

Be Careful What You Fish For

Hello there, swine saviors! I'm not naïve enough to assume that all of you who read a previous post of mine decrying the consumption of pork have now sworn to be "pig-headed" and forgo sausage links forever. But a girl can dream.

Today, I want to move from the turf to the surf and discuss the aquatic creatures God tells us to steer our metaphorical fishing boats (shopping carts, really) clear of. Leviticus 11:20 calls these fish "abominable"! Pretty strong language for seafood, don't you think?

Here's the overarching rule that would put Joe's Crab Shack out of business: Any fish without scales is off-limits. This includes lobster, oysters, clams, crabs, scallops, mussels, catfish and Bubba Gump shrimp.

When I first learned this, I wanted to cover my ears because I cherished ordering shrimp cocktail at restaurants. (And I must be honest; I still do on occasion.) However, my disappointment soon faded when I heard why the little crustaceans are so offensive.

Finless, scaleless fish are bottom-feeders. They spend their time moseying along the lake or ocean floor, having their fill of fish waste. Due to their physiology, whatever these creatures consume moves directly into their system.

This is why scientists can determine water pollution by checking the flesh of shellfish and crustaceans. In essence, these organisms are trash collectors, the marine equivalent of slop-wallowing swine.

Fish with fins and scales, however, are fantastic for us. Tuna, salmon, trout and halibut are all rich sources of proteins, vitamins, minerals and essential omega-3 fatty acids, which are proven to stimulate blood circulation, reduce

blood pressure and prevent cancer, to name a few of their benefits.

When buying fish, be sure and shop only for wild-caught brands. The “farm raised” variety are more likely to harbor contaminants and lack nutrients.

Oh, I do want to return to piggies for a moment. I just learned that labs that do microbiological research have the ability to isolate cancer viruses from patients’ blood, view them under a microscope to diagnose the strains, then develop a remedy to destroy them. They can also replicate the cancer in a petri dish.

What’s interesting and not a little unsettling is the fact that doctors have found that the best material for growing cancer viruses is pig fat! So again, while it’s fine to live high on the hog, it’s rather unfavorable to snack on the swine.

Okay, time to practice my banjo! I think I’ve been inspired to write a bluegrass song about pigs farmers and crawdads ...

Stay fit, stay faithful.

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