

Are Your Teeth Poisoning You?

The Hidden Dangers of
Amalgam (Mercury) Fillings...



...and the Truths “They” Don’t
Want You to Know About!

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Introduction

Do you have headaches? Sleeping problems? Irritability? Do you get sick frequently? Feel run down? And you can't quite put your finger on why?

The problem could lie in your mouth... more specifically, in your teeth.

It's true – as strange as it may sound, the source of all of your nagging problems may come from your dental fillings... silver amalgam fillings to be exact.

Experts around the globe and at least one well-respected international organization have determined that amalgam fillings—made with mercury—could be causing many of your physical AND mental ailments.



Does this sound far-fetched? Does it sound like downright quackery? It may, but that doesn't change the fact that many chronic health conditions – especially autoimmune diseases – have been directly linked to amalgam fillings.

If you have these fillings in your teeth – and many of us do –this just may be the most important report you'll ever read. It could save your teeth, save your health, and save your life.



Discover the true health dangers lurking in your teeth... why are some experts trying to “brainwash” people about the dangers of mercury? What can you do to safely remove the mercury from your mouth? How can you protect yourself from the mercury vapors that lurk in your dentist's office (even if you *don't* have amalgam fillings, you could be feeling the affects!).

In the pages of this report you'll discover such eye-opening facts as:

- How little silver is actually in *silver fillings*. These fillings should be called **mercury fillings** because more than half of them are poison.
- The truth about the dangers of mercury vapor. If you can't see it, does it mean it's not there?

- Mercury fillings emit three to 50 times the levels of mercury vapor deemed safe into your mouth every single day!
- How every time you eat, have your teeth cleaned or go to sleep your fillings are literally poisoning you.
- How the slow, insidious leach of toxic vapor can affect your health, contributing to a host chronic – and quite serious – health conditions, diseases and illnesses.
- Three major reasons why you should have your fillings removed today– and how to go about it in the safest manner.
- Why mercury fillings are still being placed and who's supporting it. We will uncover the controversy behind all this mess.

Let's get started...

Why They Shouldn't Be Called Silver Fillings

Amalgam fillings are commonly called silver fillings for one reason and one reason only: it's easier to sell a "silver" filling than a "mercury" filling. Wouldn't you agree?

Yes, the color of the filling is silver. Yes, silver is a real metal. However, the reality is that there's less than 25 percent silver and **over 50% mercury** in these fillings.

Another remaining 25 percent of the filling is a mixture of other metals, mostly tin, zinc and copper.

Silver amalgam fillings, as they're routinely called, are made of more mercury than silver. In fact, **there's twice the amount of mercury in a filling than silver**. Imagine that!

Let's look a little bit at the history of these fillings.

Back in the late 1800's, scientists discovered they could mix metals together (via amalgamation) and put the mixture in the mouth to harden. They thought at the time the mercury would be safe because it wouldn't escape after it hardens up. Very little concern was expressed about leakage or mercury.

Fast forward a few decades and thousands of inventions, studies, and tests later. And what do we find? That these mercury fillings ARE DANGEROUS. They continue to express mercury vapors during filling placement, during their lifetime, and during their removal.

We know mercury is toxic, so why are dentists still placing these fillings? We'll go over that later. First, let's talk about mercury.

What is Mercury and How Dangerous Is It?

Technically, mercury is classified in the scientific realm as a heavy metal -- and a highly toxic heavy metal at that.



According to Ingham.org, mercury has over 3000 industrial uses, including batteries and chlorine-alkali production. “Paints and industrial instruments have also been among the major uses. Until paint manufacturers agreed to eliminate the use of mercury in interior paints, 480,000 pounds of mercury in paints and coatings were produced each year.”

This toxic metal—pulled by the EPA for most uses due to health concerns—is still used today to fill cavities... even though better, safer alternatives are available!

In fact, mercury is so toxic, that the Louisiana DEQ lists this warning on their website (<http://www.ldeq.org/portal/tabid/2083/Default.aspx>):

“Warning: Mercury is a virulent poison. Short-term or long-term exposures to mercury can lead to serious health problems, including death. Human exposure to mercury occurs primarily from breathing contaminated air. Mercury is also readily absorbed through the gastrointestinal tract and through the skin. Even though symptoms do not appear, serious damage can be done to the human body....”



The Louisiana DEQ goes on to list the proper handling and disposal techniques to avoid mercury poisoning:

“Handling. If mercury escapes into the environment, evacuate children and pregnant women. Remove all jewelry, especially gold. Handle the mercury carefully. Wear rubber gloves and scoop it onto a sheet of paper or suck it up with an eyedropper. Place the mercury in a medicine vial or similar airtight container. The scoop, paper or eyedropper should also be bagged and disposed properly according to guidance provided by environmental officials or your local health department. Ventilate the room to the outside and close off the rest of the home. Use fans for a minimum of one hour to speed the ventilation. Do not simply throw the mercury away. Seek professional guidance from local recycling, solid waste or hazardous waste agencies. Large retailers and building centers may accept glass-encapsulated mercury, as in thermostats, for recycling.”

Take a closer look at this part in particular: “Wear rubber gloves... Ventilate the room to the outside and close off the rest of the home.” If mercury spills in your home, it is being recommended that you **quarantine** that room. You must wear thick rubber gloves. If you inhale it, you should call poison control. Yet dentists routinely put mercury directly into your mouth.

In fact, while dentists in the United States still place mercury fillings on a daily basis, many other countries have outlawed its use entirely. Consider that Norway, Sweden, and Denmark have entirely banned mercury for dental fillings, yet your dentist most likely places several mercury fillings every day.

Even one amalgam filling . . . May be one too many!



The World Health Organization (the WHO) says that even one “silver” amalgam filling inside your mouth is capable of releasing three to 17 micrograms of mercury per day. While this may not mean much to you, let’s put this number in perspective.

This is ten to 50 times the upper limit the U.S. Public Health Service has set for safety.

The WHO, by contrast, believes there is no such thing as a “safe level” of exposure to mercury vapors.

And it doesn’t take much to release this mercury.

Did you brush your teeth today? You’ve probably released mercury from your fillings.

Did you eat today? If you chewed, it’s almost a certainty that your fillings released toxic mercury vapors today.

And chewing and brushing your teeth are only two of the ways this deadly toxin can enter your body. Some of the other ways you may be releasing mercury vapors into your body every day:

- Teeth grinding
- Gum chewing
- Exposure to computer terminals
- Drinking hot liquids, like coffee and tea

The real danger lies in the fact that health problems don’t arise overnight. If that were the case, then perhaps more individuals would recognize the problem. Instead, mercury levels slowly accumulate in your body, attacking you little by little and covering the trail to the real source: the mercury.

And if you’re pregnant or nursing, then the danger isn’t just isolated to your body – you could inadvertently be poisoning your unborn child or baby as well.

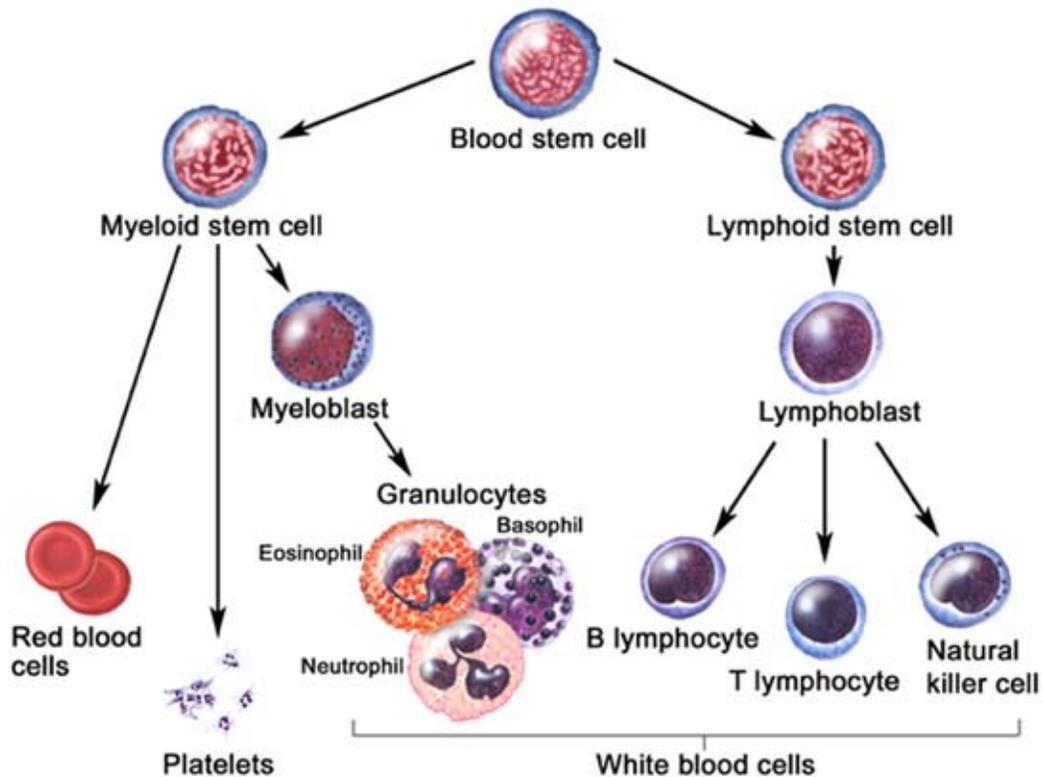
Mercury has the capability, research shows, of crossing into the placenta. That means that if the mercury is in your body, it's almost undoubtedly in the developing fetus of the child in your womb as well. Even trace amounts of this toxin can cause birth defects, according to many experts.

Ever wonder about the seemingly rising autism rates in this country – and around the world? Mercury has been associated with such mental health disorders as regressive autism, and autism spectrum disorder as well as attention deficit disorder. Not only that, but mercury poisoning may reveal itself in children as behavioral problems, developmental delays, and physical and cognitive problems as well.

And if you're breast feeding mercury you may also be passing an amount of mercury on to your infant as well.

How Mercury Destroys Your Health

So what makes mercury so toxic to your body? Mercury actually kills your white blood cells, medical experts now believe.



National Cancer Institute

It wreaks havoc on your body, not all at once. It slowly, insidiously attacks you from the inside out, so you don't even know that it's the cause of your health problems.

Mercury is especially hazardous when it metabolizes – or joins forces – with a substance called methyl mercury. According to the white paper produced by a branch of the WHO, it can be harmful if it's absorbed through the skin and even fatal if inhaled.

The WHO believes that the amount of mercury your body is absorbing due to the presence of your amalgam fillings is actually four times higher than what is absorbed when you eat fish.

Amalgam fillings are called unstable. This means that they actually release mercury vapors inside your mouth. These vapors mix with your saliva, where it spreads throughout your body.

Exposure to this metal has been cited as a cause for some autoimmune diseases, such as multiple sclerosis, psoriasis and even chronic fatigue syndrome.

Some medical experts also believe that it's an underlying contributor to many of the cases of cancer and heart diseases individuals are experiencing today.

The list of diseases, in fact, that have been linked with exposure to mercury is quite astounding – if not a bit frightening. This liquid metal, which at one was found in such common household items as thermometers and antiseptic products, is now being targeted as a possible contributing factor in such common health problems as congestive heart failure, kidney damage, hearing loss and high blood pressure.

Toxic levels of mercury have also been implicated in increasing your risks of developing Alzheimer's disease and Parkinson's disease.

But that's not all, there are even more ways that this metal can slowly snatch your health from you. Toxic levels of mercury are associated with

- Depression
- Birth defects
- Multiple sclerosis,
- Fatigue
- Anxiety
- Suppressed immune systems
- Antibiotic resistance
- Poor kidney functioning

Just how many people are affected by this problem? There's really no way to know exactly. Some data show though that as many as 20 percent of the population may actually be experiencing subclinical impairment – problems that are too subtle to appear on the medical tests – in either their nervous systems or kidney functioning due to these fillings.

What Are Some of the Symptoms of Mercury Poisoning?

But there are still other ways you can tell if the levels of mercury in either your body – or your child's – may be approaching toxic levels. Toxicity appears as damage to what's called your peripheral nervous system, or more succinctly, your brain and spinal cord.

Your peripheral nervous system's major task is to link your central nervous system with your organs and your limbs.

Specifically mercury toxicity produces an itching, tingling or even burning sensation in your nerves. It may also create a numbness on your skin. A toxic level of this heavy metal may also produce skin discoloration. You may notice that your cheeks, fingertips and even your toes may turn "pink." You may also notice – as the level of mercury increases towards potential toxicity – swelling of your body as well as dead skin just peeling off in layers.

Children especially are affected by mercury toxicity. Some of the additional symptoms found in youngsters include red lips, loss of hair, loss of teeth as well as nails, rashes that come and go, muscle weakness and even sensitivity to light.

If you're experiencing unexplained memory lapses or insomnia you might suspect mercury toxicity.

But that's really only the tip of the iceberg when it comes to symptoms. Many medical experts believe that some of our major health disorders, diseases and illnesses are caused by mercury poisoning – specifically due to amalgam fillings.

What type of health concerns are we talking about?

Brain Damage in Children

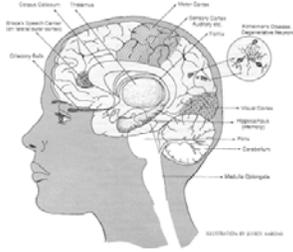


As you'll recall, one of the effects of mercury toxicity is its effects on the peripheral nervous system – the brain and the spinal cord. Is it any wonder then that as far back as 1998 researchers discovered that amalgam fillings have the potential to cause permanent brain damage to children?

Not only that, but this same research revealed that a child with amalgam filling

may also be at a much greater risk of developing kidney damage and have his immune system compromised.

Alzheimer's disease

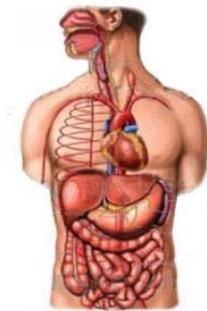


Similarly, a more recent study demonstrated a clear connection between these fillings and Alzheimer's disease. Specifically the study exposed a group of rats to various levels of mercury vapor.

These vapors were diluted proportionally to account for the size difference between rats and humans. According to the study, the rats who were exposed to mercury vapor levels which would approximate that released by amalgam fillings developed brain tissue damage that was – in the words of the study – “indistinguishable” from Alzheimer's disease.

To ensure the accuracy of the study, the researchers repeated the experiment. Again the same results occurred.

Nerological, Gastrointestinal Conditions



Recently, researchers conducted the first epidemiological study of the potential hazards of mercury vapors released by these fillings. The scientists indeed discovered that presence of these fillings were linked with a greater incidence of gastrointestinal conditions, an array of sleep disorders, restlessness, a lack of initiative and even various mouth-related health conditions, such as bleeding gums.

In addition to that, it's apparent that the concentrations of mercury in a person's brain, blood and urine actually parallels the number of amalgam fillings he has. And the concentration significantly increases with increased chewing.

. . . And Who Are ‘They’, Anyway?’

Now you would think with this type of danger hiding right inside many of our mouths, there would be a growing – and well-publicized – concern (an outcry you might say!) about removing these fillings from your mouth!

Instead, though, the topic lends itself to controversy. There exists a “they” out there who insist that you don’t really need to know this information. So who are “they,” anyway?

It depends who you talk to. Certainly the U.S. Food and Drug Administration tries to downplay the dangers of these fillings. And even the American Dental Administration tries very hard to convince you that silver amalgam fillings are harmless.



You probably aren’t aware of it, but right now, there’s a major storm brewing between two very strong and influential voices in the medical community. The first voice belongs to the ADA.

This group insists that the levels of mercury in these fillings are safe. But then you learn that the ADA is also doing everything within its power to quiet the voices of those who differ in their opinion? This dental organization’s official web site, <http://www.ada.org/public/topics/fillings.asp#amalgam>, acknowledges that “some concern has been raised because of [the] mercury content [of fillings].

ADA American Dental Association®
America’s leading advocate for oral health

“However, the mercury in amalgam combines,” the site explains, “with other metals to render it stable and safe for use in filling teeth.”

All of this information isn’t quite as “cut and dry” as the ADA would lead you to believe. Yes, the ADA is correct when it says the Centers for Disease Control believes that amalgam fillings are safe.

But, when the ADA, then sites the U.S. Public Health Service in the same breath . . . well, that’s when a bit of the confusion comes in. The Public Health Service actually cites certain maximum levels of safety regarding the release of amalgam fillings. This group says that no more than 0.28 mcg a day can be released a day safely. The ADA never mentions this small qualification.

The ADA also claims that the World Health Organization also considers amalgam fillings as being a safe method of dental work. Oh, does it? I've already mentioned their concern earlier in this report.

Here are the exact words of the ADA regarding the judgment of the WHO: "the World Health Organization, among others, have been satisfied that dental amalgam is a safe, reliable and effective restorative material."

But if you listen to what the World Health Organization has to say on the subject, you'd think the groups were talking about two entirely different subjects. WHO strenuously objects to the use of amalgam fillings.

You'll Believe It When You See It?

So just who do you believe? If you're still confused, as I was for the longest time, here is some evidence that's pretty hard to refute. It's actually video of a silver amalgam filling emitting mercury vapors. You can find it on our website by clicking the following: [Smoking Tooth Video](#).

Let's just put it this way, if that's not mercury vapor coming from the tooth, I'd want it out of my mouth anyway... It can't be healthy!



“Yes, There Is Something You Can Do About It”

For all of the bad news about silver amalgam fillings (and whoever named them that anyway?), there really is some good news on the horizon.

The ray of hope is that the removal of these fillings can actually spark the process of a reversal of these problems. Yes! Once you remove these fillings – and replace them with the safer porcelain kind – the symptoms also fade.

Recently, a study was published in the Journal of Orthomolecular Medicine which cited that 118 individuals – all plagued by various symptoms of mercury poisoning – underwent removal of their fillings.

Within six months to a year, 80 percent of the symptoms of mercury poisoning vanished!

But did you know that even the act of removing these fillings may release more mercury into your system? That means you need to find a dentist trained in the proper removal.

The dentist you choose should be someone that you not only trust, but who can explain to you beforehand how he or she plans on keeping the mercury level as low as possible during this procedure.

Now the question arises: how do you know if what he tells you is really “protocol” or not?

The truth of the matter that there is a safe technique to removing these fillings from your mouth – and a well-respected organization called the International Academy of Oral Medicine and Toxicology outlines these briefly.

It’s this “Patient Protection Protocol” (I refer to it as PPP for short) that I have adopted and use for all of my patients. It consists of several very simple steps – all designed to reduce your exposure to the mercury vapors.

PPP Step #1: Chunk it! Cut It! Cool It!

I cut across the filling to dislodge the material in chunks – in fact, the larger the chunks the better. You see, the larger the chunk, the less mercury is being disturbed. And that naturally translates into the less amount of mercury vapor you're exposed to.



At the same time, I purposely keep a continuous spray of water on the tooth. This is the third part of Step #1, the “Cool It!” aspect.

This spraying component keeps the filling cool while I cut and chunk it – which also reduces the dangers of mercury vapors which the filling releases.

PPP Step #2: Suck it up!

While I'm doing this, you'll notice that I am continuously using a suction tool on your mouth. It runs constantly. And there's good reason for this. Not only am I vacuuming the vapors from the filling, but the suction takes up any smaller particles of filling that may be breaking off as well.



The suction mechanism I use is a high-volume evacuation model, or HVE.

PPP Step #3: The Rubber Dam

I use one – every time. Many dentists prefer to work without one, but I think the dangers of vapors are far too serious not to use one. The presence of a rubber dam helps to contain the majority of debris created by the grinding of the amalgam filling.

But even with this precaution, some particles still sneak through and enter into your mouth. That's why this step also includes such safety precautions as using a saliva ejector behind the dam. I also rinse the dam regularly as I work.

Not only that, but as soon as the amalgam fillings are out, I remove the dam. Then I rinse your mouth thoroughly even before I place any new fillings in. You'll

need to be patient because to cleanse your mouth fully may take up to a full minute (of course, I understand to you it may seem like an eternity!) I undertake a “search mission” of your mouth to insure that no particles are lurking on the back of the tongue or other hiding places.

PPP Step #4: Protecting Your Skin

I’m not only concerned about your mouth. You’ll notice that I also cover your skin with a cloth barrier. The purpose of this is to prevent any particles from coming into contact with your skin or falling in your eyes.



PPP Step #5: Protecting The Air You Breathe

Since it’s the vapors of the mercury that causes the problems, I also ensure that the office is outfitted with supplemental air during this period as well. This prevents you from breathing air that may have been contaminated with mercury vapors.

PPP Step #6: TLC!

But my secret weapon in removing these fillings safely – and as painlessly as possible – is that I infuse each and every step with Tender Loving Care! And each member of my staff treats you the same way!

My [San Diego dentistry practice](#) is focused on more than just the care of your teeth. While that’s the focus of the activity, I’m most concerned for your whole-body wellness. So everything we do – from the most minor of activity to the major techniques – is infused with TLC! Guaranteed!



Conclusion

Only you can decide if you believe the removal of your amalgam fillings is worth your time, energy and expense. But then, it's difficult to put a price tag on health. The ADA would have you believe that the costs of removal – if a complete ban on amalgams would occur – would be staggering.

This organization argues that the cost would in some way market dental services right out of the reach of the lower-income families.

But then, you need to weigh the costs of removal of the fillings against the possible long-term cost any health care related to the treatment of the symptoms, disorders, diseases and illnesses that may be caused by the mercury vapors in your system.

Many individuals – myself included – believe that replacement of your amalgam fillings with a safer type of device far outweighs the long-term health care costs of these conditions.

Personally, I believe that the removal of these fillings is of the utmost importance for your health. And individuals – who share my same passion about this topic – have visited my office to have this procedure done here in San Diego.

You see many of my patients are local. But many travel long distances because I'm committed to the health of the total person. My mission first and foremost is to serve you. I believe that if I keep to the creed, my patients will benefit to the max.

If you're interested in talking to anyone on my staff – or me – about the safe removal of mercury amalgam fillings, please don't hesitate to contact us. You can find me on the web at www.naturaldentistry.us. If you prefer, just call me at 1.888.825.5351.

Your health is definitely worth the effort – believe me on that one



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