

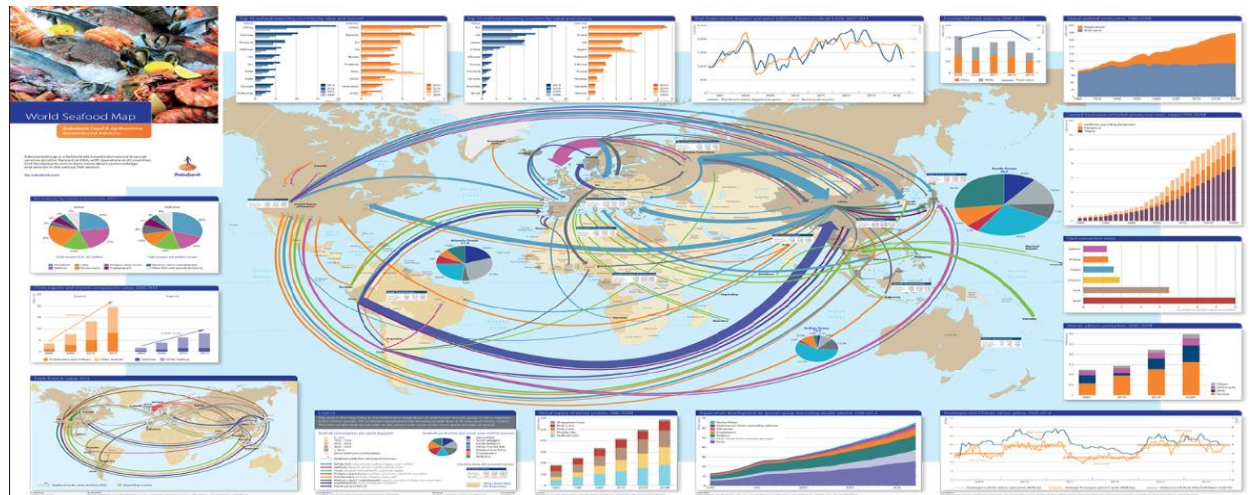
# TAF Overfishing Group, March 2018 Update (2)

## **Recent news:**

We all come across reports about over-fishing, illegal fishing, how to prevent it and whether we should be eating fish at all. Here is this month's round up of a few interesting things that caught our attention....

## **Interview with a fish trader:**

Interview by Caroline Caseley of the Overfishing Group of TAF with a UK Trainee Fish Trader held in the UK on March 3<sup>rd</sup>, 2018



The company focuses on the requirements of the customers and have a close relationship with key suppliers. They offer the highest standards of quality control with accurate documentation and compliance with all the relevant food & safety standards. Customers include major supermarkets and distributors.

### **1. Who are your main competitors and where are they based?**

Vesty Foods, ESS Foods and various traders in Denmark and Holland

### **2. Which fish are you mostly trading and most popular?**

None are really more popular than others it just depends on what is available. We trade Seasonal fish. They are currently: Yellow Croaker, Hake, Sea Trout, Bogue (boops boops), Horse Mackerel,

### **3. From where is it coming from and where is it going?**

Coming from Holland, Spain, Iceland, Norway, China, Uruguay, Argentina, Brazil and Chile

My area is West and South Africa and Asia.

### **4. Are you experiencing any difficulties in finding certain fish?**

Not currently – some seasons are better than others. This all depends on the mating season

**5. Has there been an evolution in prices over the last 10 years?**

I have been advised that it is stable.

**6. Do you work with Japan and China?**

We have an office in China. They deal in Frozen Tilapia, Monkfish, Catfish, Sole and Red Fish. Selling to China is not an easy market to infiltrate as the Chinese prefer not to use traders and go direct to suppliers. Buying fish from China does not pose a problem.

We don't work with Japan

**7. Are you or do you know of people trading Krill?**

No, but people who are involved with Krill, are apparently selling it to marinas and aquariums for food

**8. Are you aware of any waste?**

A known fact in the fish trading business is that the Chinese will take anything from the sea. However, under new laws fishing boats are now equipping themselves with nets for specific fish so bycatch is gradually decreasing – we live in hope

**9. As you know fish stocks are becoming depleted - which species are suffering most?**

Not experiencing any difficulties in obtaining requested fish but is aware of the shark and whale population depletion

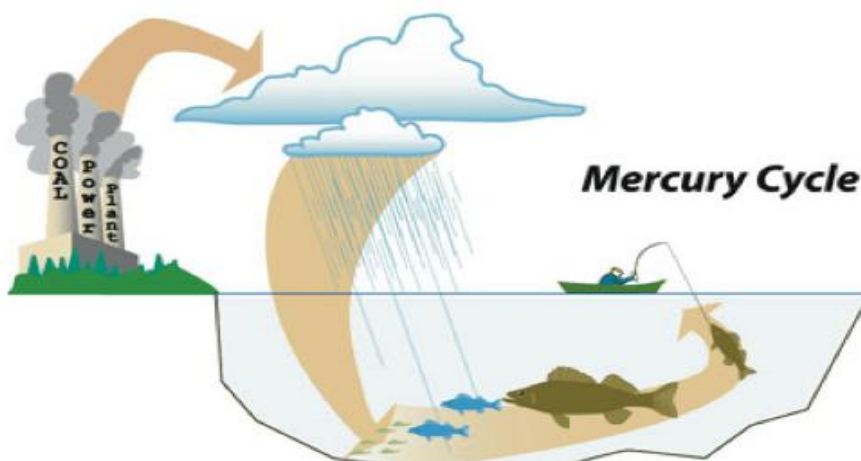
**10. Are they aware of any contamination in fish i.e. mercury?**

Not currently a subject that is considered by the company.

## MERCURY Toxicity

**Uncontrollable shaking or tremors, numbness or pain in certain parts of the skin, and double vision...** These hardly seem like symptoms that you should be afraid of... but little do you know that you might be poisoned.

With companies dumping their wastes in the ocean in order to save dollars, fish and seafood get contaminated with poisonous substances. One of which is highly toxic: mercury.



# MERCURY Poisoning: When is it too late?

**People of all ages can be affected by mercury exposure and it can take *months or even years* until you get to feel the side effects.**

Your body absorbs mercury from different foods, especially fish and seafood that are high on the food chain. Mercury perforates your intestinal walls and escapes into your bloodstream.

**In slowly poisoning your organs it can lead to brain, heart, kidney, lungs, and immune system failure.** As the process is so slow, most people don't even realize the great danger they are in.

**According to the NIH (National Institute of Health) long-term exposure to mercury can cause:**

- Uncontrollable shaking or tremor
- Numbness or pain in certain parts of the skin
- Blindness and double vision
- Inability to walk well
- Memory problems
- Impairment of speech, hearing
- Seizures
- Death with large exposures

If you are concerned about mercury poisoning, then you should consult your physician for testing. **Also, it will help you to know which fish typically contain higher levels of mercury, many of which are used in Sushi:**

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish
- Bigeye tuna



## When Comfort Meets Danger

**Did you know that white albacore canned tuna typically has three times as much mercury as chunk light canned tuna has?**

Certain fish and shellfish have higher levels of mercury depending on what they eat, how long they live, and how high they are in the food chain.

Just to make sure you are on the safe side, limit consumption of white (albacore) tuna and any freshwater fish that isn't one of the safe fish listed below.

**You should eat no more than 6 oz. (170 g) a week or 1 to 3 oz. (28 to 85 g) per week for children.**

After eating the 6 oz. (170 g) of fish, do not consume any more fish of any kind for the week.

You can find more **information on fish consumption across the country by visiting the EPA's – Environmental Protection Agency - fish consumption web pages**

You know all that Omega 3 is highly beneficial for you.

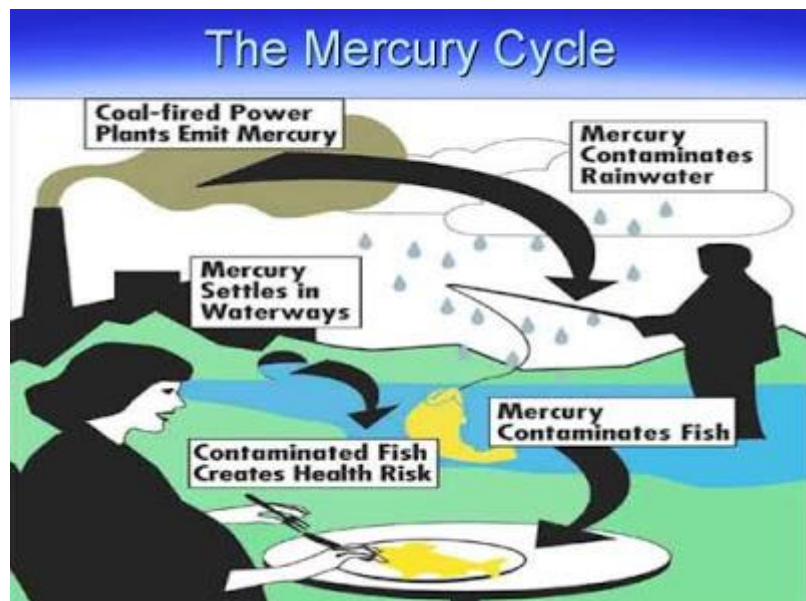


Which is why the FDA – Food and Drug Administration - recommends eating two to three servings (8 to 12 ounces or 227 to 340 grams) of fish each week.

To avoid the damaging effects of mercury, you can choose fish that are low in mercury content or by obtaining DHA (Docosahexaenoic acid) through dietary supplements such as fish oil and algal oil.

### **“Safe” Fish and Seafood according to The National Resource Defense Council:**

- Anchovies
- Butterfish
- Catfish
- Clams
- Domestic crab
- Crawfish/crayfish
- Croaker (Atlantic)
- Flounder
- Haddock (Atlantic)
- Hake
- Herring
- Mackerel (N. Atlantic, Chub)
- Mullet
- Oysters
- Perch (ocean)
- Plaice
- Pollock
- Canned salmon
- Fresh salmon
- Sardines
- Scallops
- Shad (American)
- Shrimp
- Sole (Pacific)
- Squid (calamari)
- Tilapia
- Freshwater trout
- Whitefish



## If you are vegan or vegetarian, you can obtain Omega 3 through the following:

- Canola Oil. This oil has the highest amount of omega-3 fatty acids of all everyday cooking oils (1,300 mg of ALA per tablespoon; the Institute of Medicine recommends at least 1,100 mg a day for men and 1,600 for women). ...
- Flaxseed
- Flaxseed Oil
- Wild Rice
- Eggs
- Soybeans
- Walnuts
- Enriched Dairy Foods.

## Is mercury poisoning a real threat?

Mercury is an extremely toxic element and heavy metal that is increasingly affecting the health of millions of people. It's a major problem today because our exposure to it is rising, from the air we breathe to the food we eat. One of the primary ways we are exposed to mercury is by eating large fish such as tuna, shark, and swordfish. The bottom line is that we want to reduce our exposure to mercury as much as possible. One of the biggest challenges is that most practitioners and researchers are not aware of the latest science that shows elevated levels of mercury can take a serious toll on our health. Exposure to this heavy metal has been linked to increased incidents of chronic fatigue syndrome, autoimmune conditions, ADHD, autism, as well as memory loss, irritability and blurred vision. Even if you don't have one of the ailments listed above, mercury exposure could still be having an effect on your health.

## Does mercury exposure just come from fish? What are all the sources?

There are different types of mercury, but most of our immediate exposure comes from a few major sources:

Fish that are high in methylmercury, which is also known as organic mercury. Typical examples are the big fish mentioned above, like tuna, swordfish, shark, etc.

Most of the mercury that finds its way into the environment is from coal-fired power plants, artisanal gold mining, and processing plants that make plastics and chlorine. The mercury is sent into the air, then rained down on lakes, into soil, and carried off by rivers. It all eventually makes its way to our oceans where the organic compound is then accumulated into the fatty tissue of fish. Finally, it ends up on our plates. When we eat high-mercury fish, the mercury is distributed throughout our body but primarily takes hold in the kidneys and brain. Once there, the mercury can cause slow havoc to a variety of organs especially the heart, brain, and gut.

In pregnant mothers, mercury is transferred to the fetus through the placenta causing increased risks of poor neurological performance, language skills, and verbal memory.

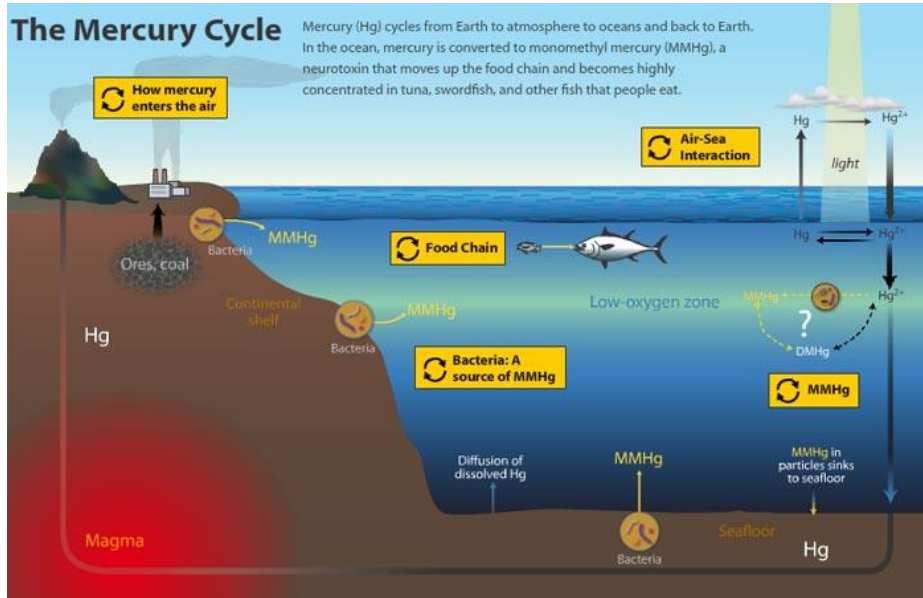
### **Mercury amalgam—also known as inorganic mercury—dental fillings.**

We can also be exposed to mercury through drinking water (especially private water systems like wells that are often untested and municipal systems), occupational exposures, and by coal heating in homes.





New cases of mercury poisoning have also been connected to certain skin lightening face creams. People should check if their products are free from toxic chemicals at the [Environmental Working Group's Skin-Deep Database](#).



## What are the symptoms of mercury toxicity or overload?

In the integrative medicine world, mercury is known as the “great mimicker” because it can mimic many different chronic diseases including Alzheimer's, dementia, nervous system dysfunction, and even cancer. It also worsens the effects of a variety of conditions like ADHD, autoimmune diseases, heart disease, and gut problems. Many of these problems are diagnosed daily in doctor's offices around the country, but few doctors investigate the role of mercury in the process of treating people. These patients are treated symptomatically and are given medications for the rest of their lives, without ever knowing that mercury toxicity could be at the root of the problem. If mercury toxicity was discovered, effective treatment would have given them a chance of resolution without the need for long-term symptom relief with pharmaceuticals, many of which have serious side effects.

## What can we do to reduce our exposure?

### 1. AWARENESS

More and more we are seeing that many symptoms and health conditions we experience are caused by many factors. Being aware that mercury could be playing a role is the first step

### 2. REDUCE HIGH-MERCURY FISH INTAKE

The next step is to reduce our intake of fish that contain mercury.

Nearly all fish and shellfish contain trace amounts of mercury but it “bioaccumulates” or builds up in larger fish.

Even albacore tuna, which you see in most supermarkets, is something you should not have more than once a week, and children should have it even less.

A great resource to check mercury levels and environmental impact of fish is the Environmental Defense Fund's [Seafood Selector](#)

**EAT MORE:**

- flounder
- haddock
- herring
- mackerel
- oysters
- salmon
- sardines
- scallops
- tilapia

**EAT LESS:**

- ahi tuna
- albacore tuna
- bigeye tuna
- blue fin tuna
- bluefish
- king mackerel
- opah
- shark
- swordfish
- tilefish
- wild sturgeon

### 3. USE NATURAL BODYCARE PRODUCTS & MAKEUP

I recommend that people check if their products are free from toxic chemicals on the [Environmental Working Group's Skin-Deep Database](#).

We often don't know if mercury contamination happens in products but it's a good bet that natural products are fine—they are better for your health and reduce your overall toxic load.

Here are a few more recommendations from the FDA to reduce your risk:

- "Check the label of any skin lightening, anti-aging or other skin product you use."
- "Stop using the product immediately if you see the words mercurous chloride, calomel, mercuric, mercurio or 'mercury.'"
- "Do not use any product without a label or a list of ingredients. U.S. law requires that ingredients be listed on the label of any cosmetic or drug."
- "Do not use a foreign product unless the label also describes ingredients in English."

### 4. FILTER YOUR SHOWER & TAP WATER

If you use a private water system (i.e. wells), you are more likely to be exposed to mercury than municipal water because public water is tested regularly. But even municipal water can contain mercury and other heavy metals.

Filtering your shower and drinking water in your home or apartment is a great health practice that reduces your exposure to mercury as well as other contaminants and heavy metals.

Use the [water-filter buying guide](#) from the Environmental Working Group to help you find a filter that's a good fit for you.

### 5. ADD SPECIFIC NUTRIENTS & FOODS TO YOUR DIET

- The final step is to include items that can aid the detoxing of heavy metals from our bodies.
- Important nutrients to take are selenium (200-400mcg daily), vitamin E (400 I.U. per day), vitamin C and glutathione. Often a daily high-quality multivitamin can provide them.
- High doses of Chlorella, concentrated green algae, has been shown to be helpful in reducing mercury, however about 1/3 of people cannot take it due to gastrointestinal distress.
- Cilantro has been found to displace heavy metals from deeper stores to connective tissue, where the items listed above can help usher it out of the body. This is especially true when used with chelating agents such as DMPS, DMSA, and MSM. Health practitioners and doctors use these items when your levels are high and need to be reduced.

- Other items that have been said to help with mercury detoxification are zeolites and different kinds of clay (bentonite, etc.)

## 6. REMOVE YOUR MERCURY FILLINGS

This is a big topic and an important one that is beyond the scope of this article.

If you have your mercury fillings removed, it is imperative that you use a biological dentist who has the necessary tools to remove mercury correctly. If you don't, you could be exposing yourself to more mercury.

Many dentists and even the FDA will tell you that mercury fillings are safe. They'll tell you "there is no evidence that mercury amalgam fillings are harmful to your health." The truth is that they don't know. **There is no proof that mercury exposure through fillings over time is safe. But what we do know is that mercury is toxic and we don't want it in our mouths.** That's why the World Health Organization recommends that a "phase down should be pursued by promoting disease prevention and alternatives to amalgam."

## What should we do if we're convinced our mercury levels are high?

First, you need to get tested to make sure your levels of mercury are actually elevated.

It's best not to self-diagnose but to run the tests so you and your health practitioner can create a targeted plan.

Often doctors will add a mercury test to a routine blood test, but blood tests by themselves are not a good indicator of mercury levels. Urine tests are better.

**The best type of tests uses a combination of blood, urine, and hair analysis like the one from Quicksilver Scientific..**

## I encourage you to get tested if:

- You have mercury fillings or you've had your mercury fillings removed and have health issues
- You eat fish especially larger fish: tuna, swordfish, etc. 4 to 7 times a week—and have health issues

References:

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Important points taken from an Article on Mercury from the site GOOP.C

Article written by Dr. Ishiguro in February 2018

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