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A study found that higher exposure to pesticides is linked to a higher risk of type 2 diabetes

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Just when you thought science was saying organic food has no nutritional value, another study from the University of Granada has found a direct correlation between exposure to pesticides and the risk of type 2 diabetes in adults.

Published in the journal *Environmental Research*, researchers found that people who had higher concentrations of DDE (which is the main metabolite in pesticide DDT) also were more likely to develop diabetes — **four times as likely, in fact.**

Furthermore, higher exposure to a compound in the pesticide Lindano (beta-Hexachlorocyclohexane) was also linked to higher risk of type 2 diabetes.

Results took into consideration the age, gender, and body mass index of 386 adults surveyed. The findings, however, could help explain body fat's link with type 2 diabetes. Researcher Juan Pedro Arrebola notes that "human adipose tissue (commonly known as 'fat')... can store potentially harmful substances, such as persistent organic pollutants (COPs)."

The direct effect of pesticides on type 2 diabetes is still unknown, although researchers suggest that these compounds can affect the metabolism of sugars. Still, it might be another reason to splurge on organic food. A study from Stanford University found that **38 percent of non-organic food had pesticide residue, compared to 7 percent of organic produce.**

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