



World Health
Organization

FDA



GOVERNMENT WARNINGS AND SCIENTIFIC RESEARCH ON EATING UNCLEAN CREATURES

By George Lujack

There is ample data from numerous comprehensive studies conducted by government and scientific agencies that confirm that the dietary laws of Scripture are accurate, applicable today, and true. Consuming Scripturally unclean creatures has been shown to be harmful to human health.

HOG, PIG, PORK, SWINE

A World Health Organization press release reported that consuming processed pork products such as bacon, pork hot dogs, and sausage causes cancer [1].

Consumption of pork causes stress and internal toxicity. Eating freshly killed pork products causes acute responses, such as inflammations of the appendix and gallbladder, biliary colics, acute intestinal catarrh, gastroenteritis with typhoid and paratyphoid symptoms, acute eczema, carbuncles, sudoriparous abscesses, and other responses. These symptoms can be observed after consuming pork products. [2].

Pork meat is infested with the microscopically small trichinae worm. Once ingested, the worm can lodge itself in the human brain, intestines, muscles, or spinal cord causing trichinosis and other health issues [3]. Consumers are advised to thoroughly cook pork before eating it, to kill all parasitic worms in the meat [4]. Even if pork is thoroughly cooked, people who consume swine are still eating dead trichinae worms.

SHELLFISH

The California Department of Public Health (CDPH) has warned consumers not to eat recreationally harvested bivalve shellfish (such as clams, mussels, or scallops) from Monterey or Santa Cruz Counties due to dangerous levels of a naturally occurring toxin that can cause illness or death. Dangerous levels of domoic acid have been detected in mussels from these regions. The domoic acid toxin, also known as Amnesic Shellfish Poisoning (ASP), can cause illness or death in humans. Symptoms of domoic acid poisoning can occur within 30 minutes to 24 hours after consuming toxic shellfish. In mild cases, symptoms can include abdominal cramps, diarrhea, dizziness, headache, and vomiting. Mild case symptoms are temporary and typically go away after several days. In severe cases, a person can experience troubled breathing problems, excessive bronchial secretions, cardiovascular instability, confusion, disorientation, permanent loss of short term memory, coma, or death [5].

The Food and Drug Administration has warned people not to eat raw or partially cooked shellfish harvested from New York's Oyster Bay Harbor as they have been linked to cases of foodborne illnesses in several states. The FDA says that oysters and clams from the Long Island Harbor may be contaminated with the *Vibrio parahaemolyticus* bacteria that causes cramping, diarrhea, nausea, vomiting, and other symptoms [6].

Vibrio vulnificus is a bacterium found naturally on raw oysters. While it poses no immediate threat to most healthy people and can be killed by fully cooking oysters, the bacterium can be deadly in rare cases for people with the following health conditions:

- Liver diseases (such as hepatitis and cirrhosis)
- Diabetes
- Chronic kidney disease
- Cancer (especially during active treatment)
- AIDS or HIV-positive status
- Steroid dependency (such as treatments for asthma or arthritis)
- Inflammatory bowel disease
- Stomach problems (including previous stomach surgery)
- Hemochromatosis (an iron disorder)

Source: Centers for Disease Control and Prevention

After the death of a 51-year-old man who had eaten raw oysters, the Cincinnati Health Department considered recommending that all city restaurants serving raw oysters carry a warning on their menus about the potential health risks. *Vibrio vulnificus*, a bacteria linked to oysters, was the suspected cause of death of the 51-year-old man. Washington Platform, the restaurant where the man ate the oysters, already had warnings against consuming shellfish on its menu [7].

FISH WITHOUT SCALES

Tuna fish is a popular scale-less fish that has been improperly classified as a clean, kosher fish with scales. Most people eat tuna straight out of a can. As the fish has already had its skin removed, consumers are not able to inspect tuna fish for scales and are unaware that tunas do not possess overlapping, shedding scales and assume it is a Scripturally clean fish, because it has been ruled so by rabbinical authorities.

Tunas have rudimentary (undeveloped) scale-like structures beneath the surface of their skin that are not clearly visible by the human eye and a relatively few minute scales near its head. Upon inspection of a full tuna fish, most people would say that tunas are a scale-less fish. The scientific research on tunas attest to the fact that there are health risks associated with tuna consumption. Tuna fish have been misclassified as a clean fish with scales, but should be considered an unclean fish without overlapping, shedding fish scales.

Tuna fish naturally contain varying levels of mercury content that is unsafe for human consumption. Atlantic bluefin tuna (tuna sushi) has the highest levels of mercury of any type of tuna. Several studies have determined that mercury from tuna can cause severe health problems for adults, including an increased risk of cardiovascular disease and neurological disorders. [8].

Pacific bluefin tunas have been contaminated with trace amounts of radioactivity acquired from the Japanese Fukushima nuclear reactor accident of March 2011 that continues to leak radiation into the Pacific Ocean to this day [9].

1. World Health Organization International Agency for Research on Cancer “IARC Monographs evaluate consumption of red meat and processed meat,” PRESS RELEASE #240, 26 October 2015, < http://www.iarc.fr/en/media-centre/pr/2015/pdfs/pr240_E.pdf >.
2. Professor Hans-Heinrich Reckeweg, M.D., “The Adverse Influence of Pork Consumption on Health,” Biological Therapy Vol.1 No.2 1983, < <https://healthmasters.com/blog/adverse-influence-pork-consumption-health> >.
3. Snyder, Michael, “Yes, The Scientific Evidence Says That Eating Pork Does Cause Cancer,” October 26, 2015, < <http://endoftheamericandream.com/archives/yes-the-scientific-evidence-says-that-eating-pork-does-cause-cancer> >.
4. FOX News Report, “Doctors Remove Worm From Woman’s Brain,” November 22, 2008, < https://www.youtube.com/watch?v=4_GeNwi0bTg >.
5. California Department of Public Health, “CDPH Warns Consumers Not to Eat Sport-Harvested Bivalve Shellfish from Monterey or Santa Cruz Counties,” Number: 14-036, April 4, 2014, < <http://www.cdph.ca.gov/Pages/NR14-036.aspx> >.
6. FDA U.S. Food and Drug Administration, “FDA warns consumers not to eat shellfish from Oyster Bay Harbor, Nassau County, NY,” July 20, 2012, < <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm312977.htm> >.
7. Bonfield, Tim, “Health department may recommend shellfish menu warning / Death from vibrio prompts concerns,” The Cincinnati Enquirer, August 31, 1999, < http://www.enquirer.com/editions/1999/08/31/loc_health_department.html >.
8. Burros, Marian, The New York Times, “High Mercury Levels Are Found in Tuna Sushi,” Jan. 23, 2008, < http://www.nytimes.com/2008/01/23/dining/23sushi.html?pagewanted=all&_r=0 >.
9. Melnick, Merideth, “Bluefin Tuna Radiation: Is There A Health Risk?” HUFFPOST May 29, 2012, < http://www.huffingtonpost.com/2012/05/29/bluefin-tuna-radioactive-radiation-health_n_1552838.html >.

