

## **"Official Dietary advice warning Norwegian people about the consumption of farmed salmon and concealing this information from customers in the EU"**

The Norwegian farm salmon industry has been again and again criticized by conservationists, because the artificial rearing of Salmon is causing a significant contamination of the fjords and is a serious threat to the wild Atlantic salmon. The use of pesticides and chemicals is a common practice, although this aspect is often swept under the carpet in the massive marketing campaigns of the Norwegian companies. Although the Norwegian population has been warned about the consumption of farm salmon over a certain level, this information has been rigorously concealed from the major customers and consumers in the EU and the rest of the world! The researchers from Norsk Telegram Byrå (NTB) - the leading Norwegian press agency - June 17, 2013, warns the Norwegian people about the consumption of farm salmon: Women and children should avoid eating farmed salmon. This advice comes from several Norwegian doctors, as well as international experts. The reason for this is that the salmon feed used in all salmon farms, which contains harmful environmental toxins can then be found in the salmon. This advice was issued as early as in 2006, but has been conveniently kept from the public!

While it was at that time generally recommending the consumption of more fish, at the same time according to Adresseavisen from 6/17/13 they issued this warning, "To eat oily fish more than twice a week with today's level of dioxins and PCBs, over a period of time, can lead to a moderate excess of the tolerable limits for dioxin and dioxin-like PCBs. It is especially important to take care of women of fertile age". The Norwegian Directorate of Health changed their advice from Monday, June 17, 2013.

The new official nutritional recommendation reads as follows: "Young girls and pregnant women are advised to consume only two to three fish meals per week, only half of which should consist of oily fish. We clarify: You should eat a maximum of two meals with oily fish, such as Salmon. - We believe it is essential to specify this explicitly for pregnant women and young girls. We understand that our advice can lead to uncertainty but we want to be as clear as possible here...!!

Such a message has the potential to reduce the sales of farmed salmon in their own country, so we must assume that the industry has really serious concerns about their own product. Some researchers pointed out that the pollutants in farmed salmon can have a negative impact on brain development and also see a connection with autism, ADHD and a reduced IQ. A large European study of 8,000 newborns shows that pregnant women with elevated pollution levels in their body often give birth to children with lower weight and this can lead to health damage in the newborn.

(<http://www.adressa.no/nyheter/innenriks/article7720725.ece>)

The big Norwegian newspaper "Dagbladet" headlines on June 17, 2013: "Sale of Norwegian salmon continues overseas as if nothing has happened." The nutritional recommendation for salmon in Norway has changed today. The Nutrition Council of Marine Products "Sjømatrådet", with the Minister of Fisheries Lisbeth Berg-Hansen at the top, changed the marketing in Norway but didn't send this information to foreign countries. "

(<http://www.dagbladet.no/2013/06/17/nyheter/samfunn/politikk/laks/oppdrettslaks/27737295/>)

It is not only recently that the consumption of farmed salmon has been harmful to health. Salmon from farms are mostly treated with polychlorinated biphenyls (PCBs), dioxins, dieldrin and toxaphene.

Environmental toxins such as PCBs and dioxins are biologically almost non-degradable, fat soluble and up to 700 ° C stable. In the human body, they can damage the liver and the immune system, and promote the development of cancer. Also located in farmed salmon are small amounts of pesticides and heavy metals like mercury, lead and cadmium.

(Quellen: <http://www.ugb.de/exklusiv/fragen-service/enthaelt-lachs-zu-viele-schadstoffe/?lachs-schadstoffe>  
<http://suite101.de/article/toxische-belastung-von-zuchtlachs-a66264>)

Also alarming is the fact that the Norwegian farm salmon are fed with other substances, of which very little is known about the potential adverse effects for consumers.

These are substances such as Astaxantin (made from petroleum distillate and suspected of being able to cause damage to the retina) and ethoxyquin (ET), a substance which is added to the salmon feed, among others, because it prevents explosion (self-ignition). This substance is an antioxidant and is to prevent the problem of (rancid) fat content .

The existence of the farm salmon industry can not only have a direct impact on people, but is seriously polluting the once pristine Norwegian fjords and also endangering, at an alarming rate, the existence of the Norwegian Wild Atlantic Salmon. The gigantic amounts of cage salmon provide hosts for huge masses of sea lice *Lepeophtheirus salmonis* which then reproduce at enormous rates. It is mandatory to keep the number of sea lice very low in the farm salmon. However, this depends to a large extent on the prevailing temperatures and sea conditions. In mild winters the proliferation rates explode. The lice however are becoming immune to the drugs used to "delouse" the Salmon. This leads to more and more aggressive medications being used, which are very harmful to other living things in the neighbourhood such as Crabs and Lobsters.

The young norwegian wild salmon called " Smolts" are the worst affected by the Sea Lice. These small fish usually leave their birth rivers in May for the vastness of the Atlantic Ocean in order to feed and it is then that the the sea lice are drifting in search of new host animals with the currents in the fjord and they attach themselves to the smolts. When there are more than 5 sea lice on one smolt the fish will get weak and die. In this way, high levels of smolts which are grown in healthy rivers, get catastrophically decimated and are excluded from the conservation of the species. So usually only a very small percentage of emigrant smolts of a year group survives the lurking dangers in their journey out to sea and return in the following years to their home rivers to breed. Despite more and more spawning habitats being installed in the rivers the salmon farms have continued to transfer diseases to the wild salmon, they have now reached a historic low in numbers.

Because the farm salmon industry has become so powerful, the wild salmon can not expect any help from politicians of all parties. Only the consumers who are thinking about their own health are able to help the situation by not eating the "traditional" Norwegian farm salmon which is reared in cages. They should use their purchasing power to buy the ecologically produced salmon which is farmed on land, or at least in closed systems. This would not cause harmful salmon lice in the environment and there would no longer be a need for poisons and chemicals to counteract the sea lice. The excretions of the salmon can be used as a valuable

fertilizer for agriculture and would not continue to pollute the picturesque fjords, in which they currently derive, according to calculations about as much pollution as a big city with 11.9 million inhabitants. The demand for this healthy and sustainably produced ecological salmon is currently small, but it will increasingly grow if consumers choose this ecological solution.

The reduction in sales of environmentally damaging and unhealthy Norwegian farm salmon, produced for the European market and accompanied by the payment of an offer to environmentally friendly produced ecological salmon by consumers, would send a clear signal to the ruthless farm salmon industry, perhaps initially on a modest scale, to start an environmentally friendly production of salmon on land or in closed systems. The rescue of the wild salmon would be made possible by such a development.

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Salmon with sea lice with egg strings



Farm salmon 16-8- 2003



Damage from sea lice 3 John Øystein Berg



Damage from sea lice 6 John Øystein Berg



Damage from sea lice 4 John Øystein Berg.



In pairs left females and males of cod lice (*Caligus curtus*), salmon lice (*Lepeophtheirus salmonis*) and Scot lice (*Caligus elongatus*). Photo by Lars Hamre (UiB)



Tau on June 26 moving sea lice on a sea trout smolt KNUT STÅLE ERIKSEN