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INTRODUCING THE WORLD'S MOST SUSTAINABLE MEAT (THAT'S EVEN BETTER FOR THE PLANET THAN VEGANISM)



Posted On: [September 29, 2020](#) Posted By: [Prosperi Press](#) Comments: [0](#)

By [Jasmin Hyde](#)

When considering ways to reduce one's carbon footprint, simple places to start might include driving less, recycling more, switching to renewable energy... but what about our diets? Becoming a paleo or vegan isn't for everyone, so a great alternative can be introducing mussels into your diet.

In fact, eating mussels may be even *more* sustainable than veganism, according to recent studies. Mussels are great for the marine ecosystem, healthy and, at around \$10 per kilo, more affordable than a steak or roast chook.

Adrian Meder, the Sustainable Seafood Program Manager at the Australian Marine Conservation Society (AMCS), says "With a very low overall impact on our ocean, farmed mussels are among the most sustainable seafood choices available to Australians.

"Blue mussels are listed as a "better choice" in our [GoodFish Sustainable Seafood Guide](#) as they are farmed on ropes suspended in the sea, having a negligible impact on habitat or other species."

One way of considering the enormously reduced environmental impact of mussels is by comparing the practice with another industry such as beef production. While the carbon footprint of a mussel is just .25 (of a carbon dioxide equivalent) kilogram per every kilogram harvested, a single cow can emit 100 kilograms of methane.

Not only are mussels unobtrusive to our ecosystem, Shannon Hurley, marine expert of Victorian National Parks Association, explains they are actually essential:

"Mussels are an important part of aquatic ecosystems, as they have the incredible ability to filter large volumes of water, and in doing so remove nutrients.

"For this reason, they are often used as indicators for healthy ecosystems, due to their sensitivity to pollution."

Andrew Puglisi, Executive Director of Eyre Peninsula Seafoods, has been farming mussels for 20 years with the site having close to 100 million individual mussels at any given time.

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"Mussels feed off the extra nutrients in our water systems, like those resulting from tuna and kingfish farming, along with other nutrients," explains Mr. Puglisi.

If left unattended, these nutrients can create algal blooms which seriously disrupt the marine ecosystem. Each mussel can filter up to 20 litres of water per day.

"They're like the mate that stays over and gets up in the morning before you wake up to help clean your house. The magic vacuum cleaners of the sea!" said Mr. Puglisi.

Besides being good for the environment, mussels are high in protein, omega-3 fatty acids, B2, B12, phosphorus, iron, selenium and iodine; making them contenders for superfood status.

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Sustainable Marine Collagen Is the Ultimate Superfood for Your Skin

Posted On: October 11, 2020
Posted By: Prosperi Press

By Jessica Sepel Collagen can be your skin's best friend. However, there are some misconceptions about this VIP – or very important protein – that you should know about before buying a supplement. Firstly, what is collagen? Collagen is a general term for proteins that give structure to our skin and connective tissue. It is the most common



Voglia Swim: The Full Circle, No-Waste Brand Set to Make a Splash

Posted On: October 8, 2020
Posted By: Prosperi Press

Bras may be cancelled in 2020 but bikinis are not. Meet Voglia Swim. Meaning 'wish' in Italian, Voglia Swimwear is about to disrupt the swimwear industry. Made from regenerated and recycled materials from our oceans that is turned into fabric made in Italy and manufactured in Bali, Voglia Swimwear is a full circle eco-friendly and sustainable, no waste



Understanding and Managing Urinary Incontinence in Men

Posted On: October 7, 2020
Posted By: Prosperi Press

By Anna Williams Urinary incontinence refers to the involuntary leakage of urine. It is a disorder that affects both men and women and has a high social and economic impact. It is highly prevalent in women and older men (Age 60+). It could range from a slight loss of urine control after certain stress factors such as coughing



How to Maximize: Advice from Business and Mindfulness Coach, Ayana O

Posted On: October 9, 2020
Posted By: Prosperi Press

At various times in our lives, we tend to isolate ourselves from the external by choice or by circumstances, often because the outside world is too much to bear. But what if we isolated with intention? During these periods you can have your biggest breakthroughs and aha! moments. It helps you do more, be more, and creates a



From Chronic Disease to Naturally Healed: Niraj Naik's Inspiring Journey

Posted On: October 1, 2020
Posted By: Prosperi Press

By Natasha Zolotareva Born in the UK, Niraj Naik is the creator and founder of SOMA breathwork. After studying Pharmacology at University and feeling a deep desire to help people suffering from health problems, Niraj took up the position of a pharmacist for his local community. He remained in this role for seven years. It was challenging and



Reclaiming Your Time: How to Set Boundaries Like a Boss

Posted On: September 26, 2020
Posted By: Prosperi Press

By Callie Kerbo Back in May, on the corner of burnout and breakdown, I blurted out to my partner, "Something needs to change. I can't keep doing this." To be clear: I wasn't talking about our relationship. Our relationship is wonderful, it was my career that was flying off the rails. I did the mental math: 16 clients,



Elleny Swim: The New Line of Eco-Friendly Swimwear Started by an Aussie Mum

Posted On: September 25, 2020

Posted By: Prosperi Press

By Megan Davis Most women will tell you they dread shopping for swimwear and I wanted to change all that. As a mum of two, I've created a label that features everything I was desperately looking for but couldn't find – a rashie with a built-in bra, padding that doesn't move, fabric that doesn't shrink or sag and

5 Steps to Mitigate Stress and Strengthen Your Immune System

Posted On: September 16, 2020

Posted By: Prosperi Press

By Mark Stephens From the age of eight, Australian hypnotherapist Mark Stephens has used meditation to help control his severe asthma attacks. Throughout his teenage years and twenties, he studied meditation under Chinese teachers, Japanese masters and Tibetan monks. A Jujutsu Black Belt, Tai Chi Teacher, bestselling author and leading hypnotherapist, in 1990, Mark was given a possible six

Does 6% Matter? Defining 'Human' and Acknowledging Our Responsibility to Create Change

Posted On: September 14, 2020

Posted By: Prosperi Press

By Elliot Connor Earlier this year I gave a TEDx talk in Sydney. I was terrified. Superstitious folks believe that February 29th is a day of good luck, but at that very moment as I stepped up on stage, nothing felt further from the truth. I had roughly five seconds to gather my thoughts, so I started imagining.

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