



COOLOOLA ACUPUNCTURE CLINIC

Helping People to get well and stay well

Newsletter

June 2008

Special points of Interest

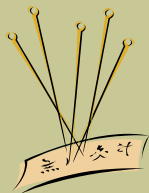


Booking your Appointments

To save disappointment it would be a good idea to pre-book your appointments. Especially Tuesday, Wednesday and Thursday afternoons as these times fill up quickly. While this is good for business and shows we are doing our job, it also means that people need to book to save disappointment

Cancellations

Please give 24 hours notice when cancelling your Appointment. We do have patients on a waitlist, that would benefit if we could give them notice.



Clinic Hours

Monday	8-1pm/2-5pm
Tuesday	9-1pm/2-6pm
Wednesday	8-1pm/2-6pm
Thursday	9-1pm/2-6pm
Friday	8-1pm.

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Do you know where your healthy Fish comes from??

Much of the emphasis in food safety in the Western World has focussed on the dangers of genetically modified crops, or the addition of hormones and antibiotics to animal feed. Consumers everywhere want organic food if they can afford it. Although these issues are very important, public focus on them has tended to obscure some of the more basic questions. Is the current factory food production system capable of supplying us with healthy wholesome food?

The latest food to attract attention is salmon. A substantial portion of salmon sold today is from fish farms. An extensive study of chemical contaminants in salmon from many countries (*Stokstad, TOXICOLOGY: Salmon Survey Stokes Debate About Farmed Fish, Science 2004 303: 154- 155*) has identified significantly higher levels of 13 toxins in farmed salmon, in comparison with wild salmon in many parts of the world. The undesirable toxic chemicals included PCBs, dioxins and pesticides.

The study found: **The average dioxin level in farm-raised salmon was 11 times higher than that in wild salmon - 1.88 parts per billion compared with 0.17 ppb. For PCBs, the average was 36.6 ppb in farm- raised salmon and 4.75 in wild salmon.** Salmon from Europe, Scotland in particular, was identified as worst. US and Canadian fish were next with Chilean salmon at the bottom of the danger list. Over half the world's salmon is now farmed. Most US supermarket salmon comes from Chilean fish farms.

It appears that Southern Hemisphere fish farms produce fish with contaminant levels that are generally only one eighth that of their Northern Hemisphere counterparts. This probably reflects the lower levels of pollutants in the Southern Hemisphere. It has to be remembered that 95% of the people in the world live in the Northern Hemisphere. People produce pollution!

It appears that the fundamental problem is that by feeding any species of carnivorous fish with food composed mainly of other fish, largely from polluted waters, environmental toxins are magnified. The debate is now focusing on just how dangerous are the levels of these toxins. Environmental and health agencies have very differing views on safety levels for the substances concerned. This is a concern in itself. If we can't agree what levels of toxins are acceptable (not too dangerous), it makes regulation difficult. It has been claimed that many fish farmers in the United States, Canada and Chile are slowly replacing some of the fish oil in salmon feed - the main source of toxins - with soybean and canola oil to address the pollutant problem. It is clear that salmon fed a different diet will as a result have a different tissue composition than their wild counterparts.

In New Zealand it has recently been revealed that two large salmon farms have been feeding their fish with chicken feathers: more precisely chicken feather meal provided by an Australian supplier. The farms involved say that the meal is a high quality safe source of protein. The feather meal is apparently heat treated to destroy any bacteria and claimed to be devoid of chicken faeces. Clearly the consumption of the feather protein is going to alter the chemistry of the salmon flesh. This practice may be unique to New Zealand. (Feeding of feather meal to cattle is permitted in the US.) One local expert says that he has never heard of the practice in fish farming overseas. Unfortunately we all seem to have to rely on the press to ferret out information in our respective countries. Consumer groups in New Zealand are concerned that bacteria, which may have developed resistance to antibiotics fed to chickens, could potentially infect farmed and ultimately wild fish. (Some farmed salmon do escape from their cages). Many also believe that it is wrong in principle to feed any chicken parts to fish.

Factory Farming - A View from New Zealand
by Maurice McKeown, BDS, PhD

For the ladies

Thank you to the ladies that have purchased the Women Essence cream and have given there feedback to us. We have had a fantastic response. So if your going through emotional stress, PMT, menopause or menstruating and not feeling right give the cream ago to help balance & harmonise the body. We have just receive new stock. Ask a reception!