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Summer Seafood Watch

Lake Hiawatha, NJ, July 2016— Summer is upon us and for those of us who love fish—this is your time of year! In general, we hear that eating fish has many health benefits for your body which can be true. However, before you begin trading off all of your turf for surf this summer, let’s review what you need to know about fish.

According to the National Resource Defense Council (NRDC), due to the prevalence of overfishing, one-third of global fish populations are overexploited and dangerously depleted. Meanwhile, our oceans are polluted, acidifying and affecting fish in ways we are still learning about. Mercury levels in some fish are extremely high—and getting higher—due in large part to all of the coal we burn. Eating contaminated fish is also the number one cause of mercury exposure in America. Mercury is a dangerous neurotoxin that can pose serious health problems to our nervous systems especially for children or women who are pregnant. You can’t see, smell, or taste mercury contamination in fish, cooking has no effect on it and you also can’t avoid it by cutting off the skin or other parts of the fish.

However, there is good news too. As the sustainable food movement flourishes, consumers are developing a keener awareness of the fish they eat and demanding more information about its origins and its hazards. In addition, you don’t need to eliminate fish altogether to stay in the mercury safe zone. Below are a few general rules of thumb to follow.

- 1. Think Small:** Mercury settles into lakes, rivers and oceans and is absorbed or ingested by small organisms and then starts working its way up the food chain, its concentration rising with each step in a process called biomagnification. As a general rule, smaller fish—think squid, scallops, sardines—contain less mercury than larger varieties such as tuna, king mackerel and swordfish.
- 2. Buy American:** People in the US consume close to 5 billion pounds of seafood every year—90% comes from countries that lack rigorous management laws such as China and Vietnam. Without enforceable catch limits, many species become exploited and overfished. In addition, the seafood we import is increasingly farm-raised in factory-like conditions where fish are exposed to dangerous antibiotics and chemicals (many of which are banned in the US) and stored in bacteria laden ice. In general, it’s just best to stick with what is caught closer to home.
- 3. Diversify:** Year after year, American’s opt predominantly for the same 5 times of seafood: shrimp, salmon, canned tuna, tilapia and pollock. Meanwhile, the protected ocean waters along the US coasts are teeming with hundreds of delicious and sustainable fish species such as mullet, dogfish and scup. By choosing to eat these underappreciated species, we can minimize damage and help US fisheries continue to rebound.
- 4. Eat Local:** You’ve heard of farm to fork, but what about boat to fork? Community supported fisheries (CSFs) are growing in popularity, but if you can’t join a CSF, buy your seafood from trusted local retailers and restaurants. Certain businesses have set higher standards for the seafood they sell and have pledged to create long-term sustainable seafood plans. By supporting these businesses, which can be found using the *Monterey Bay Aquarium Seafood Watch* app or simply by asking if a store or restaurant offers sustainable seafood, you can help shape demand for fish that has been caught or farmed in environmentally responsible ways.



LEAST MERCURY 		
Anchovies	Herring	Sardine
Butterfish	Mackerel (N. Atlantic, Chub)	Scallop*
Catfish	Mullet	Shad (American)
Clam	Dyler	Shrimp*
Crab (Domestic)	Perch (Ocean)	Sole (Pacific)
Crawfish/Crayfish	Plaice	Squid (Calamari)
Croaker (Atlantic)	Pollock	Tilapia
Flounder*	Salmon (Canned)**	Trout (Freshwater)
Haddock (Atlantic)*	Salmon (Fresh)**	Whitefish
Hake		Whiting

MODERATE MERCURY 		
EAT SIX SERVINGS OR LESS PER MONTH:		
Bass (Striped, Black)	Jacksmelt (Silverside)	Skate*
Carp	Lobster	Snapper*
Cod (Alaskan)	Mahi Mahi	Tuna (Canned chunk light)
Croaker	Monkfish*	Tuna (Skipjack)*
Halibut (Atlantic)*	Perch (Freshwater)	Weakfish (Sea Trout)
Halibut (Pacific)	Sablefish	

HIGH MERCURY 		
EAT THREE SERVINGS OR LESS PER MONTH:		
Bluefish	Mackerel (Spanish, Gulf)	Tuna (Canned Albacore)
Grouper*	Sea Bass (Chilean)*	Tuna (Yellowfin)*

HIGHEST MERCURY 		
AVOID EATING:		
Mackerel (King)	Shark*	Tuna (Bigeye, Ahi)*
Marlin*	Swordfish*	
Orange Roughy*	Tilefish*	

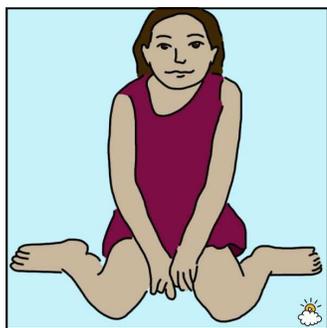
***Fish in Trouble!** These fish are perilously low in numbers or are caught using environmentally destructive methods.

**** Farmed salmon** may contain PCB’s, chemicals with serious long-term health effects.

Information in this guide is based on averages from the FDA’s test results for mercury in fish and the EPA’s determination of safe levels of mercury for women of reproductive age. Some individual fish have mercury concentrations significantly higher than the average. For more details, see: www.nrdc.org/mercury.



The Dangers of “W” Sitting



For those who have young, developing children in their lives—you must keep an eye out for excessive time spent in what has been deemed “W-sitting” as pictured left. While this position is not recommended for anyone, children in particular who sit in this position are at great risk of future health hazards and must be broken of the habit. Consider the following:

Danger #1: Trouble with Posture and Core Strength—“W-sitting” allows the body to collapse in on itself depriving a child from developing strong back muscles and promoting weak core musculature which typically would help ensure proper posture and prevent injury later in life.

Danger #2: Trouble with motor skills—Because no trunk rotation can take place when “W-sitting,” the child may simply pick up objects on the right with the right hand and those placed to the left with the left hand which could be detrimental to developing traditional motor skills such as writing down the line.

Danger #3: Trouble with balance—Most other positions, such as those pictured right, force a child to keep the body more upright which helps to promote balance. Again, because “W-sitting” allows the body to collapse in on itself, balance is not challenged in this position.



Danger #4: Muscle tightness—“W-sitting” places the hamstrings, abductors, internal rotators and heel cords in an extremely shortened range which can also negatively affect coordination, balance and development of gross motor skills.

Danger #5: Potential for hip displacement—“W-sitting” can predispose a child to hip dislocation—especially if child suffers from hip dysplasia.

Danger #6: Joint problems—Particularly at risk are the knees which are forced to undergo a large amount of strain when a child is “W-sitting.”

Danger #7: Potential pigeon toes—“W-sitting” internally rotates the hips which can create weakness in the muscles that externally rotate the hip outward. When external rotators are weak, when a child lifts their foot forward to take a step, their toe might point inward referred to as an in-toeing gait. This altered gait can cause future issue up the kinetic chain.

25 Tips for Improving Your Life

Live beneath your means. Return everything you borrow. Stop blaming other people. Admit it when you make a mistake. Give clothes not worn to charity. Do something nice and try not to get caught. Listen more, talk less. Every day take a 30 minute walk.

Strive for excellence, not perfection. Be on time. Don't make excuses. Don't argue. Get organized. Be kind to unkind people. Let someone cut ahead of you in line. Take time to be alone. Cultivate good manners. Be humble. Realize and accept that life isn't fair.

*Know when to keep your mouth shut. Go an entire day without criticizing anyone. Learn from the past. Plan for the future. Live in the present. Don't sweat the small stuff...
It's all small stuff.*



For more health tips and ways to eat well, move well and think well:

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ATTENTION:

Summer hours will begin Friday, July 1st and extend through Labor Day Weekend:

Monday: 9AM-12:30PM, 4-6:30PM

Tuesday: 10AM-12:30PM

Wednesday: 9AM-12:30PM, 4-6:30PM

Thursday: By Appointment Only

Friday: 9AM-12:30PM, Afternoon by Appointment

Santiago Chiropractic will be closed on Monday, July 4th for the holiday weekend.