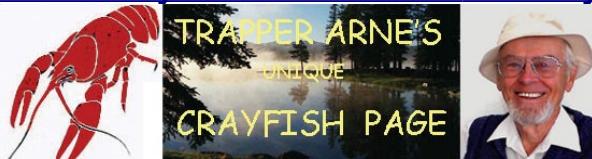


## Trapper Arne's Crayfish Newsletter for February 2011



### **the CRAYFISH TALE**

#### **I'VE GOT EMAILS**

My latest newsletter about **crayfish and cholesterol** resulted in several responses from readers. Some agree with me, some don't. But the more I read about the causes of hardening of the arteries, the more I am convinced that much of the negative press about cholesterol is undeserved. If you disagree with that opinion, just read such books as Dr. Uffe Ravnskof's book "The Cholesterol Myth", or flight surgeon and astronaut Duane Graveline's book about dangerous statins or "Life Without Bread" (Christian Allan, Ph.D. and Wolfgang Lutz, MD.) which also convincingly accuse carbohydrates (sugars, sodas, breads and baked goods) for causing heart problems. All agree that we need plenty of cholesterol for the brain to work right. Thus I am sure my mother was right saying that crayfish are brain food.

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Arne, great newsletter as always. You may find interesting reading about different kinds of cholesterols, there are good and bad. Fish and aquatic life have good cholesterols while beef and some chicken will contain bad cholesterols. Now if you're dipping your crawfish in butter, you'll get some bad cholesterol. Extra virgin olive oil is a good alternative to butter, and it contains good fats. But crayfish, to my knowledge, are filled with the good cholesterol. So feast on my friend!!!

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Congratulations, Arne!

*This is the problem with main stream medical, they are under the influence of the Pharmaceutical Industries to the point of where it becomes "Follow the Money" and not "let's preserve the health of the patient"*

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*I can attest to your conclusion as being right on as both my father and mother died of massive strokes, 2003 & 2007. This is usually caused because of the cholesterol being too low and both were taking Statin drugs. It is hard for older people to disagree with their doctor because we were taught to respect them, but once I discovered they were the 3<sup>rd</sup> leading cause of death in this country I gave up on that theory.*

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*The plaque in our veins and arteries is caused by an infection that creates the need for the LDL to make, for lack of a better word, a "scab" over that injured area just like an abrasion on your hand.*

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*I'm glad to see a person in your position is able to put out the information that many will still scoff at, but if you have the information and fail to act on it then you deserve what you get even if it is an early grave.*

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*Thanks again for a great newsletter and hopefully I will get to visit my brother in Southern Arizona about 35 miles east of Yuma at Tacna, Arizona.*

*Clifford*

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## **FACEBOOK?**

I recently joined Facebook – again. I already had a personal account with them, but this time I was encouraged to set up a business account to help my business. (*Crayfish Traps by Arne*) I see several other web sites represented on Facebook. I thought this would be an easy thing to do. Well, for several reasons, I find Facebook one of the most confusing and complicated web sites I have ever had to struggle with. I have some doubts that it will be of any help in promoting my sales of crayfish traps and such. So, if any of you happen to have some opinions and ideas about what can be done on Facebook to enhance a business such as the crayfish trap business, please drop me a line or two. ([trapperarne@msn.com](mailto:trapperarne@msn.com))

## **TERRY BULLARD**

After a long silence, Bullard, my crayfish trap mentor, is back again selling crayfish traps. We all congratulate him and his wife for conquering her lymphoma problems with stem cell transplant procedure.

## **KINDLE**

Santa Claus this year brought us a Kindle DX, and we love it. Both my wife and I are avid book readers and enjoy the ease of being able to read books in bed and able to download numerous books for

free including Amazon's books about crayfish.

## **CRAYFISH SIZES**

Crayfish come in all sizes. My latest catch from a lake here in Arizona, impressed me with sizes that were record breaking for me. The best way I know of judging the size of crayfish is not by measuring how long they are, but how much they weigh. It is difficult to weigh just a single crayfish, so most reliable comparisons compare how many crays it takes to make a pound. Or a kilo to be really scientific.

I found that the large crays in my first boil of a hundred crays from "Dennis" lake were around 8-10 to the pound. That is a respectable size as earlier catches of mine have usually checked in at 12 – 14 to the pound. And one source for Louisiana crayfish was talking about selling crays of 15 to the pound. And obviously, the more to the pound, the smaller they are. A source for Swedish crayfish mentioned their size to be around 12-15 to the pound. So apparently, crays over there are about the same size as they are here.

A Swedish classification of imported crayfish lists them as follows (1 kilo = 2.2 pounds):

Regular or medium 24-30 per/kilo

Jumbo 16-22 per/kilo

Super jumbo 10-15 per/kilo

Mega jumbo 5-10 per/kilo

But go to Tasmania, and you'll find fresh water crays that really are as big as our lobsters...