



SHARKS DO GET CANCER! LEARN THE TRUTH NOT THE HYPE

Much of the damage was done by the book titled, "Sharks Don't Cancer" by William Lane, which claimed that sharks don't get cancer and therefore taking shark cartilage pills will help to cure cancer in humans. In fact sharks do get cancer, even cancer of the cartilage. Yet the book received a huge amount of media attention, and thus the myth was born.

The anti-cancer claims are disputed by the American Cancer Society, the FDA, Sloan-Kettering, Johns Hopkins University and many other respected medical sources. For example, a study published in the Journal of Oncology concluded that "shark cartilage powder has no effect on slowing the cancer, improving the quality of the participants' lives, or shrinking the tumors."

In 2000, the FTC ordered two companies to cease selling shark cartilage as a cure for cancer, and fined Lane Labs-USA, Inc. one million dollars for false advertising in connection with shark cartilage sales.

Similarly promoters of Shark Liver Oil claim that it inhibits cancer growth and strengthens the immune system, citing research done in Sweden. According to the National Center Against Health Fraud, however, this claim has not been confirmed, and the National Swedish Board of Health and Welfare has withdrawn permission for its use as a "natural product".

Yet still the myths continue. Most people have heard the myths, but many fewer people know the truth.



EFFECTIVE AND SUSTAINABLE ALTERNATIVES TO SHARK BASED SUPPLEMENTS

Cartilage, as an ingredient in Chondroitin supplements has been demonstrated to be effective as an anti-inflammatory agent. There's nothing special about cartilage from sharks, however.

Bovine cartilage is one alternative, but Collagen Type II, derived from chicken sternal cartilage has shown much more promise than any cartilage supplements. In addition to being more effective, another advantage of Collagen Type II over cartilage is that it is much more absorbable (70-90% vs about 8% for cartilage). Clinical studies have shown profound results including a 70% response rate in the most severe cases of rheumatoid arthritis with no side effects.

And this product can be sourced sustainably. CapraFlex, for example, uses Collagen Type II derived from free-range chickens; free of growth hormones, antibiotics, pesticides and insecticides. Shark derived products, on the other hand, are contaminated with mercury.

Some plant based remedies are also effective. Zylamend, for example, has been shown to be an effective anti-inflammatory and has also been shown to inhibit cancer cell formation and growth in studies at Columbia University in NY and Osaka University in Japan.

HEALTHY OCEANS

NEED SHARKS



SHARK
Safe Network

Real People Taking Real Action to Save Sharks

SHARK CARTILAGE AND SHARK LIVER OIL SUPPLEMENTS DON'T BELIEVE THE MYTHS

Makers of shark cartilage and shark liver oil supplements make claims ranging from relief of arthritis pain to a cure for cancer. The cancer claims are baseless, however, and more effective and sustainable options are available for joint health.

Shark populations are being decimated at an alarming rate, and many species are on the brink of extinction. Sharks play a key role in maintaining the delicate balance of our ocean ecosystems. Without them the oceans will die. One third of our planet's oxygen and one sixth the protein that feeds the world comes from the oceans.

We need the oceans and the oceans need sharks.

Please be responsible and don't sell or use shark based supplements or cosmetics.

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Sharks Are In Trouble



WHY DO HEALTHY OCEANS NEED SHARKS?

As apex predators, sharks are absolutely vital to the ocean's ecosystems. They maintain the balance in the oceans, and without sharks the oceans die. Sharks help to regulate the abundance, distribution and diversity of other marine animals. They also remove the sick and weak from fish populations making the gene pools stronger for these species and preventing devastating disease outbreaks. As the number of large sharks declines, the oceans will suffer unpredictable and devastating consequences.

Scientific studies show that ecosystems with healthy populations of sharks have greater biodiversity, larger numbers of fish and healthier sea grass beds as compared to similar systems in which the sharks have been overfished.

Other studies document the consequences of the loss of sharks, ranging from the decline of coral reef systems in the Caribbean to the collapse of the century old scallop fishery in the Mid-Atlantic.

And the full ramifications are still not known. In fact there is increasing alarm among scientists regarding how the loss of sharks may affect the oceans as the great lungs of the earth. Phytoplankton are the micro-plants of the ocean that represent the biggest quantity of vegetation on the planet. Phytoplankton consume more carbon dioxide than all the trees in our forests and produce most of the oxygen we breathe. Without sharks to keep the system in balance, will phytoplankton go the way of the North Carolina's scallops?

SHARKS FACE THE THREAT OF EXTINCTION IN EVERY PART OF THE WORLD DUE TO OVERFISHING

Over 100 million sharks are killed each year, and they are not able to reproduce fast enough to keep up with this level of fishing pressure. Most of the overfishing is driven by the high demand for shark fins for shark fin soup - an Asian delicacy - but it is also due to unintended bycatch from other fisheries and recreational shark fishing.

The International Union for Conservation of Nature and Natural Resources (IUCN) conducts assessments of plant and animal species at risk of extinction. In 2008, the IUCN Red List of Threatened Species listed 50 shark species as being at high risk of extinction (Critically Endangered, Endangered, or Vulnerable). Another 63 shark species are approaching threatened status (Conservation Dependent or Near Threatened). Many other shark species are listed as Data Deficient since there is not enough information available to assess their population numbers.

To compound the problem of extreme fishing pressure, sharks reproduce very slowly. They take many years to reach maturity - up to 20 years for some species - have long gestation periods and give birth to relatively few pups.

Complicating matters further is man's fear and ignorance of sharks, which results in people either not caring about sharks or thinking that it is a good thing to kill them.

The media perpetuates this fear and misunderstanding through sensational programming and hyped up news coverage. The media generally portray sharks as vicious man-eaters, when in fact only 1 person on average per year is killed by a shark in the US. And almost all shark attacks are cases of mistaken identity.

To put this into perspective, the number of people in the US who die from being struck by

lightning is 47 per year and the number of people who drown is 3,306. There are actually more deaths on US beaches from people being smothered by collapsing sand holes than from shark bites! And meanwhile people are killing over 100 million sharks every year!!!!

Sharks have inhabited our oceans for over 400 million years and in less than two decades man has brought them to the brink of annihilation. This over-exploitation of sharks must stop or our oceans will die along with the shark!

Some text provided by www.sharksavers.org and www.shark.ch. All photos by Mary O'Malley.



100 MILLION SHARKS ARE KILLED EVERY YEAR

