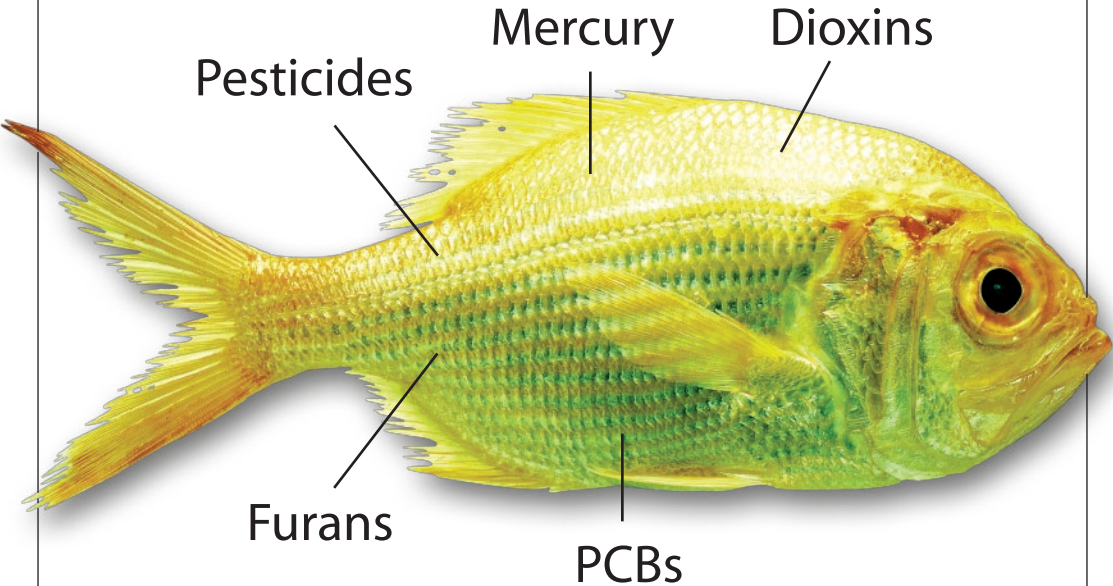


# Brane Fude?



## Mercury is such a potent neurotoxin

that even small doses can cause irreversible brain and heart damage. Our single biggest source of mercury exposure is fish consumption.

So why is the federal Dietary Guidelines Advisory Committee—the panel of experts charged with determining what we should eat—getting set to recommend Americans eat 8 to 9 ounces of fish a week, an amount that will put our health at risk?

While it would be easy to chalk this up to politics as usual, too much is at stake.

Mercury pollution is placing children and pregnant women at risk as never before. One in six women of childbearing age in the United States has blood mercury levels exceeding the “safe” levels recommended by the EPA.

More than 600,000 babies are born every year at risk of mercury-related birth defects, including mental retardation, learning disabilities, permanent neurological damage, and physical malformations.

In adults, mercury exposure can bring on high blood pressure, cause tremors, and lead to infertility and liver and brain damage.

Mercury is everywhere. In the canned tuna from your local grocery store. In the salmon, shrimp, and shellfish you order at the restaurant. Forty-four states have posted warnings about mercury contamination in their lakes, streams, and rivers.

**Take action.** Go to [www.pcrm.org](http://www.pcrm.org) to send an email to the federal Dietary Guidelines Advisory Committee. Tell them that our health and the health of our children come first. Or write a letter to:

Dr. Janet King  
Chair, Dietary Guidelines Advisory Committee  
Department of Health and Human Services  
200 Independence Avenue, SW, Room 738G  
Washington, DC 20201 Fax: 202-205-0463

**PCRM** PHYSICIANS  
COMMITTEE  
FOR  
RESPONSIBLE  
MEDICINE  
WASHINGTON OFFICE PHONE: 202-686-2210

**Don't let the government tell you a fish story.**