

## Biological Trace Elements In Seafood

Trace Element	Amount Parts per Million	Status and nutritional availability in our agriculturally grown foods
(Ag) silver	.000004	vital but not recognized; deficient or absent from our food
(Al) aluminum	.193000	plentiful in all soils; but we are getting too much due to air pollution
(Au) gold	.000006	vital but not recognized; deficient or absent from our food
(B) boron	.019400	adequately maintained in agricultural soils
(Ba) barium	.001276	vital but not recognized; deficient or absent from our food
(Be) beryllium	.000750	vital but not recognized; deficient or absent from our food
(Bi) bismuth	.016000	vital but not recognized; deficient or absent from our food (*)
(Br) bromine	6.70000	vital but not recognized; deficient or absent from our food (*)
(Nb) niobium	.014000	vital but not recognized; deficient or absent from our food
(Cd) cadmium	.005200	vital but not recognized; deficient or absent from our food (*)
(Ce) cerium	2.70000	vital but not recognized; deficient or absent from our food
(Co) cobalt	.001227	added to salt licks for cattle, sheep; not maintained in the soil
(Cr) chromium	.024000	recently recognized as vital to our health, but unknown in agriculture
(Cs) caesium	.074600	vital but not recognized; deficient or absent from our food
(Cu) copper	.000635	adequately maintained in agricultural soils
(Fe) iron	.089560	adequately maintained in agricultural soils
(Ga) gallium	.001400	vital but not recognized; deficient or absent from our food
(Ge) germanium	.000005	vital but not recognized; deficient or absent from our food
(Hg) mercury	.000190	industrial pollutant (?), and detrimental to our health
(I) iodine	.062400	adequate; and added to table salt, rather than the soil
(In) indium	.001500	vital but not recognized; deficient or absent from our food
(Ir) iridium	ultra trace	vital but not recognized; deficient or absent from our food
(La) lanthanum	.000019	vital but not recognized; deficient or absent from our food
(Li) lithium	.000007	partially recognized; vital to our mental health, but not maintained in soils
(Mg) magnesium	.213000	adequately maintained in most agricultural soils
(Mn) manganese	1.23500	adequately maintained in most agricultural soils
(Mo) molybdenum	.001592	adequately maintained in agricultural soils
(Ni) nickel	.003500	recently recognized as vital to our health, but unknown in agriculture
(Os) osmium	ultra trace	vital but not recognized; deficient or absent from our food
(Pb) lead	.000014	industrial pollutant (?); and detrimental to our health (*)
(Pd) palladium	ultra trace	vital but not recognized; deficient or absent from our food
(Pt) platinum	ultra trace	vital but not recognized; deficient or absent from our food
(Ra) radium	ultra trace	vital but not recognized; deficient or absent from our food
(Rb) rubidium	.000005	vital but not recognized; deficient or absent from our food
(Sb) antimony	.000142	vital but not recognized; deficient or absent from our food
(Se) selenium	.000043	added only to fortified chicken feed; deficient in all other food
(Si) silicon	.164200	recently recognized, and plentiful in soils
(Sn) tin	.000006	recently recognized as vital to our health, but unknown in agriculture
(Sr) strontium	.074876	vital but not recognized; deficient or absent from our food
(Te) tellurium	ultra trace	vital but not recognized; deficient or absent from our food
(Th) thorium	ultra trace	vital but not recognized; deficient or absent from our food
(Ti) titanium	.000012	vital but not recognized; deficient or absent from our food
(Tl) thallium	.000293	vital but not recognized; deficient or absent from our food
(V) vanadium	.000531	recently recognized as vital to our health, but unknown in agriculture
(W) tungsten	.000033	vital but not recognized: deficient or absent from our food
(Zn) zinc	.003516	adequately maintained in most agricultural soils
(Zr) zirconium	.000001	vital but not recognized; deficient or absent from our food

All the trace elements contained in seafood and listed here as  
"vital but not recognized; deficient or absent from our food"  
 and

"recently recognized as vital to our health, but unknown in agriculture"

(plus those as yet not analysed for) are the reason why the incidence of breast cancer rate among Sinhalese women is 21 time lower, among Chinese women 10 time lower, and among Japanese women 5 times lower than in the Western nations - as well the reason for their longevity and much lower incidence of many other physical and neurological diseases!

\* **bismuth** - is a chief ingredient in some patent medicines

\* **bromine** - also a chief ingredient in some patent medicines

\* **cadmium** - overabundant in many areas due to industrial pollution and, consequently a severe health hazard - while deficient in many soils far from industrial areas, with other severe consequences to our health

\* **lead** - the most recent research strongly suggests that we also need a miniscule trace of lead to stay healthy. However, and in any case, most of us have far too much lead in our system due to pollution.