

## One More Thought about Mercury Mercury in Fish

I don't want to beat a dead horse about mercury toxicity and I promise to move off this topic soon, but did you know that in study after study, random fish that is tested have elevated levels of mercury? Even in 2004 the FDA said, "All fish and shellfish contain traces of mercury." Recent studies are now revealing much higher levels than "traces," and more and more people are turning up with alarmingly high levels of mercury. The biggest offender of all turns out to be sushi-grade tuna. Symptoms of mercury toxicity are brain fog, fatigue, headaches, tremors, hair loss, and muscle pain. Mercury is used in many manufacturing processes all over the world. It enters the atmosphere as exhaust and fumes and then returns back into our food supply by reentering the waterways in the form of rain and snow. Mercury has no odor, no taste and settles into the meat of fish, so there's no way to know it's there. What to do? Avoid fish with the highest levels of mercury. These are usually the biggest, oldest fish: tuna, shark, swordfish, and mackerel. Eat the fish with the lowest levels of mercury: salmon, herrings and sardines. When eating canned tuna, chose "chunk light" instead of "albacore." If eating the albacore, have it only once a week. Children and pregnant women are at the greatest risk for mercury poisoning. If you want to learn more, an excellent, and scary, book on the subject is [Diagnosis: Mercury. Money Politics and Poison](#) by Dr. Jane Hightower, an internist in San Francisco.