

Brain Washed?



Did you see this fishy ad last week?

Animal rights activists are attempting to scare Americans away from some of the healthiest foods on the menu. The American Heart Association says omega-3 fatty acids make fish a must-eat food at least twice a week. But last week the ad pictured at the right implied that all fish are dangerous to eat.

Why would an organization calling itself the “Physicians Committee for Responsible Medicine” (PCRM) run scary anti-fish ads in national newspapers? For starters, PCRM has undeniable connections to People for the Ethical Treatment of Animals (PETA), which has already steered over \$1.3 million to the organization.

Yes, *that* PETA. The animal rights nuts who don’t want us to eat beef, chicken, pork, eggs, dairy foods or fish. No matter what.

PCRM has been publicly rebuked by the American Medical Association for misrepresenting medical science. PCRM’s president is a non-practicing psychiatrist, and also president of the PETA Foundation. And 95 percent of PCRM’s members aren’t doctors at all.

Some PCRM spokespersons endorse violence against people who don’t see the world their way. At a 2003 animal-rights convention, one of them advocated murdering doctors who use animals in their research for cancer and AIDS cures.

Animal rights extremism is felt everywhere. And some of it masquerades as health advice.

Visit **www.ConsumerFreedom.com** to learn how animal rights activists use junk science, promote violence, and even set up pseudo-medical charities in order to further their crusade. Help this cause by donating online to the nonprofit **Center for Consumer Freedom**.

Brane Fude?

Pesticides Mercury Dioxins
Furans PCBs

Mercury is such a potent neurotoxin
that even small doses can cause irreversible brain and heart damage. That 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, according to conventional American diet guidelines—replete with a fish, an animal that will kill your health at all?

While it would be easy to chalk it up to political or moral bias, it is not. Mercury pollution is pervasive, ubiquitous and dangerous, even at such low levels. 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 400,000 babies are born every year at risk of mercury-related birth defects, including mental retardation, learning disabilities, premature neurological damage, and physical malformations.

In adults, mercury exposure can bring on high blood pressure, cancer, nervous, and kidney infections and liver and brain damage.

Mercury is persistent. In the United States, fish and shell products, such as the salmon, shrimp, and shellfish you order at the restaurant. Forty-four states have passed warnings about mercury concentrations in their lakes, streams, and rivers.

Take action. Go to www.pcrmm.org to send an e-mail 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. Joan King
Chair, Dietary Guidelines Advisory Committee
Department of Health and Human Services
101 Independence Avenue, SW, Room 3000
Washington, DC 20201 Fax: 202-205-4947

PCRM Physicians Committee for Responsible Medicine
1010 Massachusetts Avenue, N.W., Washington, D.C. 20001
Tel: 202-331-0700 Fax: 202-331-0701

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

Don't let animal rights activists brainwash you with fish stories.