

Mindful



Health

# Newsletter

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**H**ello everyone! I hope that you are all having a wonderful summer. Many of you know that I just got back from an incredible Spanish language program in Spain, which proved to be eye-opening and challenging. But the biggest challenge of all was the food! Meat is their main staple and fruits and vegetables are not consumed nearly as frequently as they are here in the States. Nonetheless it was a fantastic experience.

So after two weeks of fish deprivation in Spain I thought I would make it a focus of this month's newsletter. Many of you have asked me which fishes are safe to consume and why, so I thought it would be beneficial to share what I know. I hope you enjoy!

## TOXIC FISH

Mercury toxicity can devastate the body. It can lead to autoimmune diseases such as multiple sclerosis and arthritis. It can also cause anxiety, depression, kidney disease, cardiac and respiratory disorders and oftentimes it can go unnoticed. Dangerous levels of mercury can be found in some vaccinations, fillings and fish. Although fish provides a great deal of nutritional benefits, it is best to try to avoid the fish with high levels of mercury.

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for more information.  
Check here for upcoming  
seminars and  
cooking classes.**

## HIGH IN MERCURY

- Mackerel (king)
- Swordfish
- Tilefish
- Tuna (Bluefin)

## BEST CHOICES

- Anchovies
- Catfish
- Clams
- Wild Salmon
- Tuna (light canned)
- Shrimp
- Tuna (yellowfin)
- Striped Bass
- Tilapia
- Trout

You have to be a little more careful with some of the seafood like lobster, crab, and scallops because they can contain some mercury although the levels are not nearly as high as those listed above. The trick with tuna is to limit your consumption of canned, white tuna and tuna steaks because they contain more mercury than the light, canned tuna. Avoid the Bluefin Tuna altogether.

Many people are concerned about salmon because of the new information regarding the farm raised salmon. Studies have shown that farm raised salmon is filled with cancer causing chemicals known as PCBs. Researchers have insisted that everyone should choose wild salmon over the farm raised. Although there are reports that refute these statements, I believe that wild salmon is a much better choice.

## TIP OF THE MONTH:

Studies have shown that people who eat fish once a week or more have 30% fewer heart attacks than those who don't eat it at all. This week challenge yourself to eat fish at least once if not more!

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at [Nicole@mindfulhealth.biz](mailto:Nicole@mindfulhealth.biz)