

Mercury Poisoning

You are about to read a horror story. And the farther you read, the worse it gets. But you better read, because it affects you and your loved ones. I myself did not realize how bad it was, until I dug it out during this research.

It injures everyone who gets near it,—from manufacturers down to the workers in the office. Lastly, after you are seated in the chair, it will affect you for years to come. This is about putting a deadly substance into your mouth.

The so-called “silver fillings” in your mouth are 50% mercury. Here is the story behind this problem.

BASIC FACTS

Most people know that mercury is poisonous (toxic), but do not realize how toxic it is. Research studies indicate that it is more toxic than lead, cadmium, or even arsenic.

Mercury exists in several forms. When alone, it is called “elemental mercury” (liquid mercury, mercury vapor, or ions of mercury—which is electrically charged mercury particles).

The most toxic forms of mercury are methylmercury (the form found in fish and seafood) and mercury vapor (one of the forms released from mercury amalgam fillings in your mouth). Hg is the chemical symbol for mercury.

Mercury has a very low “elimination rate” from the body. This is also called the “elimination half-time”—the amount of time required to eliminate one-half of one single dose of mercury. For all forms of mercury, this averages 30 to 70 days (1 or 2 months).

Each time you eat food, the chewing process releases more mercury—giving you *another “dose”* of the substance. If an individual is exposed to many doses each day, even if the doses are very tiny, over a period of time total mercury in the tissues slowly increases.

Only one-half of the mercury in the blood normally passes out through the urine. A small part is exhaled. On an average, humans inhale at least 17,280 times each day, Human autopsy examinations reveal that dental amalgam mercury enters the patient’s body and builds up with time.

There is no known toxic threshold for mercury. This means that even the smallest amount in your body can injure you. This is an important fact. As we will learn, OSHA and the EPA know it.

Dental amalgam fillings are approximately 50% mercury (actually 52%). One average size amalgam filling contains about 780 mg (milligrams) of mercury. This amount exceeds the U.S. Environmental Protection Agency (EPA) non-dietary *Mercury Intake Standard* for over 100 years. In other words, it is more

than you should safely put into your body for the next century!

Mercury is not “locked” into the amalgam, as some think. Those who have amalgam fillings are constantly exposed to mercury every day. It is continually leaking out of the filling in very tiny amounts. The amount which is released into the saliva is greatly increased during the chewing process, brushing, or when heated by hotter foods or drink. It takes at least 90 minutes, after any of those three factors end, before pre-stimulated levels are once again attained and the filling stops emitting an excessive amount of mercury.

Mercury vapor very easily enters the human body and its cells. It also penetrates the blood-brain barrier and the placental membrane. So it not only poisons you, but the baby you may be carrying, if you are a woman.

Mercury is known to damage the brain, nervous system, pituitary, adrenals, heart, lungs, and also body hormones and enzymes. (More on this later.) Mercury is a potent suppressor of the immune system, and is known to cause injury to the brain and nervous system of unborn babies.

Even one amalgam filling generates electrical currents in the mouth. This could also cause mercury to dissolve in saliva.

“Why is it so painful for your teeth to touch a piece of aluminum foil if you have amalgam fillings in your mouth? Silver has what chemists call a *positive standard reduction potential*, which means that it draws electrons from other metals. Your mildly acidic saliva acts as a catalyst and sets up a flow of electrons from foil to fillings. A crude battery is created and the current flowing through the nerves of your teeth causes the distinctly unpleasant sensation.”—*Longevity Magazine, April 1991.*

The dental industry, itself, has been careful to avoid important research on the toxicity of mercury fillings, although patient exposure to those fillings has been known for years.

—Yet the American Dental Association (ADA), OSHA, and EPA have declared leftover scrap dental amalgam to be toxic hazard to dental personnel, to

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the dental office, and to the environment! Disposal of it is mandated according to strict regulations. —Yet they are willing to let it gradually be released in your mouth!

The emplacement of dental fillings is a major source of income for the dental industry. The ADA sets amalgam specific standards and owns two patents on mercury amalgam fillings (*U.S. Patent # 4,018,600, April 19, 1977; U.S. Patent #4,078,921, March 14, 1978*). Both patents are now expired.

Chronic poisoning results from receiving small doses over a lengthy period of time. The mercury passes out of the filling and into the saliva or into the air in the mouth, which is often being inhaled. Some passes into the food, and some goes directly through the tissues of the mouth and nose.

SYMPTOMS OF MERCURY POISONING

At the present time, there are no known studies that mercury fillings cause any known general disease state. This is because no research into this has ever been funded. But research studies have been made on damage to specific organs,—*and especially what happened to people who had their fillings removed*. The effects can be startling.

There are no valid tests for diagnosing chronic mercury poisoning. This is because mercury settles in the tissues and brain. Therefore, blood tests are not effective. The best indicators of damage of chronic mercury exposure are clinically observable signs and symptoms, which, unfortunately, tend to be observed only after injury is beginning to occur.

This poisoning can affect all body tissues and mimic (or cause) many common diseases; yet **people tend to recover to quite an extent after removal of the amalgam.** *This is encouraging!* However, some do not improve.

The most prevalent signs and symptoms of chronic exposure to mercury are these:

Neurologic—Chronic or frequent headaches, dizziness, coordination difficulties, fine tremors, speech difficulties, manic-depression, numbness and tingling in extremities, muscle weakness.

Mental—Anxiety, irritability, depression, fits of anger, loss of self control, nervousness, shyness or timidity, memory loss, loss of self-confidence.

Respiratory—Shallow and irregular respiration, persistent cough, emphysema.

Cardiovascular—Irregular heartbeat (fast or slow), feeble and irregular pulse, alterations in blood pressure, pain and pressure in the chest, elevated serum triglyceride, elevated cholesterol, abnormal blood pressure (high or low).

Head, neck, oral cavity—metallic taste in mouth, excessive salivation, bleeding gums, foul breath, excessive perspiration, loosening of teeth, leukoplakia.

Eyes, ears, and tongue—Glaucoma, ringing in the ears, hearing difficulties, speech and visual impairment.

Digestive system—Abdominal cramps, colitis, diarrhea, food sensitivities (especially to milk and eggs), diverticulitis.

Immunologic effects—Repeated infections, viral and fungal infections, candida or other yeast infections, bacterial infections, arthritis, cancer, auto immune disorders, multiple sclerosis, lupus, erythema, scleroderma, amyotrophic lateral sclerosis, hypothyroidism.

Other problems—fatigue, joint pains, bone loss, cold and clammy skin, edema, subnormal temperature, chronic headaches, allergies, severe dermatitis, night sweats, anemia, chronic kidney disease, loss of appetite or weight, hypoglycemia.

Additional information on mercury damage:

Kidney function—Dental mercury is known to impair kidney function (*American Journal of Physiology, 1991, p. 261*). Whenever the flow of urine is reduced, the removal of toxic substances from your blood is also reduced. So be sure to drink lots of water between meals.

Chronic health problems—According the World Health Organization (WHO), 80% of all chronic health concerns are associated, in one way or another, with heavy metal toxicity in the body. However, there are many non-chronic diseases, including cancer, which can also be related to metallic substances in the body.

Nearly half of Americans report suffering from at least one form of chronic health condition.

Resistant bacteria—Heavy metals in the body can contribute to the increase of resistant bacteria (*Antimicrobial Agents and Chemotherapy, April 1993, pp. 825-834*).

In both human and primate studies, even without prior exposure to antibiotics, the subjects showed increases of bacteria that were resistant to two or more antibiotics.

For example, people with systemic candidiasis are much less likely to recover when they have mercury amalgam fillings.

Neurological damage—Numerous individuals, who have high mercury levels, report memory loss, diminished coordination, and lack of balance. Mercury can lead to serious neurological injury (*NeuroReport, 12 (4), March 2001, pp. 733-737*).

Alzheimer's—Two recent studies clearly established the link between mercury and Alzheimer's disease. Researchers measured the blood mercury levels in Alzheimer's patients and compared them with a group of similar-aged individuals. The blood mercury levels of the Alzheimer's patients were two times that of the control group (*Journal of Neural Transmission, 1998, p. 105*). (More on Alzheimer's later.)

The presence of mercury is related to the increased levels of toxins in the cells, oxidative stress, and secretion of b-amaloid solutions in the brain. Increased b-amaloid secretion appears to be the cause of brain sector failures.

Autoimmune disorders—Mercury poisoning is

related to multiple sclerosis, lupus, scleroderma, rheumatoid arthritis, fibromyalgia, chronic fatigue, and similar disorders. Individuals frequently report that they experience more strength, vitality, and improvement of memory when they have their amalgams removed.

“Charles R. Adams, M.D., et al., reported that **exposure to mercury creates symptoms that resemble amyotrophic lateral sclerosis (ALS or Lou Gehrig’s)**. They concluded that **mercury toxicity must also be considered in otherwise unexplainable peripheral neuropathies, tremors, ataxia, and a gamut of psychiatric symptoms.**”—*JAMA, August 5, 1983.*

RESEARCH STUDIES

The largest study on mercury release from amalgam fillings into saliva began in the summer of 1995 by the German Association of Environment and Environmental Protection. It was carried out at the University of Tübingen.

Mercury levels in the saliva of 17,500 participants were related to the number of amalgam fillings. Approximately 43% of the tested people had mercury levels which exceeded the danger limit specified by the World Health Organization.

—**Yet, in spite of all these findings,** the following official statement of the American Dental Association was printed in their journal:

“The strongest and most convincing support we have for the safety of dental amalgam is the fact that each year more than 100 million amalgam fillings are placed in the United States. Since amalgam has been used for more than 150 years, literally billions of amalgam fillings have been successfully used to restore decayed teeth.”—*Journal of the American Dental Association, April 1990.*

In the early 1990s, the Foundation for Toxic Free Dentistry eventually completed an immense study, called the *Patient Adverse Reaction Report*. The data was gathered from 762 patients who had all the amalgam fillings removed from their teeth.

The total number of different symptoms reported were 440! The average number per patient were 4.98. Total symptoms reported were 3,792. Of these, 758 were reported as eliminated after the amalgam was removed. An additional 2,812 symptoms improved. Symptoms which remained the same were 188; and those which got worse were 34 (0.9% of the total). In such cases, it is very likely that the dentist did not remove the amalgam fully or permitted the patient to swallow too much of the fresh mercury in the saliva.

The largest number of people who had each symptom (10 or more) is listed below. This data is important; for it reveals two facts: *First*, many problems were at least partially caused by the mercury fillings. *Second*, it shows that partial or full recovery can frequently occur—when all amalgam is removed!

The problems exhibiting the greatest number

of symptoms (15 or more) are underlined, regardless of how many of them were reduced. The largest number of people exhibiting a certain symptom (over 50) are in bold. The first number is total symptoms; the second number is the number completely cured; and the third is the number who showed significant improvement when the amalgam was removed.

Allergies 165 total symptoms, 21 cured, 125 better / **Food allergies** 56, 10, 40 / Acne 16, 4, 12 / Anxiety 41, 3, 38 / Arthritis 35, 4, 26 / Asthma 16, 3, 9 / Back pain 30, 7, 22 / Bad breath 11, 4, 7 / Balance problems 28, 5, 19 / Bladder problems 1, 3, 10 / Blood pressure problems 22, 6, 15 / Body temperature 24, 2, 20 / Bronchitis 10, 2, 8

Candidiasis 38, 7, 30 / Chest pains 29, 7, 20 / Cold hands and feet 1, 3, 11 / Colds 16, 4, 12 / Colds and flu 17, 3, 14 / Colitis 11, 2, 7 / Confusion of mind 27, 4, 23 / Constipation 1, 7, 12 / **Depression** 165, 32, 133 / Depression (suicidal) 16, 5, 11 / Diarrhea 20, 5, 15 / Digestive problems 36, 4, 31 / **Dizziness** 60, 9, 50

Easily angered 16, 2, 14 / Emotional problems 30, 8, 22 / Eye problems 18, 4, 14 / **Fatigue** 212, 28, 174 / **Fatigue (chronic)** 113, 20, 88 / **Gastrointestinal problems** 54, 8, 46 / Gum problems 41, 11, 30 / **Headaches** 202, 41, 151 / Heart palpitations 18, 4, 13 / Hypoglycemia 11, 4, 7 / Hypothyroid 20, 5, 14 / Immune system dysfunction 32, 6, 24

Insomnia 42, 11, 30 / Irregular heartbeat 22, 2, 19 / Irritability 43, 5, 37 / Jaw pain 10, 3, 7 / **Joint pains** 57, 14, 39 / Kidney problems 12, 4, 8 / Lack of comprehension 17, 2, 15 / **Lack of concentration** 61, 10, 50 / **Lack of energy** 91, 11, 77 / Lethargic 17, 6, 11 / Loss of appetite 10, 1, 8 / Swollen lymph nodes 26, 2, 23 / **Memory loss** 109, 23, 79 / **Metallic taste** 72, 31, 41 / Multiple sclerosis 42, 4, 29 / Muscle pain 24, 5, 18 / Muscle weakness 34, 3, 25 / Nausea 26, 7, 19 / Nervousness 45, 8, 36 / Neurological 13, 2, 11 / Numbness 12, 1, 8 / Numbness in extremities 30, 6, 22

Pain and sensitivity 12, 2, 9 / Pain in extremities 18, 4, 13 / Pain in teeth 17, 4, 12 / PMS 13, 4, 9 / Psychological 14, 2, 12 / Respiratory 18, 5, 13 / Ring- ing in ears 40, 5, 29 / Salivation 10, 2, 7 / Seizures 17, 6, 10 / Sinusitis 24, 6, 18 / **Skin problems** 56, 14, 38 / Sleepiness 10, 1, 9 / Sore throat 32, 5, 27 / Speech problems 13, 1, 10 / Tachycardia 23, 4, 17 / Tetany 11, 3, 6 / Tremors 11, 1, 10 / Urinary frequency 17, 4, 12 / **Vision problems** 60, 10, 42 / Walking difficulties 17, 1, 11 / Weakness in extremities 21, 3, 14 / Weight loss 17, 5, 11

MEASURING MERCURY

The ADA claims that mercury fillings are harmless because blood/urine levels of people with amalgams are not “extremely high.” Here are several facts about measuring mercury:

It has repeatedly been demonstrated in scientific reports that **mercury levels in the blood and urine do not match the amount in body tissues.** Mercury tends to settle in the tissues, and relatively small

amounts are found in the blood. Only the latest amount, fresh from chewing food in the mouth, are to be found in the blood.

Because mercury damages the kidneys, it is believed that **kidney damage is part of the reason only small amounts of mercury tend to be excreted.**

“Those investigators who have studied the subject are in almost unanimous agreement that there is a poor correlation between the urinary excretion of mercury and the occurrence of demonstrable evidence of poisoning.”—*L.J. Goldwater, A.C. Ladd, M.B. Jacobs, Archives of Environmental Health, 1964.*

Remarkably, in a joint statement, the National Institute of Dental Health and the American Dental Association have publicly admitted this also!

“The distribution of mercury into the body tissues is highly variable and there appears to be little correlation between levels in urine, blood or hair and toxic effects.”—*NIDH/ADA Workshop on Biocompatibility of Metals, Journal of the American Dental Association, September 1984.*

Methylmercury, the kind found in fish and seafood, enters the red blood cells; but **mercury vapor** (which primarily comes from the tooth fillings) is soluble in fats and therefore has no electrical charge. So it passes rapidly out of the blood into body tissues. This is why so little is excreted in the blood, since the kidneys filter the blood—not the tissues.

The American Dental Association claims that amalgam surfaces (on teeth) daily give off mercury in amounts of 0.067 to 0.057 micrograms/da/sq cm of surface. But Dr. Boyd Haley (University of Kentucky), in Congressional testimony given on November 14, 2002, reported that, with his students, he measured the release of mercury vapor and found that **the release was actually 7.54 micrograms/day/sq cm of surface when undisturbed and 45.49 micrograms/day/sq cm of surface when brushed**, using a medium bristle toothbrush. This is 758 times higher than the ADA's estimate of mercury emission.

Haley invited the committee to appoint a commission to do a simple study—which would show whose estimates are accurate.

He also cited research papers that show the **bacteria in the oral and intestinal cavities can methylate ordinary mercury into the far more toxic methylmercury**. This is highly significant!

Another problem occurs when *methylthiol*, which is a toxin produced in periodontal disease, reacts with ionized mercury, to form extremely dangerous **mercurythio compounds which behave similarly to methylmercury, and can pass the intestinal and blood-brain barriers.**

It has been discovered that **youthful athletes, who**

die of unexplained heart attacks, have 22,000 times more mercury in their hearts than normal. The cause is believed to be amalgam fillings.

ALZHEIMER'S DISEASE

Alzheimer's disease is the most common form of dementia in the civilized world. It affects about 10% of all those over the age of 65 and nearly 50% of those over the age of 85.

A 1995 research study was reported at a scientific meeting in Atlanta on March 10, 1995. **Rats were exposed to the same concentration of mercury to which a person with a large number of amalgams is exposed.** The results showed an identical neurochemical lesion of similar magnitude to those found in the brains of humans who died from Alzheimer's disease (*F.L. Lorscheider, M.J. Vimy, J.C. Pendergrass, and B.E. Haley, "Mercury Vapor Exposure Inhibits Tubulin Binding to GTP in Rat Brain"*).

Those who have read my book, *International Meat Crisis*, know that Alzheimer's disease is rapidly increasing. A research study at the U.S. Veterans Hospital in Pittsburgh discovered that **a significant number of the Alzheimer's patients had actually contracted mad cow disease!** Meat eating is also dangerous! (*See p. 53 of that book for details.*)

However, another cause of Alzheimer's is mercury fillings. Research work done at the Sanders-Brown Center on Aging at the University of Kentucky Medical Center in Lexington, Kentucky, produced important findings. A comprehensive instrumental neutron activation analysis study of 18 trace elements in Alzheimer's disease (brain and age-matched controls), showed that elevated mercury levels were found in most of the brains.

Far more than any other toxin, mercury produces all the hallmarks of Alzheimer's disease, which are these: greatly decreased glutathione levels, neurofibrillary tangles, abnormally aggregated tubulin, increased hyper-phosphorylation of protein-Tau, and increased production of beta-amyloid protein, which makes up amyloid plaques.

STATEMENT BY

WILLIAM CAMPBELL DOUGLASS, M.D.

“A small group of dentists have been whistle-blowers, and have told the American people that so-called “silver” dental fillings, also called **dental amalgam fillings, are really only about 30% silver and approximately 52% extremely toxic mercury. It also contains lesser amounts of copper and tin.** [Copper is dangerous too! It instantly destroys Vitamin C.]

“**Dental amalgam fillings are placed without the informed consent of the ignorant victims** (without telling them they are dangerous). Later when

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**PART TWO
OF TWO**

Continued from the preceding tract in this series

sickness, determined by the immune system's weakest area, develops, the sufferer does not relate it to dental fillings . . .

"The Swedish Department of Health announced: 'We now realize that we made a mistake. This has caused people to suffer unnecessarily. We will now rectify our mistakes and try to solve the problem'—by making mercury amalgam fillings illegal in the nation of Sweden!

"Although dental amalgam is considered toxic waste—both before and after placement in the mouth—yet the ADA promises that it is perfectly safe while in the teeth.

"In the early 1990s at the University of Calgary, Canada, Dr. Fritz Lorscheider and Murray Vimy, DDS, with their team of scientists, conducted research which should convince anyone of sound mind that dental amalgam fillings should be immediately banned. **Adult monkeys received amalgam fillings in all first and second molars.** After one year, the monkeys were studied for mercury content. It was found that **the kidneys, liver, adrenal glands, pituitary gland and nerve junctions around the spine—all contained mercury.**"—*William Campbell Douglass, M.D., National Health Federation journal, December 1987.*

GRADUAL PROGRESSION OF TOXICITY

"Mercury toxins occupy the body cumulatively (body burden phenomenon) and may be distributed so widely that we scarcely notice what is happening. Moreover, after entering the body, they migrate to tissues in various organs—the heart, liver, muscles, lungs, kidneys, etc., but have a particular affinity for the nervous system. As they bind into the brain and spinal column, one slowly begins to lose cognitive and organizing capacities.

"After six hours of sleep, the body begins to nourish itself by drawing on the fatty tissues, where a lot of toxins are stored. Thus, one often gets a heavier dose of toxins during the night; and this helps explain why people often feel washed out in the mornings.

"In the final stage of toxicity, you begin to forget the date, your telephone number, the zip code in your address, and what you did yesterday. At this stage your allergies become exacerbated as metals—such as mercury, cadmium or aluminum—amplify existing sensitivities. There are high white blood counts and swellings (sometimes with localized fever). Other symptoms include painful joints and muscles, irritability, jittery nerves, depression and emotional instability as well as sudden, frequent urination, numbness, tingling, cramps and tremors. Reduced visual and auditory acu-

ity may also become a problem.

"Mercury presents problems to most people; but it follows no set diagnostic pattern and may go to the neurological tissues, the gastrointestinal area, or joints.

"To rid their patients of toxins, some doctors use sweating techniques which always include a shower after each session to prevent toxins from being reabsorbed. In some cases, doctors have also found that **high levels of intravenous vitamin C** may act as an effective chelating agent in reversing the ill effects of the toxic metals used in dentistry."—*Jess Clifford, address given at the IAOMT Scientific Symposium, May 1993.*

SCRAP AMALGAM - A TOXIC HAZARD

According to the ADA fable, mercury amalgam in your mouth is perfectly safe. However, **when dental labs do discard scrap amalgam, the government, thoroughly frightened, steps in!**

When the metals used in dental amalgam are mixed together to produce a filling, not all of it is used. There is almost always some leftover material. This "scrap amalgam" is declared by OSHA, the EPA—and the ADA—to be an extremely hazardous toxic waste, which must be disposed of very carefully.

Under orders of the U.S. government, **rigid requirements have been published by the ADA for disposal of scrap amalgam by dental personnel:**

"1. All amalgam scraps should be salvaged and stored in a tightly closed container. The scrap should be covered by a sulfide solution such as X-ray or photographic fixer solution.

"2. A no-touch technique of handling amalgam should be used. Skin that is exposed to mercury should be cleaned. Precapsulated alloy should be used. Water spray and high-volume evacuation should be used when removing old or finishing new dental restorations. Evacuation systems should be passed through filters, strainers, or traps. A face mask should be used to avoid breathing amalgam dust."—*ADA Council on Dental Materials, Instruments and Equipment: Recommendations in Dental Mercury Hygiene, Journal of the American Dental Association, 109:617-619, 1984.*

Both OSHA and the EPA have also published their own strict guidelines (which essentially match those of the ADA).

According to OSHA specifications, dental amalgam is classified as hazardous material. The excess waste must be disposed of according to its Material Safety Data Sheet (*For more on this, see "OSHA to Begin Enforcing Hazard Rule," ADA News, 19(15); 1, August 1, 1988.*)

When the EPA discovered that some dentists and dental suppliers had dumped some amalgam waste,

EPA went into action. It fined 58 dentists for mercury contamination of a disposal site for dental amalgam, and also charged the metal recycler and four dental suppliers (“*EPA: Dentists Settle in Mercury Cleanup Case*,” *ADA News*, 19(16): 1 August 15, 1988).

Just one mercury hearing-aid battery in six tons of garbage exceeds the allowable limit for mercury in solid waste as set by federal standards. Yet **one averaged-sized amalgam filling contains the same amount of mercury that is in one hearing-aid battery.**

Just a half-teaspoon of mercury can pollute an entire 18-square-mile lake.

Another mercury cleanup was discussed in a Connecticut newspaper article:

“On June 9, old thermometers that leaked during removal from a Monroe high school science laboratory caused school officials to test more than 100 students for mercury exposure and shut the school as a precautionary measure. **Cleanup of the small amount of mercury spilled and tested, to confirm no contamination remained, kept the school closed for two days.**

“School officials and local and state health authorities responded to the accident in an exemplary fashion. Mercury is a toxic substance. **The U.S. Food and Drug Administration has banned all over-the-counter medicines using mercury.**

“With so much concern about mercury contamination, it is ironic—and really stunning—that **on any given day across the country, including Connecticut, thousands of similar incidents occur, without evacuations, cleanups or alarm.** The incidents occur in dentists’ offices where patients have their teeth filled. **What most of these patients do not know** is that the fillings, so-called ‘silver’ fillings, routinely contain significant amounts of mercury. **The mercury in those amalgams is neither stable nor inert. Scientific evidence suggests it goes to all tissues and organs,** especially the jaw, liver, kidneys, and brain.

“Other factors are indisputable: 1. **The amount of mercury in our brains relates to the number of fillings in our mouths.** 2. Mercury from fillings cross the placental barrier and goes to the fetus; **it also passes to newborns via a mother’s milk.** 3. Only mercury has been shown in experiments to cause three hallmark signs of Alzheimer’s Disease. 4. **Toxicologists state there is no safe, lowest level of mercury in the human body.**

“One question that remains unanswered by the powerful ADA: If mercury fillings are so safe inside your mouth, **why, when removed, are they considered by the Federal Environmental Protection Agency to be treated as extremely hazardous waste, with severe penalties if not disposed of properly?**

“Is one’s mouth the only safe place to store mercury?”—Mark Breiner, D.D.S., quoted in *Connecticut Post*, July 6, 2003.

When the dentists expressed anger over Breiner’s article, an experienced medical doctor wrote this:

“I have yet to see even one of my patients, of the dozens who have addressed this issue by removal of all amalgam fillings and replacement with non-metal fillings, later regret their decision . . . **I have had at least two patents who had been totally disabled regain their ability to return to full-time gainful employment** as a result of the replacement of their amalgam fillings.

“I challenge ANYONE to show me a SINGLE person with a documented diagnosis of multiple sclerosis who has NEVER had an amalgam filling!”—Jon R. Mundall, M.D., *Harford Courant*, November 19, 2003.

BATTLE IN THE COURTS

Here is a statement from the American Dental Association (ADA)—absolving itself from all responsibility for its part in the mercury poisoning of the nation:

“The ADA owes no legal duty of care to protect the public from allegedly dangerous products used by dentists. The ADA did not manufacture, design, supply or install the mercury-containing amalgams. The ADA does not control those who do. [Not exactly true!] The ADA’s only alleged involvement in the product [amalgam] was to provide information regarding its use. Dissemination of information relating to the practice of dentistry does not create a duty of care to protect the public from potential injury.”—*W.H. Tolhurst v. Johnson & Johnson, Consumer Products, Inc; Englard Corp; ABE Dental Inc; American Dental Association, et al. Santa Clara County Superior Court, Case No. 718228 (1995).*

The above sworn statement was part of a legal testimony submitted to a California court in a 1995 civil lawsuit claiming injuries from dental amalgams. The court agreed with the ADA and dismissed it from the case.

Someone must have been paid off in Iowa. In the early 1990s, **the Iowa legislature voted into law a document written by the Iowa Dental Board.** This is one of the most restrictive policies in the nation,—and actually tries to forbid dentists from removing the amalgam from the mouths of patients who request it!

“Recommending removal of restorations or removing said restorations from the non-allergic patient for the alleged purpose of removing toxic substances from the body, when such activity is initiated by the dentist, is an improper and unacceptable treatment regimen.”—*Iowa State Administrative Rule 650-27.7(8), written by the Iowa Dental Board and approved by the Iowa Legislature.*

Senate Bill 934 became law in California on January 1, 1993. **It required the Board of Dental Examiners to prepare a fact sheet, to be posted in dental**

1 **offices, warning patients about the dangers of amal-**
 3 **gam.**
 2

“This bill would apply to any structure or device placed into a patient’s mouth that remains beyond the completion of the dental procedure including material used for not only filling cavities, but for bracing teeth as well.”

The law required that the Dental Board give the fact sheet to dental offices for posting. However, the ADA still won a partial victory; for the sheet only had to be posted in dental offices with 10 or more employees! There would be very few dental offices in the state with that many employees.

Here is the fact sheet:

“WARNING: This dental office uses amalgam filling materials which contain and expose you to mercury, a chemical known to the State of California to cause birth defects and other reproductive harm. Please consult your dentist for more information.”

Mention was made, earlier in this report, about **Sweden’s decision to ban amalgam fillings**. In 1994, it announced that a total ban on amalgam fillings was to take place. They were to be banned in children and adolescents up to the age of 18, by July 1, 1995, and in adults by 1997. The Swedish Welfare and Health Administration issued this statement:

“Amalgam is, from a toxicological point of view, an unacceptable filling material which shall be discontinued when a suitable dental material has been developed. As a first step in the process to eliminate the use of amalgam in dental fillings, comprehensive amalgam work on pregnant women shall be stopped in order to prevent mercury damage to the fetus.”

In December 1997, **the British government issued a warning to its dentists**: “It may be prudent to avoid, where clinically reasonable, the placement or removal of amalgam fillings during pregnancy.”

After that 17,500-person Tübingen University research study, mentioned earlier, **the German Association of Environment and Environmental Protection demanded that the government impose a complete ban on amalgam fillings**.

Denmark, Norway, Finland, and Austria are working to limit the use of amalgam. The School of Dentistry in Zurich, **Switzerland**, has stopped teaching how to work with amalgam.

Dentsply/Caulk, a major supplier of dental amalgam, decided to protect itself from legal action by posting a lengthy warning about amalgam on its website.

But as soon as the notice was discovered and publicized by the anti-amalgam activists—the very detailed warning quickly disappeared from the website.

That warning contradicted repeated claims by the ADA and state dental boards, that amalgam is perfectly safe in the mouth. It is a lengthy statement and repeats

some of the data in this present report.

Here is an interesting newspaper quotation:

“Despite global and national responses, the ADA still contends that dental amalgam is ‘safe, durable, and affordable,’ according to a Colorado Dental Association statement . . . [but] in his book, *How to Save Your Teeth*, International Academy of Oral Medicine and Toxicology president, Dr. David Kennedy, points to various findings from animal and cadaver studies that mercury accumulates in ‘just about every vital tissue,’ and that the largest source of that accumulation is from amalgam fillings. Kennedy further points out that the World Health Organization in 1991 ‘concluded that there is no totally safe level of mercury in the human body.’

“Since the EPA has long declared that mercury and other substances contained in amalgam are toxic waste when it comes to disposal, and since dentists are warned about the high levels of toxicity of amalgam in handling the filling, many mercury-free activists wonder why amalgam is assumed safe when it is in closest contact to the human body—inside the mouth . . .

“Typically adults carry about 10 amalgam fillings in their mouths. Overall, each year more than 200 million are placed in mouths, according to the ADA. Considering that each amalgam weighs about 1 gram, and half of that is mercury, more than 110 tons of mercury are being used in amalgam fillings each year.”—*Aaron Brown, Boulder (Colorado) Weekly, 1996*.

EVEN DANGEROUS TO DENTAL PERSONNEL !

In the 1960s, I learned a statistic which astonished me: **More dentists commit suicide than that of any other medical professional**. Wondering what was the cause of this, I decided that it may be the continual tension of working over a small hole (an open mouth), knowing that the patient was tense and sometimes experiencing pain. Yet I now see that **the cause may well be the day-after-day breathing of fumes from the mercury!**

“**In 1987, more than 100 dentists and dental technicians were committed to psychiatric institutions because of mercury poisoning**, the most common symptom of which is the development of psychotic behavior.”—*Bestways, August 1988*.

Not only are dentists and dental assistants injured by constantly working with amalgam, but **the fetuses of women dental assistants can be damaged as well**.—*Women should be counseled not to become dental assistants!*

“A Polish study by Sikorski, et al., revealed a high frequency of congenital malformations among dental personnel. Among 117 pregnancies in a mercury-exposed group of dental staff, there were five cases (5.1%) of spina bifida, and one case of intra-atrial defect. There were no malformations among the 63 pregnancies in the control group.”—*Lars Friberg*,

M.D., Ph.D.

A Swedish study, published in the *Journal of Orthomolecular Medicine*, concluded that **the use of mercury in amalgam fillings produces adverse neurological effects in the brains of practicing dentists.** This resulted in Sweden's total ban on amalgam fillings in 1997.

"OSHA rates the dental industry as a hazardous industry because of the extensive use of mercury by dentists and dental technicians in the preparation of silver-amalgam dental fillings . . .

Further down in the *Bestways* article, we read this:

"In 1987, Dr. Dan Langan and Dr. P.L. Fan of the ADA measured the amount of mercury in the blood of people who have one amalgam dental filling. The average result was 0.7 nanograms of mercury in each gram of blood. **This is enough mercury to destroy 21 trillion molecules of the amino acid cysteine.** The destruction of each molecule of cysteine destroys one of the nerve cells of the brain. **The destruction of 21 trillion nerve cells in the brain would be capable of producing some evidence of psychotic behavior.**"—*Bestways*, August 1988.

You will recall that I earlier quoted Dr. Boyd Haley's November 2002 Congressional testimony; his careful study showed that **the release of mercury vapor was actually far greater: 7.54 micrograms/day/sq cm of surface, when undisturbed, and 45.49 micrograms/day/sq cm of surface when brushed,** using a medium bristle toothbrush.

ALTERNATIVE FILLINGS

There are alternatives to mercury amalgam fillings; yet dentists frequently do not tell the patient about the options. The ADA's *Code of Ethics* restricts dentists from telling patients that mercury amalgams may be a contributing factor in systemic illnesses. The ADA's claim of amalgam safety is primarily based on the fact that it has been in use for over 150 years (*source: ADA Division of Scientific Affairs, When Your Patients Ask about Mercury in Amalgams, JADA, 120-395-8, 1990*).

If your dentist says he does not believe mercury amalgam fillings are harmful, and will not give you a choice of dental filling materials,—you should go to a different dentist.

If you have mercury amalgam fillings and would like them replaced with non-toxic, bio-compatible dental materials, this can be done. But be aware of the fact that mercury vapor is being released as the fillings are being removed. Therefore, the filling material must be entirely removed, and done so by dentists who are willing to minimize the risk of your exposure to it during the process. It would be well to obtain extra rest, and take extra vitamin C before, during, and after the

amalgam removals are done.

There are three types of "safe" dental fillings. One is **gold**, the safest of all (but also very expensive). **Porcelain crown** is second (but also very expensive and quite fragile). The third is **composite fillings**,—*but you want only those without aluminum or barium in them!* Here is the information:

"**The price of any filling** will vary depending on the number of tooth surfaces involved, the dentist and the geographical location. The average **amalgam** filling usually runs from \$55 to \$110. A **gold** filling for a single tooth surface can range between \$500 and \$700. A **porcelain crown** can cost as much as \$800. Of all the materials available, gold lasts the longest. The average **composite filling** will cost between \$85 and \$175. Many amalgam-free dentists are now curing, or baking, the composite in a laboratory before installing the filling. The **curing process** costs an additional \$50 or more in lab fees, but it will make the filling more durable and can extend its life.

"**Composite fillings** contain a plastic resin and any of a variety of hard substances, like quartz crystal. The resin serves as a matrix, or binding material, that holds the quartz in place . . . Not all composite materials are alike. The better composites are composed of quartz crystal or some other hard crystalline substance, like zeolite, a ground-up mineral similar to mica; or zirconium silicate, also a hard crystal. The most widely used resin is Bis-GMA, which forms a hard and stable plastic, or polymer.

"**Some companies, however, put aluminum oxide or barium in their composites,** so the filling will show up on an X-ray, says Dr. Anita Karimian, who holds a Ph.D. in industrial hazards . . . **Aluminum has been cited as a possible cause of Alzheimer's disease,** and studies have shown that some metals may depress the immune system. Karimian says that most mercury-free dentists are selective in the composites they use, but that **patients should ask for composites that do not contain aluminum, barium, or other metals,** thereby avoiding the possible toxic effect of metals.

"One of the ironies of the mercury controversy is that pro-amalgam dentists claim that composite materials may be toxic. The National Institutes of Health and the FDA state the opposite: **Studies have shown that the non-metallic composites are harmless.**

"Dr. Michael Ziff points out that **composites are made of long chains of molecules that are essentially too big to be absorbed by cells** in the mouth and digestive tract. Studies have shown that the body eliminates through the feces any pieces that come off the composite filling."—*Tom Monte, Natural Health magazine, July-August 1995.*