



CRAYFISH FOR LONGEVITY?

The world is full of coincidences. Maybe this is one of them. Down under, in Australia, the last known survivor of WWI recently died at the age of 110. What makes his long life in the British and the Australian Navies of added interest to us crayfish lovers is that he too, apparently loved crayfish. At least he was an ardent crayfish catcher after retirement, and when asked what he credited his long life with, he mentioned cod liver oil. Maybe he should also have added crayfish as one of the credits. At least crayfish contain much of the things we take cod liver pills for, omega-3s, for instance. By the way, the crayfish this super healthy man caught and ate were of course the ocean kind, the ones we might call lobsters. Yet, crustacean all the same.

Then, while it was many years ago she said it, I still remember my mother's statement: **shellfish is brain food**. Assuming she included crayfish in her defini-

tion of shellfish, I agree with her in my old age. Every time I eat crayfish, a rush of invigorated feeling envelopes me.

But then I also remember my father's advice of old: Don't believe anything you hear, and only half of what you see. My parental legacy of advice has me a bit divided.

Then I read this: "[A University of Washington study](#) confirms that shellfish are a healthful addition to a balanced low-fat diet. Shellfish also provide high quality protein with all the dietary essential amino acids for maintenance and growth of the human body. Shellfish are much lower in saturated fat than pork or beef and provide high quality protein. In addition, shellfish contain significant amounts of heart-healthy omega-3's, are excellent sources of protein, and are especially good sources of iron, zinc, copper, and vitamin B12." Shellfish includes not only crayfish but also, shrimp, lobsters and crabs.

So maybe my mother's advice still holds true. Looking closer at the nutritional

contents of shellfish, including, of course, crayfish, tells me that it is loaded with essential minerals, protein, vitamins B12 and C, and Omega-3 fatty acids to help keep cholesterol levels in check. And for those who still believe we should lower our cholesterol levels, crayfish is moderate in cholesterol.

My mother was not the only one believing shellfish is good for your brain and heart. Read the following endorsement in the matter: Known as brain and heart food, fish and shellfish are loaded with healthy benefits. Because of the nutrients found in fish and shellfish, the American Heart Association recommends that people eat this food type twice weekly. With high levels of protein, nutrients, and vitamins, most fish is excellent to improve and maintain good health. In fact, shellfish is an excellent source of omega-3 fatty acids, which provide the heart with protection.

For years I ate crayfish under the shroud of a guilt feeling that maybe I was eating too much cholesterol. Now I both know that crayfish has really moderate amount of cholesterol as well as finding from credible sources, that cholesterol, an absolute needed ingredient for our bodies and brains, is not that bad for us at all.

After all, both our cells and the liver produce a substantial amount of cholesterol for the good of the rest of the body. An interesting book on healthy living (The Primal Blueprint by Mark Sisson) tries to set all that straight. What was good for our forefathers, the hunters and gatherers of way back, is good also for us who inherited their genes and nutritional needs. And unless you are allergic to crustaceans or believe in what Leviticus of the Bible says about animals with 'many legs', eat your crayfish with the confidence that you are feeding your body **the right stuff**.

VACATION TIME and ELECTRICAL SURGE DAMAGE

Just before going on my annual crayfish excursion, a lightning raised havoc with our computer. Something in it was fried, and I had to send the patient to a computer hospital. As a result, my newsletter was not sent out on schedule, and orders that came in during the hospital stay were not taken care of with the usual speed they deserve. Now that I am back again with a new computer, all orders have been processed. But do I have problems? A new computer sounds pretty nice, but when you have oodles of data pertaining to the running of the trap business that have to be transferred over to the new computer, unpleasant things happen.

Some data I can no longer find, and some data is somewhere else - until I find it. Some may have gone down the bit bucket. I am still looking for the customer list so I can send out my newsletter. (I finally was able to reconstruct the complete customer file, and here is the belated newsletter.)

Sorry it's so late.

My annual crayfish excursion was a success up at 8600 feet elevation and where the Apache Indians hang out. My 200 foot long trot line strung out eleven jumbo traps and Trappy XLs baited with Friskies white fish and tuna cans. Next month I will tell you more about it.

Trapper Arne