

MERCURY FILLINGS AND HOW THEY DESTROY YOUR HEALTH!!!

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THE HISTORY OF HOW IT HAPPENED

Back in 1840, dentists formed the American Society of Dental Surgeons. Their members were required to sign pledges that they would NOT use mercury in the fillings they placed. There were even cases in New York in 1848 where dentists were fined for malpractice for using mercury in their filling material.

Mercury was referred to as "quicksilver" in North American and in Europe was called "quacksalver" Therefore a "quack" was someone who pretends to cure disease and "salve" was an application for wounds. The term "quack" was first applied to anyone using mercury to cure skin diseases, e.g. the skin lesions associated with tertiary syphilis. The skin rash would disappear, but the disease went deeper into the organs and the nervous system and the person died a very painful death. The term was then used against dentists using mercury for the same reason, - using a poisonous substance to "cure" or fix decay.

Because of the internal feuds, a new dental organization was formed in 1859 – the American Dental Association (ADA). This body did NOT condemn the use of mercury, to the extreme now 140 years later; they try to crucify any dentist who tells his or her patients about the dangers of mercury! Many practitioners believe the ADA actually send undercover personnel into offices of practitioners who dare to speak the truth, to gather information against them and challenge their licenses.

If mercury is so safe, then why have whole countries such as Sweden, Germany, Denmark completely banned it? Some countries have even started to pay to have mercury replaced with resin fillings for its populace. Why can dentists not just throw it down the sink when they work, but have to treat it like the toxic waste it is, containerizing it and ridding of it by very stringent rules? Why have the governing bodies of dentistry in ANY country never been able to prove its safety?

Why in Canada was it politically manipulated to be exempt of the Medical Devices rulings for safety of anything implanted in the human body?

MERCURY FACTS AND HEALTH CONCERNS.

Those "silver" fillings in your mouth are actually 50% or slightly more mercury. There is only about 35% silver in them along with 9% tin and 6% copper. The mercury is not inert or stable as you may have been told. In fact, every time you eat something acidic, hot or chew at all or brush your teeth, mercury gasses off directly into your system (80% of inhaled mercury goes to your lungs) and via your bloodstream, settles in various organs of the body, particularly the nervous system, liver, kidney, thyroid, pituitary, prostate, testes, ovaries and pancreas.

WATCH THIS VIDEO TO SEE HOW DANGEROUS MERCURY CONTAINING DENTAL AMALGAMS ARE!! <http://www.youtube.com/watch?v=9ylnQ-T7oiA>

Studies by Clarkson (1998) and the World Health Organization related that one amalgam could release anywhere between 3-18 m gm/day of mercury. And yet, a Canadian conference suggested a Tolerable Daily Intake (TDI) for mercury of only 1 m gm/day for a person weighing about 150 pounds. People with more than 2-3 amalgams, therefore are above the occupationally exposed acceptable levels. In fact, in a study done by Dr. Mark Richardson of Ottawa, Canada at the request of Health and Welfare Canada, it was seen that any more than 3 amalgams in the head of an adult were akin to occupational exposure. In other words, gave off as much mercury as if the person worked in an occupation where they were exposed to mercury on a daily basis.

In a study done on over 1300 patients, symptoms were reported which ranged from:

Neurological Problems such as:

- Chronic or frequent headaches
- Numbness and tingling anywhere
 - Dizziness
 - Ringing or noises in the ear
- Tremors in hands, feet, lips, eyelids, tongue
 - Lowering of pain threshold

Psychological disorders such as:

- Irritability
- Nervousness
- Shyness or timidity
 - Loss of memory
- Inability to concentrate
 - Mental confusion

- Mood changes
- Lack of interest in life/hobbies, etc.
- Attention Deficit Syndrome or similar problems
 - Decline of intellect
 - Loss of self-confidence
- Anger and loss of self control
 - Depression
 - Crying spells
 - Anxiety
 - Drowsiness
 - Insomnia

Oral Cavity problems such as:

- Bleeding gums
- Bone loss and loosening of teeth
 - Foul breath
 - Excessive salivation
 - Metallic taste
- White patches on the gums and/or cheeks
- Chronic inflammation of gums or mouth
 - Ulcerations
 - Burning in the mouth or throat
 - Tissue black pigmentation

Gastrointestinal complaints such as:

- Bloating and excessive gas
 - Abdominal cramps
 - Constipation or diarrhea
- Irritable bowel syndrome
 - Colitis
 - Nausea
 - Loss of appetite
- Voracious appetite and obesity
 - Excessive thirst

Cardiovascular problems such as:

- Irregular heartbeat
- Feeble and irregular pulse
- Alterations in blood pressure
 - Arterial plaquing.

Inflammatory and immunological problems such as:

- Chronic Fatigue Syndrome
 - Fibromyalgia
 - Rheumatoid arthritis
 - Allergies
 - Sinusitis
 - Asthma
- Muscle weakness and joint pain

Other problems such as:

- Excessive perspiration without fever
- Low body temperature, sometimes with clamminess
- Skin rashes, especially around face, head and neck
 - Dim or double vision
 - Hypoxia (lack of oxygen)

Then, you could very well be a victim of mercury toxicity precipitated by your mercury containing "silver" fillings!

On the next page is a chart of a study done on over 1500 people:

SYMPTOMATIC RELIEF AFTER AMALGAM REMOVAL

The statistics listed were compiled by the Foundation For Toxic Free Dentistry (FTTD) on 1569 patients from 6 different reports:

SELECTED HEALTH SYMPTOM ANALYSIS OF 1569 PATIENTS BEFORE AND AFTER ELIMINATION OF THEIR MERCURY-CONTAINING DENTAL FILLINGS

% of Total	Symptoms	Total No.	No. Improved Or Cured	% of Cure or Improvement
14%	ALLERGY	221	196	89%
5%	ANXIETY	86	80	93%
5%	BAD TEMPER	81	68	89%
6%	BLOATING	88	70	88%
6%	BLOOD PRESSURE PROBLEMS	99	53	54%
5%	CHEST PAINS	79	69	87%
22%	DEPRESSION	347	315	91%
22%	DIZZINESS	343	301	88%
45%	FATIGUE	705	603	86%
15%	GASTROINTESTINAL PROBLEMS	231	192	83%
8%	GUM PROBLEMS	129	121	94%
34%	HEADACHES	531	460	87%
3%	MIGRANE HEADACHES	45	39	87%
12%	INSOMNIA	187	146	78%
10%	IRREGULAR HEARTBEAT	159	139	87%
8%	IRRITABILITY	132	119	90%
17%	LACK OF CONCENTRATION	270	216	80%
6%	LACK OF ENERGY	91	88	97%
17%	MEMORY LOSS	265	193	73%
17%	METALLIC TASTE	260	247	95%
7%	MULTIPLE SCLEROSIS	113	86	76%
8%	MUSCLE TREMOR	126	104	83%
10%	NERVOUSNESS	158	131	83%
8%	NUMBNESS ANYWHERE	118	97	82%
20%	SKIN DISTURBANCES	310	251	81%
9%	SORE THROAT	149	128	86%
6%	TACHYCARDIA	97	68	70%
4%	THYROID PROBLEMS	56	44	79%
12%	ULCERS & SORES (ORAL CAVITY)	189	162	86%
7%	URINARY TRACT PROBLEMS	115	87	76%

COMMON SOURCES OF MERCURY

1. Mining, smelters, combustion of fossil fuel and refining of gold.
2. Used in chloralkali industry in the production of chlorine and caustic soda containing products.
3. Used in electrical industry, in production of thermometers and barometer, fluorescent tubes and alkaline batteries.
4. Dental fillings (WHO 1991a)- the largest exposure to the world's population for non-occupationally exposed people.

MECHANISMS OF TOXICITY

Mercury disrupts your body's biochemistry and physiology in a number of ways:

1. Disturbances in the production of larger molecules such as proteins and the nucleic acids which are the core of DNA and RNA.
2. Disruption in the balance of calcium...not good news when you consider how often we hear of people being diagnosed with osteoporosis. Another point in this area is that the liver and the kidney are two major organs effected by mercury and compromised in their ability to function under mercury's influence. Vitamin D, which is produced in the skin, is augmented to the much more active hormone forms first by the liver, then the kidney. If their function has been debilitated, the conversion to the more active Vitamin D forms may not occur as well. These activated forms are essential for proper calcium uptake and utilization, hence another nail in the coffin of calcium balance.
3. Free radical injury to the cells of the body, resulting in oxidative stress. What this means is that the free radicals, which are produced as a result of mercury's interaction with the cell, result in cellular damage, particularly to the membranes of the cell.
4. Many proteins need to have phosphorus derivatives attached to them, and mercury will get in the way of this. This may explain, at least to some degree, the incredible fatigue mercury patients experience. The molecule in your body responsible for energy –ATP- loses a phosphate group when you use it and becomes ADP. Then another phosphate must be added to "refurbish" it to ATP, so your body can reuse it and mercury gets in the way of this.

5. The kidney is of great concern in mercury toxicity. In people who are occupationally exposed, studies have seen the incredible cell damage and protein leakage from the kidney. In the sensitive mercury patient with even just a few amalgam fillings, the same damage can be seen. The general public may show varying levels of this damage. The World Health Organization in 1991 concluded that urinary mercury of more than 100 $\mu\text{g}/\text{g}$ creatinine (about 80 $\mu\text{g}/\text{m}^3$) or more increases the risk of neurological (tumour development) and protein in the urine leading to kidney damage.

6. Research in the past few years, particularly from Europe has shown the devastating consequences mercury has on the effectiveness of the white blood cell of your immune system. It also can be part of the cause in autoimmune diseases such as the more serious arthritides, allergies, and some researchers believe, multiple sclerosis, lupus and Lou Gehrig's disease.

7. Mercury definitely has the ability to cross the placental membranes and so cause health disorders in the unborn child. In studies done by Marsh et al in 1981 and 1987, they showed that mothers with hair mercury levels of 70-640 $\mu\text{g}/\text{g}$ of hair during pregnancy have 30% increased risk of psychomotor and other neurological disorders in their infants. Even as low as 10-20 $\mu\text{g}/\text{g}$ can increase risk to 5% (WHO 1990).