

Stop eating food from sharks if you don't want to lose your mind

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Accordingly, people who regularly eat shark food such as fins, muscle tendons are at risk of developing mental illnesses that Alzheimer's is the most susceptible disease. - The main author of the study, Deborah Mash, Professor of Neurology at Miami University said in a statement.



Alzheimer's is a brain degenerative disease, unable to recover, causing dementia and dementia in the elderly.(Image source: Internet.)

And to get this conclusion, the team led by **Deborah Mash** collected the finnage, muscle tendons of more than 10 shark species in the Atlantic and Pacific oceans and then conducted qualitative analysis. , quantify the amount of chemical substances present in these products.

Results showed that shark fin and muscle tendon contained high levels of **mercury** and **beta-N-methylamino-L-Alanine (BMAA)** . Both of these substances are harmful to human health. In it, BMAA has been linked to an increased risk of typical neurological diseases like Alzheimer's and some types of **sclerosis** .

This warning needs to be widely alarmed when before, especially in Asia, shark products, fins and tendons, shark cartilage is a favorite dish of many people, and it is also a raw material. popular in traditional Chinese medicine.

Consuming shark products in the immediate future will directly affect human health, not only that, we have directly pushed the shark to the brink of extinction.

Huynh Dung (According to Newkerala)

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