

Mercury danger in seafood ... Vedat Milor: "Eating mussels is like eating batteries"

Increasing pollution levels in the seas increased the risk of heavy metals in seafood. Especially deep-seated swordfish, tuna and shark are dangerous because they contain high amounts of mercury. While experts gave warnings about mercury, which brings many neurological diseases, food critic Vedat Milor, who suffered from mercury poisoning in 2007, also explained that they lived.

Some of the seafood products that are rich in omega-3 and protein and decorate the table do not only benefit but also harm the body. Increasing pollution in the seas triggers the formation of heavy metals in its products. Stating that heavy metal mercury, which causes many neurological diseases such as Parkinson's, Alzheimer's, brain and spinal cord tumors, is mostly seen in deep fish and shelled products such as mussels and oysters, Asst. Prof. Dr. Murat Doğan said: "There is little problem with smaller fish such as horse mackerel and anchovies. If we take more than 0.05 milligrams of mercury per day, it causes accumulation in our liver, kidneys and brain."

Vedat Milor, who suffered from mercury poisoning in 2007, told about his experiences and said: "Eating mussels is like eating batteries. Do not be delusional, but if you feel slow, unstable, tingling, then see a doctor and have a heavy metal test."

1 UNIT OF MERCURY IN THE SEA ACCUMULATES AS 100 UNITS IN THE FISH

Drawing attention to the fact that mercury is an inorganic substance and becomes methyl by bacteria and microorganisms in the sea, Murat Doğan said, "The main poison is methyl mercury. In fish and other crustaceans, methyl mercury. If there is 1 unit of mercury in the sea, close to 100 units of mercury can accumulate in fish."

CAUTION TO BIG FISH AND MUSSELS

Expressing that large fish that live longer are affected more by Mercury, Doğan said, "Sword fish can live up to 20 years and tuna can live up to 5 years. There is a system in these that we call bioconcentration. This mercury accumulates in the fish's body. Bottom fish are more dangerous, but surface fish and small fish such as anchovy and horse mackerel are less dangerous. You may not have any problems when you consume large fish once a week. What we need to do is to consume fish 1-2 times a week at most. Since we consume crustaceans along with their digestive system, mercury accumulation may be higher in their internal organs. Oysters and mussels are examples, but there aren't many in crab."

"TRIGGER NEUROLOGICAL DISEASES "

Stating that when more than 0.05 milligrams of mercury is taken daily, the diseases will show symptoms, Asst. Prof. Dr. Murat Doğan from Istanbul Gelisim University continued his words as follows:

"When consumed too much, it causes accumulation in our liver, kidneys and brain. Later, we begin to see the toxic effects of this. Problems begin to arise in the nervous system. It causes

kidney and liver damage. What needs to be done to prevent this is to turn to smaller fish. Pregnant and breastfeeding women also need to be very careful. It can also cause neurological problems in children aged 3-6"

VEDAT MİLOR: 'EAT BATTERIES INSTEAD OF MUSSELS'

Food critic Vedat Milor, who stated that he felt slowing, tingling and imbalance in his feet while playing tennis, suffered from mercury poisoning in 2007.

Expressing that he guessed that the shaking of his hands was caused by mercury poisoning, Milor explained the process he went through with the following words:

"I used to play tennis well at the time but suddenly I started to lurch while running. There was a slowness and instability. Strange sensations began to appear in my toes. He was sore, stiffening, itching and tingling out of nowhere. My own doctor first suspected diabetes, his test was done, but nothing came out. I saw a neurologist and had a heavy metal test. Mercury and arsenic came out. Mercury comes from the sea and arsenic from pesticides from fruits and vegetables. Mercury especially affects the immune system and affects the brain when it crosses a certain threshold. Napoleon is said to have died of mercury poisoning. Especially with mussels. A Turkish doctor said, "It is better to eat batteries than to eat mussels." I did not know that. It does not come out of the body completely, it can have permanent damage. I haven't eaten seafood for a while. My illness did not return to normal but remained at acceptable levels. Ministries of agriculture abroad explain how much mercury is in which seafood. Small fish do not. When the fish are poisoned by mercury, they become rigid, making them easier to hunt. We eat them too. Do not be delusional, but if you feel slow, unstable, tingling, then it is useful to see a doctor and have a heavy metal test."

CITIZENS ARE AWARE OF MERCURY RISK; THEY PREFER LITTLE FISH

Saying that he consumes fish 1-2 times a week, although he knows that there is a risk of heavy metals in it Muhtesar Sander: "We consume fish selectively. When buying fish, I pay attention to the top sea fish. We also consume fish according to the season." Stating that he does not consume the fish sometimes twice and sometimes at all, Aydın Cinbat said: "I know that some fish contain mercury but I consume fish. I think this will be less or not in the fish in the sea. I consume anchovy, horse mackerel and blue fish. Small fish are generally tastier and healthier." Saying that she likes anchovy the most, Sebile Özgün said: "I consume fish twice a week. I like anchovy the most. While buying the fish, we make sure that it is fresh and we try to consume it with greenery."

Time is running out for the historical Yarımburgaz Cave, Vlora Han and Saint Polyeyktos Church

The Ministry of Culture and Tourism has made the necessary decisions regarding the ugly appearance and damage in the Yarımburgaz cave, which dates back 300 thousand years, the Vlora Han built in the 1800s and the Saint Polyeyktos Church built in 520, which is one of the

cultural heritage of Istanbul. announced that it was done and shared with the authorities. Asst. Prof. Dr. İlknur Türkoğlu, Cultural Heritage Management Expert, who examines the destroyed artifacts on site, said: “Our citizens need to know and protect their history.”

While the approximately 300 thousand-year-old Yarimburgaz Cave, which is one of the important historical monuments and cultural assets of Istanbul, turned into a garbage dump, the Church of Saint Polyuktos dating back 1500 years and Vlora Han, which was built in the 1800s, was damaged due to lack of attention. Cultural Heritage Management Expert Asst. Prof. Dr. İlknur Türkoğlu, who said that historical artifacts should be preserved in order to be transferred to future generations, examined the damaged works on site and answered the questions of DHA. Türkoğlu said: “The important thing here is for the citizen to know and claim his history. Our citizens should think that these buildings are my cultural heritage.”

“THE YARIMBURGAZ CAVE IS DOOMED”

Providing information about the history and the latest situation of the Yarimburgaz Cave, Cultural Heritage Management Expert Asst. Prof. Dr. İlknur Türkoğlu said: "Yarimburgaz Cave, whose history goes back 300 thousand years, is one of the oldest known settlements in Istanbul. In the 60s, excavations were made in this cave by Istanbul University and it was revealed that people lived here in the paleolithic (Old Stone Age) period. Then it became one of the settlements of people in the Neolithic (Polished Stone Age) period. In the Byzantine period, a small chapel was built inside the Yarimburgaz cave. However, such a historically valuable cave is now abandoned to its fate. Projects related to the cave were wanted to be produced on time. But so far, no project has been realized.”

“THE CAVE IS FULL OF TRASH”

Stating that the cave is inhabited by thinners, Türkoğlu said: “When we come to the Yarimburgaz Cave, we do not even see an information board. The cave has suffered great damage over the years. It was used for malicious purposes, as it was not known by the citizens. Even today the front of the cave is full of garbage.”

“IT SHOULD HAVE AN INFORMATION BOARDS ON THE ROAD”

Calling the citizens, Türkoğlu said: “It is very sad for us that this structure only attracts the attention of treasure hunters. Nowadays, it is very easy to access information. We all have cell phones in our hands. Our citizens can reach publications about Yarimburgaz Cave on their mobile phones. Or at least there should be information signs on the road. In this way, when the citizen comes, he can understand that this place is not an ordinary rock. We have things to do. The public should know the historical value of this building.”

“VLORA HAN FULLY COVERED WITH SIGNS, VENTS AND AIR CONDITIONERS”

Saying that the situation was not much different in Vlor Han, which was built in the late 1800s, Türkoğlu said: “Vlor Han is one of the most important examples of its period and its kind. It is not known exactly who the architect of the building is. This inn was built as an office building. Our famous architect, architect Kemalettin also has an office in this inn in the early 1900s. But no restoration work has been done on this building for 30 years. This inn is one of the symbolic buildings of Istanbul. When I look at the building, we see that the building is completely covered with signs, vents and air conditioners. The precious decorations on the building were covered by pipes and the building was perforated from many places.”

“VLORA HAN'S EXTERIOR MATERIALS ARE VERY VALUABLE”

Emphasizing that it is of great importance that the restoration work of Vlor Han is carried out according to scientific rules, Türkoğlu said, “Sirkeci and Eminönü are a place that we can call the heart of Istanbul. Especially the exterior decorations of this Inn are very valuable historically. When our citizens come here even for business, they should look around. Here every building is like a jewel.”

“IT BECAME THE PLACE WHERE PEOPLE BURNED FIRE AND LEFT THEIR GARBAGE”

Saying the following for the St. Pollieuktos Church built in 520, Türkoğlu said: "Our third place, St. Pollieuktos Church, has been destroyed in time. This summer there was a cleaning activity in the church. But we see that this place needs to be taken under protection urgently. Again, this has become the place where people go and sit, make a fire and leave their garbage. Again, an information board should be placed in front of this place for the citizens. Because thousands of people pass by this building every day. But in passing, nobody can get any information about this structure. The important thing here is to know and own the history of the citizen. Our citizens do my heritage, my culture it, saying Turkey's cultural heritage needs to be proud to boast.”

MINISTRY: STUDY RELATED TO HISTORICAL WORKS SENT TO AUTHORITIES

In a written statement from the Ministry of Culture and Tourism, expressed that “the necessary decisions were taken regarding the Yarimburgaz Cave, Vlor Han and the Church of Saint Polyeuktos, and studies were carried out on these historical artifacts and shared with the authorities.”

Following the statement, the following statements about Vlor Han, St.Pollieuktos Church Yarimburgaz Cave were given:

“The area in the Yarimburgaz Cave was registered as a 1st degree Archaeological Site with the Board decision dated 16.07.1991. With the decisions of the board dated 16.11.2017 and 02.02.2019, it was decided to take the necessary security measures by the relevant persons.

With our letter dated 10.11.2020, taking into account the ownership status of the area, in the case of a landscaping project, which parts of the cave can be included in the project, and the coordinated map to be prepared It was requested to be sent to the General Directorate of Assets and Museums. Studies on ensuring the safety of the area and making a landscaping project are still ongoing.

The privately owned "Vlora Han" located in Hobyar neighbourhood in Fatih district of Istanbul is located in the "Historical Peninsula Urban and Historical Site Area" determined by the Board decision dated 12.07.1995. In summary, with the letter dated 14.08.2020 of the Istanbul No.4 Regional Board for the Protection of Cultural Heritage; It was requested that the issues related to Vlora Han (neglected appearance, ugly signage visuals, etc.) were determined and the necessary life, property and environmental security measures were taken by the relevant persons and the Board Directorate was immediately informed about the work and transactions.

With the decision of the Board dated 09.07.2019, it has been decided that the excavations to be carried out in the park of St. Pollieuktos Church will be carried out under the supervision of the relevant Museum Directorate. The aforementioned decision was sent to the Istanbul Governorship Provincial Directorate of Culture and Tourism, Istanbul Metropolitan Municipality and Fatih Municipality. For the distribution of the decision, it was sent to Fatih Municipality and to the Istanbul Metropolitan Municipality and Istanbul 1st Regional Directorate of Foundations.”

20 percent of market workers are depressed

More than 50 percent of the market employees were negatively affected by the coronavirus, while 20 percent experienced depression and anxiety disorder during this process. In the study conducted in the USA, it was determined that the main reason for this was customer behavior. Psychiatrist Recep Emre Tan stated that people have high levels of anxiety and worry in the pandemic and said, “Market employees are afraid of getting sick and death. Employees should be trained on how to communicate with customers in times of crisis. Customers also need to develop empathy and follow the rules.”

The University of Arizona in the USA conducted a study called "Frontline workers in Arizona are at risk: the impact of covid-19 on security, health and financial areas", in which it examined market employees. A total of 3,996 employees who are members of the United Food and Commercial Workers International Association (UFCW) participated in the study, which was conducted through the survey.

CUSTOMER BEHAVIOR IS THE MOST IMPORTANT CAUSE OF STRESS

While 55 percent of respondents said they thought they could be verbally threatened by an angry customer, the results revealed that customer behavior was a major source of stress. An employee said, "Customers enter my personal space and make excuses for me why they can't wear a mask. But I wear masks for eight hours every day to protect them."

"WE HAVE ANXIETY AND CONCERN"

Evaluating the results of the study, Psychiatrist Recep Emre Tan from Istanbul Gelisim University said that the mental health of the market employees deteriorated in this process and added: "The pandemic has turned into a social disease rather than individuality. We had some spiritual predicaments created by the anxiety, anxiety and uncertainty we all experience. Healthcare professionals are at the top of those who have mental distress. However, the supermarket staff, vales, couriers and factory workers who have to work during this period are also under mental burden."

Tan also added: "In the study, it was observed that nearly 60 percent of the market employees were negatively affected by the coronavirus. Depression and anxiety disorder, which is the size of the disease, occurred in 20 percent. Everyone is closed to homes, but we go to the markets to buy basic needs. We do not see our relatives, but we do see market employees."

"TRAINING IS REQUIRED"

Stating that the most important stress factor of market employees is customer behavior, Tan said, "Managers expect them to comply with customer satisfaction policy. Not knowing how to communicate with the customer and not managing the mental state well cause some conflicts between the employee and the customer. There are some problems with customers who do not follow the social distance rule and do not wear masks. Starting with the children, we need to tell everyone what the coronavirus is and how it is transmitted. We should also provide information on how to protect them, and provide the equipment. In this period, we should not put the customer satisfaction and sales pressure on the employees so much. People who have to work for economic reasons are the most affected by the pandemic."

"MAKE EMPATHY"

Tan said: "We need to understand the emotions of the other, develop empathy, and follow the rules we are told. We have no right to hurt anyone, to reflect our anger. We may have mental distress, but we should not forget that the person we face is also an employee."

"EMPLOYEES FEAR OF DEATH"

Stating that anxiety is born from uncertainties, Tan said: "It is necessary to know how the disease is transmitted. Life safety danger of people, can lose their lives. Supermarket workers fear illness and death at first. Flexible work, correct protection is very important. If the

managers adopt a "if you don't like it" approach, if people have to work in bad conditions, it is very difficult to protect their mental health. To survive or to be unemployed? An employee who is caught in such a dilemma eventually suffers mental distress. Personal rights of market employees should be protected or even increased. Training on how to communicate with customers in times of crisis."

KAYA: I RENT A HOUSE AND I HAVE TO WORK

Stating that he is protecting himself as much as he can, Erdal Kaya, a store employee, said, "I have a child at home, it is difficult but there is nothing to do, I have to work. I'm worried that I will infect my child. My house is rented, it is difficult to make ends meet. My only concern is to pay my rent, even if the illness comes, we have to work."

YILMAZ: WE ARE VERY TENSIONAL AND NERVOUS

Stating that they see everyone who comes to the market as a potential patient, Ali İhsan Yılmaz said: "We take precautions according to him. We wear the mask around 7:30 in the morning, we never take it off until 23:00 in the evening. Of course we change it from time to time, but we cannot get oxygen. I haven't taken off my mask for 1 year. This started a breathing problem for me. We are very nervous and irritable. We are now fighting with customers in situations where we would normally not react at all. We had a severe trauma, all employees were like that. We were attacked at the beginning of the pandemic, we heard swearing, we were insulted. Not now, when we warn customers do what they need. From time to time, their noses are open, they lower them to their chin, we warn. We wait at the entrance of the market and don't let it in."

SÜTCÜ: WE ARE CONSTANTLY IN TOUCH WITH PEOPLE AND MONEY

Şebnem Sütcü stated that her psychology was negatively affected by the pandemic and said: "Because we are not at home under any restrictions, we spend intensely on Fridays, Saturdays and Sundays. We want people to be a little more sensitive. A friend of ours went to the test last week, we were all very scared because if one happens, we all pass. Many people come to the market without a mask, they are not careful. We are constantly in touch with people and money. Everyone comes to the market during the weekend restrictions. I do not eat or sit at the same table with my family. I usually spend time in my own room. If I infect my mother with heart disease, it could end up badly. It doesn't run without working."

Cure recommendations from the expert to strengthen immunity against Covid-19

Stating that it is necessary to strengthen the immune system against the coronavirus danger, Assoc. Prof. Dr. Haluk Saçaklı said: "We have to equip some of our soldiers who will fight against the coronavirus with the latest technological weapons."

Emphasizing that nutrition is very important during the pandemic process, Istanbul Gelişim University Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı said: "As long as we eat a balanced and natural diet, we have the chance to strengthen the immune system. We have to equip some of our soldiers who will fight against coronavirus with the latest technological weapons. I especially want to call young people, stay away from fast food habits. In all respects, it causes your immune system to collapse. Let mothers care about cookware in this process we live in."

"STAY AWAY FROM INDUSTRIAL FOOD"

Emphasizing that mistakes are made while putting the food in the refrigerator or heating it, Haluk Saçaklı said: "When the vegetables are cut off and when we cook the dishes on low heat, a substance called glutone appears. Vegetables should be cooked at high heat in a short time. A cooked vegetable meal should be consumed within 2 or 3 days. It is necessary to stay away from industrial foods. Choose a Mediterranean diet. Try to make your yogurt yourself. For a strong immune system, try not to skip breakfast. Bring milk, meat, vegetables and fruits, bread and cereal group essential nutrients side by side with each snack."

"METABOLISM BURNS SURPLUS IN OUR BODY AS HUNGER PERIOD PROBES"

Saying that it is necessary to eat 3 main meals on even days and 2 main meals on single days, Saçaklı said: "If we have breakfast between 7 and 8 in the morning, we should not eat anything until 18 pm. The moment they feel their sugar drop, they can eat a vegetable or a carrot. They shouldn't eat fruit. They raise their blood sugar that has fallen. As the hunger period increases, the metabolism burns the excess in the body. This way, we protect ourselves against bacteria."

RECOMMENDATIONS TO STRENGTHEN IMMUNITY

Haluk Saçaklı, advising citizens to increase body resistance against flu and accelerate the metabolism of those with weight problems, even if the pandemic process is over, said: "They can regularly consume a mixture of a teaspoon of extra virgin olive oil, a teaspoon of turmeric powder and a teaspoon of black cumin and a teaspoon of black pepper for breakfast."

Saying that most of the treated waters have a PH value of 7.5 and below, but we need to increase these values, Assoc. Prof. Dr. Saçaklı suggested the following cure:

"Add a cinnamon stick, a sliced lemon and a green apple to 2 liters of water and let it sit for an hour and drink. This water we prepare strengthens immunity against coronavirus."

Highlighting that dark chocolate also strengthens the immune system, Quality Life Specialist Haluk Saçaklı said: "If 3 pieces of dark chocolate between 16 and 18 o'clock are consumed together with a coffee made with low-fat milk, the immune system will be strengthened. Increases children's cognitive intelligence and remembering capacity."

Experts evaluate the free trade agreement signed with the UK

Free Trade Agreement signed between Turkey and the UK. The trade agreement includes all industrial and agricultural products. Evaluating the historical agreement International Economics and Economic Planning Specialist Dr. Yahya Can Dura said: "UK is Turkey's second largest exporting countries after Germany. In this respect, the steps taken to improve commercial relations with the UK and to increase foreign trade volume are very valuable."

Head of the Istanbul Gelisim University International Trade and Finance Department Asst. Prof. Dr. Yahya Can Dura made some explanations on the Free Trade Agreement signed between Turkey and UK. Dura said: "The agreement explains how the relations between two countries will be shaped after Brexit, also provides opportunity for potential export products."

"FOREIGN TRADE VOLUME WILL RESULT AT 17 BILLION DOLLARS"

Stating that the foreign trade volume between the two countries exceeded \$ 16.9 billion according to the end of 2019 data, Dura said: "As of October 2020, this amount was above \$ 13.5 billion, and we can guess that by the end of the year, the foreign trade volume between the two countries could result at \$ 17 billion."

"WE IMPORTED A TOTAL OF 5.6 BILLION DOLLARS OF IMPORT"

Reminding that 6.7 per cent of total export of Turkey is made to UK Dr. Dura said: "At the end of 2019, we exported a total of 11.3 billion dollars to the UK. As of October 2020, while Turkey's total imports of about 2.6% was made from the UK. At the end of 2019, we imported 5.6 billion dollars in total."

Dr. Dura continued as follows:

"Our main products exported to the UK are vehicles carrying highly radioactive materials, ground and underwater cables for telegraph and telephone lines, diesel / semi-diesel new motor caravans, teleprojectors, trousers and professional clothing; The main products we import are fragmented wastes and scraps, diesel engines for passenger cars, goods transport and special vehicles, caravans with diesel / semi-diesel engines, other medicines, human load and other special purpose vehicles."

"THE STRATEGIES WE DETERMINE MATTER"

Emphasizing that UK is Turkey's second largest exporting countries after Germany Dr. Dura, "In this respect, the steps taken to improve commercial relations with the UK and to increase foreign trade volume are very valuable. After Brexit, we can see that Britain, which is trying to reshape its commercial relations with the international community and made different trade agreements within this scope, signed a trade agreement with the EU with our country, which is a member of the Customs Union, as a major step in developing relations and increasing the trade volume. At this point, it would be correct to shape our strategies for the products in our current trade with the UK and the trade agreements we will make at this point, especially on the basis of potential industrial products."

“THERE ARE LOT OF POTENTIAL PRODUCTS”

Noting that there are a lot of product potential to export to UK Dr. Dura said: “We can state these in a very brief and in order of importance as follows: Automotive main and sub-industry, medicines prepared for use in the pharmaceutical industry / treatment or protection, furniture / other furniture and their parts and parts, gold jewelery, monitors and projectors, television receiver devices. , Insulated wires, cables and other electrical conductors, fiber optic cables, medical instruments and devices, ready-made clothing, construction materials, white goods, cleaning agents, iron steel, home textiles, paper and cardboard products.”

“IT WILL HAVE POSITIVE EFFECTS”

Abdülkadir Gayretli, Chairman of IGU Board of Trustees, emphasized that The Free Trade Agreement signed with the UK carries great opportunities for Turkey and said: “Potential export products to be brought to the agenda with this agreement can be subject to our foreign trade with the UK. Considering the large trade volume at this point, with such kind of agreements to be made with UK it is possible to express clearly that in terms of Turkey’s foreign trade and current account balances, will have positive impacts.”

Exercises from the specialist to strengthen immunity

Stating that the immune system is impaired due to being inactive during the pandemic process, Assoc. Prof. Dr. Haluk Saçaklı said, “Not exercising increases the negative factors of coronavirus in the body.”

Stating that light exercises should be done in order to keep the immune system strong, Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: “While light exercises strengthen our immune system, exercises with high intensity can harm our immunity contrary to what is known. As the intensity of the sport increases, the rate of some waste materials accumulating in the muscles begins to increase in parallel. These waste materials that accumulate in our body naturally cause our immune system to collapse.”

“CORONAVIRUS DESTROYING OUR LUNGS MOSTLY”

In addition, Haluk Saçaklı stated that intensive exercises also increase stress hormones and prepare the ground for the weakening of the immune system and added: “Walk for 3 to 5 days a week, and resistance training for 2 or 3 days a week. With the exercise applied, we will put a lot of oxygen into the body. The coronavirus is destroying our lungs the most. The more oxygen is introduced into the lungs, the stronger the immune system is.

“THE RIGHT BREATHING IS DIAPHRAGM BREATH”

Noting that breathing from the abdomen should be made a part of life, Saçaklı said: “If we breathe through the chest, we will inhale very little oxygen. When we do not exhale deeply, we cannot expel carbon dioxide. For correct breathing, we first need to fill our abdomen with air in 4 seconds, and by pushing that air towards the chest, we must feel the breath in the throat for 2 seconds and provide oxygen distribution to all cells. When our citizens wake up every morning, they should open their windows and take 10 diaphragm breaths. They improve their lung capacity. By strengthening the immune system in this way, they also increase their resistance against coronavirus.”

“SLEEP BETWEEN 22.00-03.00 ENABLES THE BODY TO REGENERATE ITSELF”

Emphasizing that good and quality sleep is very important, Haluk Saçaklı continued his words as follows: “All maintenance and repair of our body is done during sleep between 22:00 and 03:00. If you stay on the internet until late at night, your immune system will collapse. We will go to bed between 22.00-24.00 and get up at 05.00-07.00. Our genetic code is set accordingly. Also, smoking slows down antibody formation. If smoking is not quitted, the risk of getting coronavirus increases and it causes an increase in death rates.”