

RESOURCES for Information about Mercury Amalgam Dental Fillings

BOOKS


- * Available from Bio-Probe 800-282-9670 and DAMS 800-311-6265
- ** Available from Price-Pottenger Nutrition Foundation 800-366-3748
- * **Dentistry Without Mercury**, Ziff & Ziff \$5.95
- * **Your Toxic Teeth**, Murray Vimy, DMD \$10.
- * **Silver Dental Fillings - The Time Bomb**, Ziff. \$14.95
- * **Dental Mercury Detox**, Ziff & Ziff. & Hanson \$5.95
- * **Solving the Puzzle of Mystery Syndromes, Are Your Amalgam Fillings the Missing Piece? (case histories and information)** \$5.95
- * **Uninformed Consent: The Hidden Dangers in Dental Care**, Hal Huggins, DDS & Thomas E. Levy, MD \$14.95 (excellent!)
- * **It's All in Your Head. The Link Between Mercury Amalgams and Illness**, Hal Huggins, DDS \$10.95
- * **Root Canal Cover-up**, George E. Meinig, DDS
- * **Whole Body Dentistry**, Mark A. Breiner, DDS \$19.95
- * **Infertility & Birth Defects - Is Mercury From Silver Dental Fillings A Hidden Cause?** Ziff & Ziff \$14.95
- * **Oral health and Heart Disease**, Ziff & Ziff \$5.95
- * **The Missing Link? - A Persuasive New Look at Heart Disease as it Relates to Mercury**, Ziff & Ziff \$12.

RELATED READING

- ** **Nutrition & Physical Degeneration**, Weston Price, DDS \$19.95
- ** **Nourishing Traditions**, Sally Fallon \$25.

SUMMARY OF SCIENTIFIC FACTS

1. **Mercury is very toxic**, more so than lead, cadmium or arsenic. Methylmercury and mercury vapor are the most toxic forms.
2. **There is no known toxic threshold for mercury vapor.** Some authorities say that no amount of exposure to mercury vapor can be considered totally harmless.
3. **Dental amalgam fillings are approximately 50% mercury.** One average size amalgam filling contains about 780 milligrams of mercury, which is enough to exceed the USEPA non-dietary Mercury Intake Standard for over 100 years.
4. **Mercury is not "locked" into the amalgam.** Subjects with amalgams are constantly exposed to mercury every day. The amount of exposure is greatly increased when the fillings are exposed to chewing, brushing or heat. It takes at least 90 minutes for these increases to 'cool down' to prestimulated levels.
5. **Mercury vapor very easily enters the human body and its cells. It also easily penetrates the blood-brain barrier and the placental membrane.** On an average, humans inhale at least 17,280 times each day. It takes the body 30-70 days to eliminate one half of each dose of mercury.
6. **Human autopsy studies prove that dental amalgam mercury enters the patient's body and builds up with time.**
7. **Mercury is known to damage the brain and nervous system, the thyroid, pituitary and adrenal glands, the heart and lungs, as well as hormones and enzymes. Mercury is a very potent suppressor of the immune system and is known to damage the brain and nervous system of unborn babies.**
8. **It has been scientifically proven that even one amalgam filling will generate electrical currents when placed in the teeth. The health effects of these currents are as yet unknown.**
9. **There is no published research connecting mercury exposure from dental amalgam fillings to any human disease state. On the other hand, there is no published research proving such connections do not exist. In over 160 years of use of dental amalgam, no controlled biocompatibility studies have been done, even though patient exposure to mercury from these fillings has been known for years.**
10. **The American Dental Association, OSHA and the EPA, have declared left-over scrap dental amalgam to be a toxic hazard to dental personnel, to the dental office and to the environment!**

 **Due to the fact that the American Dental Association, the FDA and the U.S. Government do not recognize dental amalgam mercury as a potential problem, do not expect dentists or doctors to be aware of dental amalgam mercury as a consideration in the analysis of your health problems.**

WEBSITES

- www.amalgam.org (DAMS and Consumers for Dental Choice)
- www.dams.cc (DAMS Intl.)
- www.toxiciteeth.net (legislation and litigation)
- www.IAOMT.org (International Academy of Oral Medicine & Toxicology)
- www.vimy-dentistry.com (Dr. Vimy's page)
- www.hugnet.com (Hal Huggins' website)

ORGANIZATIONS • JOURNALS

DAMS (Dental Amalgam Mercury Syndrome) 800-311-6265
DAMS is a support group of dental mercury victims (and volunteers) who feel a strong obligation to inform fellow citizens of the health hazards associated with amalgam fillings. Call for FREE introductory basic information packet on non-toxic dentistry, list of practitioners in your state familiar with non-toxic dentistry, book list. Membership and Journal, \$15. - \$25.

IAOMT (International Academy of Oral Medicine and Toxicology) 407-298-2450 P.O. Box 608531, Orlando, FL 32860-8531

AAEM (American Academy of Environmental Medicine) 7701 East Kellogg, Suite 625, Wichita, Kansas 67207, 316-684-5500, www.AAEM.com

PRICE-POTTENGER NUTRITION FOUNDATION 800-366-3748
Membership and quarterly journal \$35. Accurate information on nutrition, dental issues, natural healing, environmental issues and more.

WESTON A. PRICE FOUNDATION 202-333-4325
Membership and quarterly journal \$40. Dedicated to restoring nutrient-dense foods to the American diet and healthy living.

FURTHER EDUCATION AND ASSISTANCE:

- Hal Huggins, DDS, 719-522-0566 • www.hugnet.com
- Peak Energy Performance, 800-331-2303
- Clifford Consulting & Research, 719-550-008 (dental material compatibility testing)

SYMPTOMS OF MERCURY TOXICITY

CENTRAL NERVOUS SYSTEM • Anxiety/nervousness, often with difficulty in breathing • Restlessness • Exaggerated response to stimulation • Fearfulness • Emotional instability • Lack of self control, fits of anger, with violent, irrational behavior • Loss of self confidence • Indecision, shyness or timidity, being easily embarrassed • Loss of memory • Inability to concentrate • Lethargy/drowsiness • Insomnia, mental depression, despondency • Withdrawal • Suicidal tendencies • Manic-depression • Numbness and tingling of hands, feet, fingers, toes, or lips • Muscle weakness progressing to paralysis • Ataxia • Tremors/trembling of hands, feet, lips, eyelids, or tongue • Incoordination • Myoneural transmission failure resembling Myasthenia Gravis • Motor neuron disease (ALS) • Multiple Sclerosis

HEAD, NECK, ORAL CAVITY DISORDERS • Bleeding gums • Alveolar bone loss • Loosening of teeth • Excessive salivation • Foul breath • Metallic taste • Burning sensation, with tingling of lips, face • Tissue pigmentation (amalgam tattoo of gums) • Leukoplakia • Stomatitis • Ulceration of gingiva, palate, tongue • Dizziness/acute, chronic vertigo • Ringing in the ears, hearing difficulties, speech and visual impairment • Glaucoma • Restricted, dim vision

GASTROINTESTINAL EFFECTS • Food sensitivities, especially to milk and eggs • Abdominal cramps, colitis, diverticulitis, or other G.I. complaints • Chronic diarrhea/constipation • Kills beneficial intestinal bacteria

CARDIOVASCULAR EFFECTS • Abnormal heart rhythm • Characteristic findings on EKG: abnormal changes in the S-T segment-lower and broadened P wave • Unexplained, elevated serum triglyceride • Unexplained, elevated cholesterol • Abnormal blood pressure, either high or low

IMMUNOLOGIC • Repeated infections • Viral and fungal infections • Candida or other yeast infections • Microbacterial infections • Cancer • Autoimmune disorders • Arthritis • Lupus erythematosus (LE) • Multiple Sclerosis (MS) • Scleroderma • Amyotrophic Lateral Sclerosis (ALS) • Hypothyroidism

SYSTEMIC EFFECTS • Chronic headaches • Allergies • Severe dermatitis • Unexplained reactivity • Thyroid disturbance • Subnormal body temperature • Cold, clammy skin, especially hands and feet • Excessive perspiration, w/frequent night sweat • Unexplained sensory symptoms, including pain • Unexplained numbness, or burning sensations • Unexplained anemia • G-6-PD deficiency • Chronic kidney disease • Nephrotic syndrome • Receiving renal dialysis • Kidney infection • Adrenal disease • General fatigue • Loss of appetite, with or without weight loss • Loss of weight • Hypoglycemia • B vitamin deficiencies

From "The IV-C Mercury Detox Program, Guide for the Patient," a companion book to "Chronic Mercury Toxicity New Hope Against an Endemic Disease," by Sam Queen and Betty A. Queen