



Toxic Teeth



DENTAL AMALGAMS
CONTAIN ABOUT 50%
MERCURY

Mercury Toxicity

In the natural health profession, it is stated that ill health is caused by one of two factors; a person is either nutritionally deficient or they are toxic.

Toxemia is defined as a gradual state of bodily poisoning from **various** causes until we become so saturated with acid that our body can no longer function properly. Such conditions affects first our weakest organs and tissues and then grows to other parts of the system as the body becomes out of tune with its other parts. Until the laws of nature are learned, man will continue to be victim of pain, suffering, disease and death.

When we learn the laws of nature, we find that disease is caused by:

- 1 **Ignorance of the laws of life.**
- 2 **Negligence of the rules of healthful living.**
- 3 **Willfulness in living for pleasures and passions rather than for a clean life** which will give us a body thru which to correctly experience life.

By ignorance, we fail to give the body the vital elements necessary for the maintenance of perfect health. And we fail to refrain from the body those elements which will destroy health.

By negligence, we fail to realize that it is not **primarily** the quantity of food we eat, but the quality of food we eat and the incorrect combinations of those foods, and the contents and effects of other substances consumed or allowed to be placed into our systems; which causes ill health.

By willfulness, we know that certain practices and habits are vicious, and yet we persist in their indulgence for the so-called pleasure it gives us.

I would assert that the primary cause of all disease is the accumulation of unwanted wastes in the body which lowers the vitality of the body and renders it helpless in fighting off the continual debilitation of its functions. In the hurry-scurry of life, these causes may go on for years without being noticed, until the whole system is saturated with the waste poisons and vitality is so low that resistance is out of the question and the body starts breaking down at its weakest points.

There are other numerous sources that cause an accumulation of waste poisons to build up in the body, but the one we will be discussing in this issue of H.E.R.B. TIME is that of **Mercury** (Hg), also known as Amalgam, Alloy, Silver Filling and Quicksilver.

Are mercury-based fillings slowly poisoning their owners? Evidence suggests that, far from being the best material to us in the mouth, amalgam fillings should be banned, and the laws of nature demand that we become intelligent to that which we allow in or upon our bodies.

The issue of mercury exposure from dental “silver” fillings has gained considerable notoriety in the general media during the last decade. Specific attention has focused on the potential for human health consequences and the general well-being of the global environment. The modern silver amalgam (amalgam meaning mixed with mercury), traditionally known as a “silver filling”, has been employed as the principal tooth restorative material for over 180 years and presently accounts for 75-80% of all tooth restorations. These “silver” fillings contain approximately 50% mercury by weight, 35% silver, 13% tin, 2% copper and a trace of zinc. Each tooth restoration has a mercury mass of about 750-1000mg and should more properly be called a mercury filling. They have a functional life of approximately 7-9 years, after which they are usually replaced with another mercury filling. Hundreds of metric tons of mercury are placed into teeth worldwide each year and some of this material, as particulate **waste** from the dental office, finds its way into the sewerage and refuse systems.

Within the dental profession, the issue of mercury filling safety has cyclically recurred. After the introduction of the modern dental amalgam in 1812 by a British chemist, a “silver paste”, which was a combination of silver fillings from coins and mercury, became fashionable for tooth restoration. Since the coins were not pure, expansion of the material often resulted in tooth fracture and/or a “high bite”. In America during the 1800’s, concern regarding the possibility for mercury toxicity caused the American Society of Dental Surgeon to make mercury-containing materials. However, mercury fillings usage increased because it afforded an economic advantage to those dentist employing it; it is user friendly; and because of its durability in the mouth. By 1856, the American Society of Dental Surgeons was forced to disband due to dwindling membership over the mercury filling issue. In its place arose the American Dental Association (ADA), **founded by those who ADVOCATED silver amalgam - mercury use in dentistry.**

Again in the **1920’s**, a controversy erupted after the publication of articles and letters by a German chemistry professor, **who attacked mercury filling usage for possible toxic effects.** That debate abated and the dental profession’s opinions still remains unchanged.

Today, 186 years later, the American Dental Association has amended its Code of Ethics to make the removal of serviceable mercury fillings an issue of unethical conduct, if the reason for removal is to eliminate a toxic material from the human body and if this recommendation is made solely by the dentist. In the American Dental Association’s view, a dentist is “ethical” to place the mercury material and recommend its safety. But if the dentist suggests that the mercury fillings are potentially harmful or that exposure to unnecessary mercury can result, then the dentist is acting “unethically”. Clinically serviceable mercury fillings can be removed if: done for aesthetic reasons; at the request of a physician; or at the patient’s request (without prompting). Just casually ask your dentist to remove all of your mercury fillings and watch their response.

Scientifically Proven Facts About Mercury & Dental Amalgams

- ◆ Dental Amalgam contains about 50% Mercury.
- ◆ Mercury has been scientifically demonstrated to be more toxic than Lead, Cadmium, or even Arsenic.
- ◆ Mercury leaves dental amalgam continuously throughout the lifetime of the filling.
 - ◆ Mercury vapor is the main way that mercury comes out of amalgam.
 - ◆ Mercury vapor is absorbed at a rate of 80% through the lungs into the arterial blood.
 - ◆ Mercury is cytotoxic. It kills cells.

- ◆ There is NO harmless level of Mercury Vapor Exposure.
- ◆ Mercury from amalgam binds to -SH (sulphydryl) groups. These exist in almost every enzymatic process in the body. Mercury from amalgam will thus have the potential of disturbing all metabolic processes.
- ◆ Mercury vapor is absorbed directly into the brain.
- ◆ Mercury from amalgam is transported freely via the blood.
- ◆ Mercury from amalgam will result in a slow build up of mercury in the body tissues.
- ◆ Mercury crosses the blood brain barrier.
- ◆ Mercury is implicated in the pathogenesis of Alzheimer's Disease.
- ◆ Mercury from amalgam is stored in the fetus and infant before the mother.
- ◆ Mercury from amalgam is stored in the breast milk and the fetus up to 8 times more than the mother's tissues.
- ◆ Mercury (Mercury Vapor / Methylmercury) crosses the placenta.
- ◆ Mercury crosses into breast milk.
- ◆ Mercury will severely reduce reproductive function.
- ◆ Mercury rapidly depletes the immune system.
- ◆ Mercury will induce a number of Auto Immune Diseases.
- ◆ Mercury will cause an increase in number and severity of allergies.
- ◆ Mercury from amalgam is stored principally in the kidneys, liver and brain.
- ◆ Mercury from amalgam (shown in animal experiments) causes kidney damage.
- ◆ After chewing, Mercury Vapor levels will remain raised for at least another 90 minutes.
- ◆ Mercury from amalgam will migrate from the tooth.
- ◆ This rate of migration is increased if a gold crown is placed over a tooth filled with amalgam.
- ◆ Mercury from amalgam is absorbed into the body at a rate of 3 to 17 mcg / day.
- ◆ Mercury release is increased by temperature, friction & electrical currents.
- ◆ In the Brain, Mercury from amalgam is stored preferentially in the Pituitary Gland and Hypothalamus.
- ◆ Micro-Mercurialism is principally characterized by Neurological symptoms.
- ◆ Mercury from amalgam may be stored in every other cell in the body. Each area affected will produce its own set of symptoms.
- ◆ Mercury binds to hemoglobin in the red blood cell thus reducing oxygen carrying capacity.
- ◆ Mercury damages blood vessels reducing blood supply to the tissues (micro-angiopathies).
- ◆ Mercury from amalgam (shown in animal experiments) will induce Antibiotic Resistance and Mercury resistance in bacteria in the mouth and Gastrointestinal tract.
- ◆ Mercury levels in the body cannot be assessed by either blood or urine levels.

Release of Mercury from Dental Filling

Mercury vaporizes continuously from dental fillings, being intensified by chewing, tooth brushing and hot liquids. After mastication or tooth brushing ceases, it takes almost 90 minutes for the rate of vaporization to decline to the lower prechewing level. Also, the greater number of fillings and the larger the chewing surface area, the larger the mercury exposure. Thus, the average individual is on a roller coaster of mercury vapor exposure during the day. Breakfast will cause the release rate to increase and just as the rate is slowing again it is time for the midmorning coffee break. Lunch, mid-afternoon coffee or tea, the evening meal, and a snack

before bedtime all contributes to the daily exposure to mercury from dental fillings.

It is estimated that the average individual, with eight biting-surface mercury fillings, is exposed to a daily dose uptake of approximately 10 micrograms mercury per day from dental fillings. Select individuals may have daily doses 10 times higher (100 micrograms per day) because of factors which exacerbate the mercury vaporization. Some of these factors are: frequency of eating, chronic gum chewing, chronic tooth grinding behavior (usually during sleep), the chewing pattern of the individual, consumption of hot foods and drinks, mouth and food acidity. Corroborating human autopsy evidence showed that brain and kidney tissues contained significantly higher mercury in individuals who had mercury fillings. Furthermore, the concentration of brain mercury in the subjects with mercury fillings correlated with the number of these fillings present. The historically exposed opinion of dentistry insists that, once mixed, the mercury is locked into the fillings. The aforementioned body of experimental evidence suggests that their opinion is totally without merit. Despite these replicated research findings, many national dental trade associations still claim that mercury fillings are safe. They base their conviction on the anecdotal facts that mercury fillings have been used for over 150 years, billions of fillings have been placed, and they do not see sickness or death from the mercury exposure. But, the diagnosis of mercury toxicity lies outside the purview of dentistry, falling more appropriately within the jurisdiction of medicine. Dental institutions do not have the scientific expertise or the resources to undertake the necessary studies to scientifically resolve this issue. Thus, the issue of mercury filling safety has not been suitably addressed until recently, when academic medicine became aware of this insidious exposure to mercury. From the medical perspective, dental fillings have potential medical consequences.

Symptoms of Mercury Poisoning

Cardiovascular System

- Excessive ingestion of Mercury can cause Angina.

Excretory System

- Mercury accumulates in and damages the Kidneys.

Immune System

- Mercury weakens the Immune System by depressing Helper T-Cells.
- Excessive exposure to Mercury causes Hodgkin's Disease (a form of Lymphatic Cancer).

Metabolism

- Mercury damages the Liver.

Musculoskeletal System

- Mercury increases the risk of arthritis.

Nervous System

- Mercury concentrates in and damages the Brain.
 - Mercury can cause Epilepsy.
- Mercury can cause Multiple Sclerosis (MS).

Respiratory System

- Mercury concentrates in and damages the Lungs.

Reproductive System

- Exposure to Mercury during Pregnancy increases the risk of Birth Defects.

The heavy, mostly occupational, chronic inorganic mercury intoxication has been described as having a triad of symptoms.

- * 1) Tremor (or more wide: neurological symptoms)
- * 2) Gingivitis / stomatitis (or more wide: local oral symptoms)
- * 3) Erethismus (or more wide: psychiatric symptoms)

Tremor and gingivitis are not always present and usually not in milder forms. Tremor can cause alteration of the handwriting. The tremor is usually an intentional tremor. Gingivitis is an inflammation of the gingiva (gum).

The Erethismus (from the Greek; excite) is a pathologically **increased excitability**. Erethism is usually the first symptom to develop. It goes along with some or many of the following symptoms;

- ⇒ irritability
- ⇒ outbursts of temper
- ⇒ stress intolerance
- ⇒ decreased simultaneous capacity
- ⇒ increased sensitivity to sounds and light
 - ⇒ resentment of criticism
- ⇒ loss of self-confidence
- ⇒ timidity
- ⇒ excessive shyness
- ⇒ embarrassment with insufficient reason
- ⇒ self-consciousness
- ⇒ anxiety
- ⇒ indecision
- ⇒ insomnia
- ⇒ vivid dreams
- ⇒ lack of concentration
- ⇒ memory loss
- ⇒ depression
- ⇒ fatigue

The symptoms of mercury poisoning from chronic inhalation develop gradually and thus may be difficult to notice. With the exception of tremor, the symptoms may be ignored by the victim or attributed to other causes.

Environmental Sources of Mercury

- Amalgam in dental fillings.
- Mercurochrome
- Batteries
- Canvas

- Burning Coal
- Cosmetics
- Fluorescent lights contain Mercury vapor.
- Plastics.
- Mercury is a component of Tobacco smoke.
- Pharmacological preservatives. Some medicines, vaccine, contact lens solutions contain mercury. Look for the words; thiomersal, merthiolate or words with; -mer- or hydrarg in the information about them.
- Skin lightening creams and soaps.
- Paint. Mercury is used as preservative in some latex paints. When painting with such a paint the air-mercury-levels will rise and stay that way for weeks or months.
- Mirrors. Old mirrors could be coated with amalgam on the back side.
- Mercury spills from thermometers, barometers.
- Mercury spill will result in vaporization of the mercury before the mercury is properly cleaned up. Even spill of the small amount of mercury in a thermometer, not properly cleaned up, has been reported to cause intoxication in your children. Do not vacuum up as it blows it into the air.

Mercury's Interference with Certain Nutrients

Extensive studies have been conducted on the topic of Mercury's interference with nutrients. The findings have been astounding.

Mercury has been found to interfere with these nutrients:

Amino Acids

- Cysteine
- Cystine
- Mercury reduces the absorption of Methionine (due to chelating Mercury from the body).
- Taurine

Minerals

- Mercury binds with Calcium within the body.
- Mercury reduces the body's absorption of Copper.
- Mercury interferes with Magnesium.
- Mercury reduces the amount of available Selenium within the body (due to Selenium binding to Mercury and facilitating its excretion from the body).

Vitamins

- Mercury causes depletion of Vitamin C.
- Mercury disturbs the transport of Vitamin B-12.

B-12 has been found to be the most affected by Mercury, so this will be our focus.

Vitamin B-12 is essential for blood formation and rapidly growing tissues, and is mainly present in animal foods. A healthy person requires approximately 3-5 ug of vitamin B-12 per day, the amount usually available in a normal diet. For strict vegetarians, however, blue-green algae and bean sprouts are suitable sources.

The human body normally contains approximately 5000-10,000 ug of vitamin B-12, equally distributed in the liver and the nervous system. Due to the presence of the **cobalt** atom (trace element), vitamin B-12 is also called **cobalamin**.

The transport of Vitamin B-12 to the brain can be disturbed or interrupted by heavy metals such as inorganic mercury, which affects the blood-brain barrier by causing leakage and hampering the active transport of nutrients.

B-12 Case Reports

1) A Swedish physician, age 50, suffered from *fibromalgia* and painful *paraesthesiae* for years and was unable to work in her profession. She treated herself with daily doses of methylcobalamin (Cobamet or Algobaz was used in most cases), 40 mg of folic acid and 300 mg B6 together with the recommended antioxidant supplementation for amalgam patients. She noticed that not only did she benefit intellectually, but her symptoms ceased after six months treatment. Thinking that she was cured, she stopped the treatment, but after about a week all her symptoms returned. She recommended the treatment and after 8 days she recovered from her symptoms.

2) A patient with an MS diagnosis was investigated for heavy metals in 1985. She had a high pathological level of mercury in her system. Her condition rapidly deteriorated. For six years she slurred incomprehensibly and she could not fix her eyes long enough to be able to read, and experienced dimness of vision and double vision. She developed a spastic paraplegia and as her hands were paralyzed she was unable to feed herself. She was confined to a wheelchair.

She received B-12 treatment and after a week the patient was able to speak on the telephone in a normal voice and she noticed that her mind had "cleared up". Ten days later she was able to read the newspaper for the first time in 7 years and to make fine embroideries in silk. Three weeks later she could stand up with support and eat without much assistance. She is now taking part in social life and is able to go out.

Substances That Facilitate the Elimination of Mercury

There have been reports from patient organizations as well as some doctors, that state some people with suspected amalgam related illness can benefit from vitamins and minerals in mega doses. The following is what the Swedish Association of Dental Mercury Patients recommends you to take per day, starting at least two months before you remove your first amalgam filling.

- * Vitamin B1 (Thiamine) 50-100 milligrams per day
- * Niacin 25-500 milligrams per day.
- * Vitamin B6 25-50 milligrams per day.
- * Vitamin C at least 1 gram per day (to be taken 2 hours apart from selenium).
- * Vitamin E 100-200 milligrams per day.

- * Magnesium 100-300 milligrams per day.
- * Selenium 50-200 micrograms per day.
- * Zinc 20-40 milligrams per day.

According to the Swedish Association, a dose of 10-50 grams of Vitamin C is sometimes used to counteract certain diseases, and diarrhea will follow if too much is ingested.

Then there are other nutrients - Coenzyme Q-10, folic acid and pyridoxine together with injections of vitamin B-12 (preferable as methylcobalamin), also algae, garlic, amino acids such as Glutathione (which chelates Mercury from the body via the Urine), Cysteine and Cystine which also chelates Mercury from the body, Methionine binds with Mercury and facilitates its excretion. Also Rutin, Selenium and Calcium which competes with Mercury for absorption, thereby retarding its absorption. Vitamin E reduces the toxic effects of Mercury.

Hydrotherapy

The elimination of mercury via sweat has been shown to constitute a significant route for the removal of mercury from the body (blood stream). Information from this small study group tends to support the concept that “sweating them out” reportedly used in mercurialism cases among cinnabar miners may be a valid treatment for rapid removal of absorbed mercury. Since the mechanism involved in sweat bypasses the kidney’s role in the elimination of mercury as opposed to some chelating agents used, sweating should be the initial and preferred treatment of patients with elevated mercury levels.

From The Pen of Inspiration

“Mercury, calomel, and quinine have brought their amount of wretchedness, which the day of God alone will fully reveal. Preparations of mercury and calomel taken into the system ever retain their poisonous strength as long as there is a particle of it left in the system. These poisonous preparations have destroyed their millions, and left sufferers upon the earth to linger out a miserable existence. All are better off without these dangerous mixtures. Miserable sufferers, with disease in almost every form, mis-shapen by suffering, with dreadful ulcers, and pains in the bones, loss of teeth, loss of memory, and impaired sight, are to be seen almost everywhere. They are victims of poisonous preparations, which have been, in many cases, administered to cure some slight indisposition, which after a day or two of fasting would have disappeared without medicine. But poisonous mixtures, administered by physicians, have proved their ruin.”

Materia Medica

CHARCOAL

Charcoal is a black, shiny, odorless and tasteless substance made by burning certain types of wood under controlled conditions so that a very large adsorptive surface is produced. When examined under a microscope, it is seen to be extremely porous, having the appearance of a sponge with rigid walls. Charcoal is ADSORPTIVE in its action, rather than being ABSORPTIVE like a sponge; that is, it acts like a magnet, attracting substances to itself and holding them tightly on its surface.

Charcoal can adsorb up to 250 to 350 times its own weight. It has a strong affinity for adsorbing impure and toxic gases, which makes it a wonderful remedy for use when fermentation occurs in the intestinal tract with the production of excessive gas, bad breath, heartburn, nausea, sour stomach, and headache. It also adsorbs many poisonous chemicals, drugs, and toxins, such as opium, cocaine, morphine, nicotine, salicylates, strychnine, kerosene, barbiturates, and antidepressant pills, to name but a few. It is also believed to remove mercury when used in conjunction with steam bathing.

No home should be without charcoal and how to use it effectively. It is a marvelous antidote for many kinds of poisons and is excellent to use for infections.

The average adult dose is either 1 Tablespoon powdered charcoal in 1 cup of water or 6-8 tablets or 4 capsules twice a day. In case of poisoning take 5 times the weight of charcoal.

Vitamin B1

Known as anti-beriberi, anti-neuritic and anti-aging vitamin. Essential for effective protein metabolism. Promotes growth, protects heart muscle, stimulates brain action. Indispensable for the health of the entire nervous system. Aids in digestion and metabolism of carbohydrates. Improves peristalsis and helps prevent constipation. Helps maintain normal red blood count. Protects against the damaging effect of lead poisoning. Prevents edema, or fluid retention, in connection with heart condition. Improves circulation. Prevents fatigue and increases stamina. Helps prevent premature aging.

Natural Sources

Brewer's yeast; wheat germ and wheat bran; rice polishings; most whole-grain cereals, especially soybeans

Vitamin B6

Aids in food assimilation and in protein and fat metabolism, particularly in metabolism of essential fatty acids. Activates many enzymes and enzyme systems. Involved in the production

of antibodies which protect against bacterial invasions. Essential for synthesis and proper action of DNA and RNA. Helps in the healthy function of the nervous system and brain. Important for normal reproductive processes and healthy pregnancies. Prevents nervous and skin disorders, such as acne. Protects against degenerative diseases, such as elevated cholesterol, some types of heart disease and diabetes. **Prevents tooth decay.** Has been used as a natural diuretic. Some studies show that it can prevent or lessen epileptic seizures. Helps prevent and relieve premenstrual edema; also effective in overweight problems caused by water retention. Vitamin B6 regulates the balance between the minerals sodium and potassium in the body, which is of tremendous importance for vital body functions. Cases of Parkinson's Disease have responded to B6 injections (in combination with magnesium). B6 is required for the absorption of vitamin B12 and for the production of hydrochloric acid.

Natural Sources

Brewer's yeast, bananas, avocados, wheat germ, wheat bran, soybeans, walnuts, blackstrap molasses, cantaloupe, cabbage, green leafy vegetables, green peppers, carrots and peanuts. Pecans are an especially rich source. Raw foods contain more B6 than cooked foods.

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