

## **TUNA: Unsafe and Unclean**

People who use tinned tuna need to realize that this is extremely dangerous as tinned tuna is about the most dangerous fish anyone can eat!

For one thing, it is a large group of assorted large fish that are canned as "Tuna", and so the Jews consider Tuna unclean because most of the fish canned as tuna are unclean fish.

The various fish canned as tuna are large fish and as such are on the top of near the top of the food chain. So you see, if there is pollution in the waters, and there is, the little creatures in the plankton are about as polluted as the water they are in, but as they are eaten by little fish you have the pollution starting to concentrate in the bodies of these fish, for each step up the food chain, you concentrate 10 times, so by the time you get to the big fish like tuna, you can have a thousand or even a million times more pollution than in the water! This is especially true of mercury, other heavy metals, and PCBs DDT and other brain destroying elements. If one must eat canned fish, sardines are much safer, salmon is a bit better than tuna especially pacific salmon, and herring is not as bad either. It is not that these are safe, it's just that the tuna is the worse by far!! Please realize this is true and avoid coming to harm when the hazard can be avoided.

Remember also that fish not only live in polluted water, they have to breath it as well; they are the most polluted things, and the fish industry is the least regulated of the food flesh industries. Fish is just not safe anymore; even mountain trout are full of cancer.

We must consider the big factor of the food-chain. You see the tiny microscopic plant/animals of the sea absorb the pollution that is in the water where it has accumulated from all the land masses of the world. (All waterways lead to the ocean) Their bodies contain, say, 1 part pollution. Tiny fish eat them; accumulating 10 times as much pollution. The tiny fish then has 10 parts pollution. Then tiny fish are eaten by small fish: now the small fish accumulate 100 parts pollution. Up it goes, each level concentrating more and more pollution into their bodies as they are higher on the food chain. Medium fish 1000 parts; large fish 10,000 parts; Tuna are huge fish; I hope you get the point.

Vegetables and fruits do not eat each other and so do not have this multiplication effect. A few years ago there was a tremendous scare as tinned tuna was found with toxic levels of mercury. so it was pulled from the market and then acceptable levels established.

Have you ever read what the Spirit of prophecy says about mercury?? There are no acceptable levels, it says as long as the tiniest amount of it remains in the body its baleful effects are felt in the system! And the body does not throw off mercury very easily.

Also TUNA is sort of a generic, catch name for many large fish canned under that name, many of which are unclean. The fish industry is the most unregulated of all food industries. As for oceans being clean, they are like a huge-cesspool, why even the great whales who eat plankton, many are suffering from sores etc. Even polar bears in the 'pristine' arctic

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have concentrations of DDT in their fat! It's time to wake up and face the fact, this world is dying and God has given us warnings to protect us to which He adds His blessings.

If we choose for the sake of appetite to disregard His warnings, He cannot protect us. Notice what is written over 100 years ago in regard to fish, if it were true then do you think things are better now???

698. In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger. Counsels on Diet and Foods PG 394;

Of course if appetite reigns, it knows no reason. It is time to stop feeling God is trying to snatch some tasty morsel from our drooling mouths and realize He is trying to preserve a people who will be ready to stand in the terrible times right upon us. It is time for all of us to stop staring at our forks and start searching our hearts!

God never asks us to give up anything good for us. He will always give a blessing greater than the thing one is asked to 'give up'. Here is a little parable to show what I mean: There is a poor tramp who has nothing left in the world but one ten dollar bill. A Millionaire comes along and says, "Poor fellow, I want to help you, Give me that old ten dollar bill and I will give you access to all my fortune, you will never be in need again!"

But the poor man clutches his meager bill and cries out, "Oh, you are cruel, you want to take from me the only bit of comfort I have!" and weeping he runs away.

Sometimes we are like this with God, but His love is greater than anything and He will carry us through in triumph if we trust Him. I'll share my experience, I am ashamed of it but after knowing a lot about the Health Message for years, I was still not following the counsel of the SOP that animal products are no longer safe. A couple years ago, I heard a lecture that was so shocking I just couldn't use them anymore! After the initial battle to give them up, I was thanking God for the victory and for the information that showed me my error, when His Spirit spoke to my mind and said, "Yes, that is all very well, but you wouldn't give them up just because I asked you to."

It was true; I felt so ashamed; I had known my Father's will, but had not loved and trusted Him enough to do it! I wept before Him that day. So you see, I have nothing whereof to boast when it comes to these things, I have let my Lord down so many times. But He is merciful and longsuffering, and don't forget He is powerful also. He is the Creator; He can recreate and set us free from any entanglement.