

Let the Big One Get Away

Change to Eating Smaller Fish Now
Or Be Contaminated

Dear Fellow Fish Connoisseur,

Remember when you first fished as a kid? My first time was on the bank of a stream in Alabama. I was with my father and grandfather. My luck wasn't good until...

I reeled in my first fish. Yeah!!! It was small and yellow. But I caught it. I raised it up in glory. My pride as a little boy swelled. My father took it, told me it was a Perch and threw it back in the water.

I was devastated. He told me, "You need to catch a bigger fish." I was seven years old. I wasn't capable of hauling in a monster. Most importantly – I wasn't capable of eating a big fish (Yuck).

Market Quest

If you can't catch it – buy it. Still a boy, I walked close to my mother at the grocery store. She was grabbing cans of tuna when I glanced up on a high shelf. There was a flat can that displayed a picture of little fish.

I pointed up to them and asked, "Can I try those?" My mother retorted, "Those are sardines. They're what drunkards eat when they're drunk."

"How do you know that?" She came right back with, "Because you're father eats them." Dad did have a problem with the bottle but c'mon. Funny, he ate small fish but threw mine back. He did teach me to eat shrimp though.

I kept asking Mom for sardines. She finally let me have a can. They were savory, especially in mustard sauce. I wanted more but she was against it.

Tuna Helper and TV Dinners was my punishment for being young.

Doctor's Orders

Later in my adult years (I mean much later), My primary doctor read me the Riot Act. "No more red meat, no more dairy, and stay away from high carbohydrates." I came back, "So I stop eating."

"Eat chicken, fish and turkey." I was dumfounded, "That's it." I had to ask that question. He added a large dosage of Vitamin D and plenty of fresh fruit and vegetables. I'm not done yet. The fish has to be oily, lots of oil.

I left my doctor gagging. The thought of oily fish disgusted me. It's bad enough I take Omega 3. Now I had to eat the stuff unprocessed, up close and personal.

Blast From the Past

I browsed the grocery store to stock up on my new diet. There at the canned fish aisle, I rediscovered love. I hadn't been there in a long time (Tuna Helper, remember). There were the sardines...at a low price!

I grabbed two handfuls, along with canned salmon. I ate this stuff with salad, whole grain crackers and mustard. The only extra oil I would use is olive oil.

Don't sound good. To each his own. But let me tell you this...

I lost weight. My waist went down. I had another doctor of mine say, "You're more fit than I've ever seen you."

My Oncologist Knowledge of Fish

Why is all this important? I survived facial cancer. I'm Type 2 Diabetic. I'm old.

My recent tests were up from earlier in the year. Cholesterol levels where they should be. My Vitamin D level is only 1 point away from normal. My glucose was great. My Oncologist was excited.

He asked me about my diet and I told him about my favorites. That's when I heard something amazing...and frightening. Little fish like sardines and shrimp have less toxins. But the big fish eat the little fish – compounding toxins.

I was blown away. My love for little fish keeps me safe. Wow!

Studies on Little/Big Fish

A report by the Washington State Department of Health and a study by the EPA found that:

- Mercury and PCB's (Pollutants) come from household and industrial waste
- **The pollutants get into the soil and water**
- The fish's skin and fat absorbs the contamination
- **The little fish are safer to eat as they have less contamination**
- The bigger fish eat little fish, creating a higher risk

Does that mean that all fish are bad and you shouldn't eat them? PETA thinks so but then again they're channeling with them. *I thought it was funny.*

No, you have to know where you're getting the fish. The wild caught in certain waters matters. If the waters aren't at risk of contamination and the fish aren't farmed – it should be safe.

You need fatty fish oils and meat protein for your health. Try sardines and shrimp today. You may find a new love.

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