

SHARK CARTILAGE IS GOOD FOR YOU? - DON'T BUY IT!

Sharks are amazing animals in many ways, with abilities and assets we comparatively feeble humans can only wonder at. Unfortunately, human interest in the attributes of sharks is not always benign. They are killed in the tens of millions every year for food, for "sport," and for supposed medicinal applications of the cartilage in their fins, among other parts.



likely contains a neuro-toxin – beta-methylamino-L-alanine – that is linked with both Alzheimer's and Lou Gehrig's diseases. Seven species of shark have been found to contain a compound derived from algae, which encourages development of these

neuro-degenerative conditions.

Shark cartilage has long been touted as both a joint-health supplement and a cancer preventive. Even a federal lawsuit discrediting the latter claim has not slowed the wholesale slaughter of sharks whether for "medicine" or for shark fin soup, very popular in restaurants throughout Asia.

Because of the continuing shark massacres worldwide, there has been a precipitous decline in the entire population.

The destruction of this fascinating and prehistoric species may slow somewhat – we can hope – with the recent discovery that shark cartilage

Sharks are at the top of the oceanic food chain, thus, they accumulate more contaminants, such as dangerous heavy metals mercury and cadmium, as well as the BMAA compound, than most other fish because they eat those species who eat the BMAA-tainted algae in the first place. Agricultural runoff and sewage dumped in the oceans are to blame for creating BMAA in the massive algae blooms that are appearing alarmingly in our polluted oceans.

The study was originally published in the Marine Drugs journal. Read more at:

<http://well.blogs.nytimes.com/2012/03/08/shark-cartilage-may-contain-toxin/>

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