where there is true love, there is sacrifice. Jesus Christ sacrificed Himself for us and we dedicate our life to display His love for others through the ministry He appointed us to do.

The Church is looking for better methods but God is looking for better

men to do His ministry. A clear conscience, strong commitment, sincere dedication, strong faith, constant prayer, unwavering passion, trust, honesty, skills, knowledge all are significant factors for a blessed and successful ministry. **Isaac Watts, captured this thought in the hymn "When I Survey The Wondrous Cross"** he wrote "Love so amazing, so divine, demands my soul, my life, my all".

Let us prayerfully examine the heart of effective services to others and the ministry God has given us. He expects each one of us to serve Him faithfully. Let us know the purpose behind His coming and the passion behind His cross. Your ministry may be worldwide, national, local, preaching, teaching, pastoring, youth ministry, children's ministry, orphanage ministry, caring the sick and needy, hospital ministry, jail ministry, charity works, music ministry, whatever it is, may the LOVE of God is the passion behind it and may God give you the vision, the courage, the faith and the resources to fulfill the ministry.

What we do matters because of who our Savior is and His call. It matters because of what our mission is and for whom. It matters because "What we do in life echoes in eternity". Understand you are appointed and anointed by God, the creator of Heaven and Earth, the King of Kings and the Lord of Lord's. The almighty God is with you and He is the one you are accountable. Do the ministry God gave you with great passion and pride. He will be with you always to finish it well if you are in His will.

Apostle Paul said, I want to finish the ministry God has given me, and in his final Epistle, he is satisfied and declared boldly "I have fought a good fight, I have finished my course, I have kept the faith." (11Timothy 4: 7). May the Lord who called and gave you the ministry bless you to fulfill it for His glory?

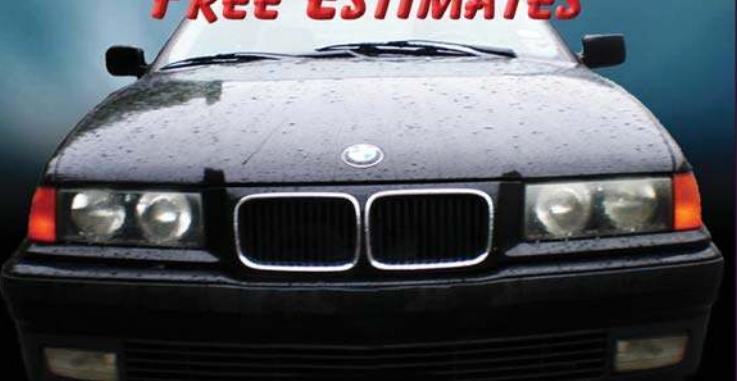


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AMERICA'S IMMIGRATION CRISIS

More than two dozen immigration activists were arrested as recently they gathered outside a federal court building in downtown Los Angeles during a planned visit by US Attorney General Jeff Sessions, media reported.

Police were heard declaring an unlawful assembly after a line of demonstrators, among them several clergy members, was seen linking arms across Spring Street outside the US Attorney's Office building, blocking the road to traffic as they chanted, "Kids belong at home, not in cages."

Many of the protestors wore children's stamps pinned to their chests to represent the immigrant kids/youth separated from their parents by the Trump administration. Some also wore blue arm bands, indicating they intended to be taken into custody for their actions.

So far, many people have been arrested for failure to disperse, said Los Angeles Police Office. People were seen being taken away in handcuffs, hours after they had assembled.

I want people to come to the US, but through a merit system

President Trump, speaking during a lunch with Republican members of Congress, said he wants people to come to the US — as long as it's through a merit-based system. He said American businesses need immigrants that can "help our country and these companies."



"And by the way, I want people to come into our country because our country is doing so well. And we have companies moving into our country, like, at numbers nobody has seen in a long time. We need workers. So I want people to come in. They have to come in through the merit system, though. They have to come in so that they can help our country and these companies," Trump said.

We have the worst immigration laws in the history of the world"

Decrying "the worst immigration laws in the history of the world," President Trump questioned why the Justice Department has requested more immigration judges for immigrants at the southern border.

"They want us to choose 5,000 judges," Trump said. "How do you choose 5,000 judges? Can you imagine the corruption just from a normal standpoint, just common sense. Can you imagine the corruption? Go to the barber shop, grab somebody, make him a judge. Everybody is being made a judge."

The immigration courts decide whether immigrants have a legal right to stay in the US or should be deported -- and those cases include people arriving at the border as well people from the interior of the US, who may or may not have had legal status at some point. But Trump's suggestion has several problems, including the fact that there are fewer than 350 immigration judges nationwide and the Justice Department has budgeted for only 100 more.

CNN

PROBLEM-SOLVING

"Think it not strange concerning the fiery trial that is to try you..." (1 Peter 4:12)

It's not called problem-fixing, because you can seldom just twist a wrench and simply "fix" problems. Usually they have to be solved. That takes patience and figuring out the best course of action. In dealing with problems first know that *all people have problems*. I can walk up to any anonymous Joe on the street and say, "Hey, I heard about your problem" and he would turn white as a ghost and ask, "Who told you?" The Apollo XIII crew radioed, "Houston: we have a problem", but the same message also sounds in Tulsa, Detroit and Des Moines.

Second know that *your problem is not your problem*. The battle is not yours, the battle is the Lord's. The problem is not the problem, your degree of faith is. The bigger they stand the harder they fall. A million-dollar

problem works a million-dollar provision. A painter may make \$15 an hour but put him twenty stories up on the side of a skyscraper and his pay multiplies accordingly. The size of the problem determines the size of the paycheck. Your problem is the key to your promotion. Your adversity decides your advancement.

Also know that *you will be remembered for the problems you solve or the problems you create*. One snitch reported to the pastor that "John and Bill say there is a problem in the church". Someone else said that "Mike and Bill say there's a problem in the church". Still another overheard that "Susan and Bill say there's a problem in the church". Yes, there is a problem in the church and the problem's name is Bill! Be a problem-solver not a problem-seeker or starter. One man sees mud, another sees stars. It's all in the tilt of the head. Some simply avoid problems, but avoiding tooth decay doesn't



Dr. Kris Jackson (USA)
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make the problem disappear, only the teeth. In Math you never found the answer until you solved the problem. We learn much about ourselves by facing problems.

One other thing, *don't tell God how big your problem is; tell your problem how big God is!* Problems are seldom overcome by our own ingenuity or craftiness. God gives wisdom. Prayer unlocks powerful resources. Though

the problem is greater than me in the natural, yet "greater is he that is in me than he that is in the world". Jesus and me makes a majority. The problem is not the problem, my ability to access the wisdom and truths of the Word are the problem.

Finally know that *even the toughest problems are made to be solved*. Einstein and a piece of chalk make a formidable duo. The maestro of Math himself confessed that he wasn't really smarter than other men, he just stayed with the problem longer. Scientists have cracked the Genome Code because they stayed with the problem. It took Edison thousands of experiments to finally cause a bulb to brighten. The problem was not the problem, patience was. Whether you're parenting *Problem Child* or counseling problem people be encouraged that the bigger the problem the bigger the pay. The moment Goliath falls,

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David moves from the pasture to the palace. So, don't pray for a life free of problems but rather the wisdom needed to turn problems into procedures that work.

HEALTH CORNER

ORGANIC FOODS PROVIDE HIGHER QUALITY NUTRITION



Two new studies have found that organic milk and meat contain more of the healthy omega-3 fats, compared with conventional milk and meat. These studies are the latest of many showing that organic foods, including fruits and vegetables, tend to have higher levels of desirable nutrients.

To compare organic and conventional milk, of Newcastle University, United Kingdom, analyzed 196 published studies. Those studies reflected research conducted around the world.

They found that organic milk had about 7 percent more polyunsaturated fats (PUFAs) and, specifically, 56 percent more omega-3s. The higher omega-3s were attributed to cows foraging on grass, which is rich in these healthy fats, instead of on grains.

In addition, levels of alpha-linolenic acid, the "parent" fat of the omega-3s, was 69 percent higher in organic milk. Also, levels of conjugated linoleic acid, which studies have suggested might aid in weight loss, were 41 percent higher in organic milk.

The researchers wrote that "organic bovine milk has a more desirable fatty acid composition than conventional milk."

In a second analysis of six studies, compared fats in organic and conventional meat. Organic meats were 23 percent higher in PUFAs and 47 percent higher in omega-3s.

In a 2014 study, analyzed 343 previously published studies on organic fruits and vegetables. They reported that organic produce contained substantially higher levels of antioxidants called flavonoids. Among the findings were that organic produce contained an average 69 percent more flavanones, 50 percent more flavonols, and 51 percent more anthocyanins. Organic produce also contained far less cadmium, a toxin that interferes with cellular energy production.

BBC

