Dr. Paul's Holistic Health Network

Dr. Paul's Holistic Health Hour

FISH GUIDE: FINS & SCALES

A Comprehensive Reference of Common Fish, Their Classification, and Health Considerations

Global Millennium International University

RECOMMENDED FISH
(Fins & Scales – Open-Water)
Generally Cleaner, Lower Risk Choices

Fish (Common Name)	Fins	Scales	Type
Anchovy	✓	✓	Open
Atlantic Mackerel	✓	✓	Open
Bluefish	✓	✓	Open
Bluegill	✓	✓	Open
Cod	✓	✓	Open
Haddock	✓	✓	Open
Herring	✓	✓	Open
Mahimahi (Dolphin fish)	✓	✓	Open
Pollock	✓	✓	Open
Sardine	✓	✓	Open
Snapper	✓	✓	Open
Tuna (skipjack, albacore)	✓	✓	Open
Trout (rainbow, brown, lake)	✓	✓	Open
Bronzino	✓	✓	Open
Steelhead Trout	✓	✓	Open
Perch (yellow, white)	✓	✓	Fresh
Carp	✓	✓	Fresh
Whitefish	✓	✓	Fresh
Walleye	✓	✓	Fresh
Bass (largemouth, smallmouth, striped)	✓	✓	Fresh
Porgy (Scup)	✓	✓	Open
Barramundi (Asian sea bass)	✓	✓	Open

USE WITH CAUTION
(Fins & Scales – Bottom-Dwelling)
Higher Exposure to Sediment & Contaminants

Fish (Common Name)	Fins	Scales	Type
Halibut	✓	✓	Bottom
Flounder	✓	✓	Bottom
Sole	✓	✓	Bottom
Fluke (Summer Flounder)	✓	✓	Bottom
Plaice	✓	✓	Bottom
Turbot	✓	✓	Bottom
Olive Flounder	✓	✓	Bottom
Sanddab	✓	✓	Bottom
Dover Sole	✓	✓	Bottom
Rock Sole	✓	✓	Bottom
Lemon Sole	✓	✓	Bottom

AVOID / NOT RECOMMENDED
(Not Biblical – No Scales)

Fish (Common Name)	Fins	Scales
Catfish (all species)	✓	✗
Shark (all species)	✓	✗
Eel (freshwater, marine)	✓	✗
Sturgeon	✓	✗
Swordfish	✓	✗
Ray (stingray, manta)	✓	✗
Skate	✓	✗
Paddlefish	✓	✗
Lungfish	✓	✗
Hagfish	✓	✗
Goby (many species)	✓	✗
Suckerfish	✓	✗

THE BIBLICAL BASIS

"These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat."
Leviticus 11:9 (KJV)

"And whatsoever hath not fins and scales... ye may not eat; it is unclean unto you."
Deuteronomy 14:10 (KJV)

KEY TERMS

- **Fins:** Provide movement, balance, steering, and stability.
- **Scales:** A protective covering that helps defend against injury, bacteria, and some parasites.
- **Open-Water Fish:** Spend most of their lives in mid- or upper water (generally cleaner).
- **Bottom-Dwelling Fish:** Live on or near the ocean floor, with greater exposure to sediment, heavy metals, and pollutants.

SHELLFISH – AVOID
(No Fins, No Scales – Not Biblical)

Shrimp · Crab · Lobster · Crawfish (Crayfish)
Oyster · Clam · Mussel · Scallop

HEALTH CONSIDERATIONS

- Finned and scaled fish are the preferred biblical choice and generally cleaner.
- Bottom-dwelling fish (e.g., halibut, flounder, sole, fluke) have fins and scales but may carry higher levels of environmental contaminants.
- Shellfish are filter feeders that can concentrate bacteria, viruses, and marine toxins (e.g., Vibrio).
- Catfish, shark, eel, and sturgeon have fins but no scales and are not recommended under the biblical standard.
- Tilapia is not listed here due to industrialization and fish herpesvirus (TiHV) concerns.

SALMON IMPORTANT HEAD UP

- **Industrial Concerns:** Much of today's salmon is farm-raised in high-density systems, which can involve antibioitics, pesticides, and feed additives.
- **Genetic Manipulation:** Ongoing research and development include cross-breeding salmon with eel and other species, and lab-cultivated (cell-based) salmon products are in development.
- **Environmental Impact:** Farmed salmon can contribute to higher parasite loads (e.g., sea lice) and pollutants in surrounding waters.

A BETTER ALTERNATIVE
Steelhead Trout

- A wild, sea-run form of rainbow trout.
- Fins and scales (biblical standard).
- Generally a cleaner, less industrialized option.
- Rich in omega-3 fatty acids and high-quality protein.

QUICK REFERENCE LISTS

RECOMMENDED (Open-Water, Fins & Scales)
Salmon, sardines, herring, mackerel (Atlantic), cod, haddock, trout, snapper, tuna (skipjack/albacore), perch, bass, carp, whitefish, walleye, bluegill, anchovy, bronzino, porgy (scup) and barramundi.

USE WITH CAUTION (Bottom-Dwelling, Fins & Scales)
Halibut, flounder, sole, fluke, plaice, turbot, sanddab and related flatfish. (Greater exposure to sediment and contaminants.)

AVOID (No Scales or Shellfish)
Catfish, shark, eel, sturgeon, swordfish, ray, skate, paddlefish, lungfish, hagfish, goby, suckerfish, and all shelfish (shrimp, crab, lobster, crawfish, oyster, clam, mussel, scallop), Swai (Asian catfish)