

Title:

Mercury Content Of Fish

Word Count:

375

Summary:

We all know that adding fish to our diets can help increase our body's ability to repair itself

Being exposed to too much mercury can cause memory loss, tremors, neurological difficulties, a

But how is all this mercury getting into our body?

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Keywords:

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Article Body:

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But how is all this mercury getting into our body?

Well here are the top 4 places that contribute to the levels of mercury in our body (not in an

Vaccines (past and present)

Dental fillings

The environment

And Fish

We're going to focus on fish right now because that's the prime source of mercury in our diets

When coal is burned, inorganic mercury is released into the air and eventually ends up in our

The good new is that our most recent studies indicate that the human body naturally rids itself

High mercury: Mercury levels differ from one species of fish to the next. This is due to facto

Shark

Ray

Swordfish

Barramundi

Gemfish

Orange roughy

Ling

Canned or fresh tuna

Mackerel

Grouper

Tilefish

Chilean sea bass

Moderate mercury: Alaskan halibut, black cod, blue (Gulf Coast) crab, dungeness crab, Eastern

Low mercury: Anchovies, Arctic char, crawfish, Pacific flounder, herring, king crab, sanddabs,

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