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Is That Healthy Fish Really So Healthful?

By Margot B

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ELLE Magazine's April issue explores how the most health-conscious eaters may be exposing themselves to dangerous levels of mercury. For years fish has been a dietary staple among weight-watchers and the most health-conscious consumers. Many believe that the omega-3 fatty acids in salmon and tuna can prevent heart disease and wrinkles as well as make their brains both brainier and less susceptible to depression.

However, Dr. Jane Hightower, [an Internal medicine specialist] reports in ELLE's April issue, that a dangerous level of mercury is found in some very common types of fish: swordfish, shark, ahi, canned tuna. She discusses the three-year study that led to her concluding that too much of the wrong kind of fish can give you a nasty case of mercury poisoning.

Hightower reports the symptoms of mercury poisoning to include fatigue, headaches, hair loss, and neurological problems, ranging from numbness, muscle weakness, altered vision and hearing, slurred speech, to convulsions and dementia.

Hightower's claim has touched off controversy from nationwide, pitting federal agencies and fishing industry against environmentalists and health enthusiasts. 'Virtually all fish contain traces of methyl mercury' Hightower reveals. 'In lakes and rivers, where pollution is often quite concentrated, even small fish can have large amounts.' 'In oceans, it's the big predatory species at the top of the food chain that ends up with

the most mercury; these fish may feast for years on smaller fish before becoming fillets themselves. Swordfish, which may be among the largest sea creatures regularly consumed by humans, may accumulate several million times the amount of mercury found in the surrounding water, according to the EPA.'

Some healthy hints from Dr. Hightower:

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- * Eat more salmon – the fish highest in omega-3–like salmon and sardines, contain very low levels of mercury.
- * Limit fish if you are pregnant [or trying]. Eat no more than 12–ounces a week, and avoid swordfish, shark, king mackerel, and tilefish.
- * Go for variety – eat different kinds of fish.
- * Think small – little fish tend to be lower in mercury. Eating smaller portions also helps.
- * Don't be afraid – occasionally bingeing on sushi or eating swordfish all week on vacation won't hurt you.

Source: ELLE

Web site: <http://elle.com/>

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Margot B is the author of a book and 100s of articles, specializing in health and the environment....and is a Web site designer.

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## **Maintaining your Fish Bowls**

**By Mike Yeager**

Maintaining your fish bowl can be difficult sometimes. However, your fish bowl should be kept as hygienic as possible. Doing so should help prevent any health care problems for your fish. When you are cleaning your fish bowl, do it as quickly as possible, because it is dangerous for your fish to be out of its fish bowl. Only clean your fish bowl with a cleaner that is safe for your fish. Also, be sure to let the water return to whatever temperature is right for your fish before you put your fish back in its fish bowl. Make sure that any special equipment that your fish bowl has is working properly before you put it back in the fish bowl. If you maintain your fish bowl properly, you will be able to fully enjoy your pet fish.

## Is That Healthy Fish Really So Healthful?

Fish bowls are the single most important factor in your fishes happiness and health. No other decision you make as a fish owner will be as important as what fish bowl you get for your fish. Therefore, it is critical to choose the fish bowl that is right for your fish. Consider what type of fish you have when you buy a fish bowl. Some types of fishes require larger fish bowls than others. Also take into consideration any special needs that your fish might have. For example, some fish bowls are built for only fresh water fish. Others are built to provide warmth for your fish. If you are unsure of what kind of fish bowl to buy, consult your veterinarian. Also be aware that a fish bowl that is suitable for one fish may be too crowded for more than one fish.

Mike Yeager  
Publisher

Maintaining your Fish Bowls

Providing The Best Care For Your Goldfish

Some Of The Best All Year-round Aquarium Tips

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Vegetarian Recipe Book

101 tips to stay fit and live longer.

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