

Are You Having HEAVY METALS FOR DINNER?

If you eat fish, there is a good chance you're getting a little mercury with your meal. In fact, concerns over heavy metal poisoning from seafood prompted the FDA & EPA to join forces and issue a warning in 2017 for women who were pregnant or planned to become pregnant to restrict intake of certain fish known to have high levels of mercury. This warning was updated by the FDA this past July, 2019 now encouraging women to enjoy more fish, as it provides nutritional benefits, including Omega 3 fatty acids, vitamin B12, vitamin D, iron, iodine, selenium, zinc and quality protein. However, they advised that women be selective in choosing their fish, since certain types contain more mercury than others.

So, which types of fish are higher and lower in mercury levels? Generally, the larger the fish, the more mercury it tends to have due to eating many types of smaller fish who also have some mercury in them causing an accumulation of metals to build up in them. Fish do not have the ability to detox metals from their system and this is why it builds up to toxic levels over time.

Some of the large carnivorous fish that tend to have higher mercury levels are king mackerel, swordfish, marlin, shark, orange

roughy, tilefish and bigeye tuna.

Fish with moderate levels of mercury include halibut, bluefish, monkfish, mahi mahi, grouper, carp, Chilean seabass, rockfish, snapper, striped bass, yellow fin tuna, white albacore tuna (canned or fresh), seatrout and sablefish. It is considered generally safe to have these moderate sized fish once per week.

The fish with the lowest mercury levels are the smaller fish such as cod, anchovies, crab, flounder, crawfish, butterfish, haddock, clams, herring, oysters, perch, wild Alaskan salmon, Pollock, pickerel, sardines, scallops, sole, tilapia, tuna (canned light, skipjack), whitefish, calamari and shrimp (this list is not complete). It is considered generally safe to eat these smaller types of fish 2 to 3 times per week.

Whether you eat the larger fish, the smaller, or ones in between, metals can still build up in the body over time. Like fish, it is difficult for humans to detox heavy metals as well. Fortunately, we do have specific protocols available to assist in driving out metals that could be affecting the nervous system, brain, kidneys and connective tissues. For information on this, just contact me for details. ♦