

SPECIAL REPORT

Toxins in your teeth

Don't be fooled by the dentists who tell you mercury fillings are safe. Mercury is one of the most dangerous elements known to man and its removal has transformed the health of countless people and could transform yours too, says Philip Weeks.

MERCURY AMALGAM HAS BEEN dogged with controversy ever since it was first used in the 19th century. Mercury was first employed as a material in fillings because it has a special quality: it is able to dissolve powders of other metals such as tin, copper, nickel and silver.

Silver dust was originally mixed with mercury and first used as a dental material in 1830. It had initial teething problems (excuse the pun) because it would expand excessively and often dislodge when the patient ate or drank hot liquids and food. This problem was solved but even then mercury was well known for its toxic effects. It was used as an anti-syphilitic by the allopaths in the 19th century but dosage was always a problem: use too much and the patient would die from mercury poisoning. When mercury fillings were first introduced, dentists reported that some of their patients began to exhibit symptoms of dementia, loss of motor control and fatigue. Such was the outcry from the dentists, that in 1845 the American Society of Dental Surgeons asked its members to sign a pledge to **never use mercury again.**

However from a dentist's point of view it was and still is an ideal material. It is cheap, very durable and easy to install in the teeth. Because at that time gold was the only alternative and prohibitively expensive the use of amalgam eventually grew. In 1859 the American Society of Dental

Surgeons fell apart and was replaced by the pro-amalgam American Dental Association. Mercury fillings became the standard dental material used in Europe and the world by 1900.

By the 1920's the mercury debate became active again. Professor Alfred E. Stock at the Kaiser Wilhelm Institute in Germany began to notice side effects from using mercury in his own science lab. He published a number of papers linking amalgam with detrimental side affects.

The debate has been raging for at least 150 years. Meanwhile, millions of people are suffering from the insidious and sometimes deadly effects of mercury poisoning. The British Dental Health Foundation state that amalgam fillings are safe because: *"They have been in use in dentistry for over 150 years!"* Our government is satisfied with this yet herbs like Kava Kava that have been successfully used for thousands of years are being banned if there is a one-off isolated reaction from a user.

Consider also that in their 2003 Policy Statement on Dental Amalgam, the Foundation admitted: "If amalgam were to be presented as a new material today, it would not be approved by any food and drug administration."

Mad as Hatters

In the 19th century, a complicated set of processes would turn animal fur into a

finished hat. A solution made from mercury was an important component enabling the fibres to mat together. The finishing process involved steaming the fur in order to shape and create the final top hat. This was often done in unventilated conditions meaning the hatters would be continually breathing in mercury vapour.

A number of symptoms such as trembling, loss of coordination, slurred speech memory loss, fatigue and personality changes became associated with those working in the industry. It became known as 'mad hatter syndrome'. Although mercury is no longer used in hat making, mad hatter syndrome certainly has not gone away.

Mercury is the second most toxic element known to man; plutonium is number one. We know that mercury can have devastating effects at high exposure levels.

The following quote is from a 2005 article in *Discover* magazine: "In August 1996 Karen Wetterhahn, a chemistry professor at Dartmouth College in Hanover, New Hampshire, spilled a few drops of a laboratory compound called dimethyl mercury onto one of her hands. She was wearing latex lab gloves, so she didn't think much of it. A colleague saw her at a conference the following November. "She said she thought she was coming down with the flu," says toxicologist Vas Aposthian of the University of Arizona. By

the time Wetterhahn was diagnosed with mercury poisoning, in January, it was too late. Despite subsequent treatment that helped clear the metal from her body, she lapsed into a vegetative state in February and died the following June."

In 1956 in Japan's Minamata Bay, women were exposed to high levels of mercury from fish. Their children were born with profound disabilities such as deafness, blindness, mental retardation, and cerebral palsy.

Although scientists agree that high levels of exposure can create huge health problems, it seems that they can not agree on what the effects of low exposure are. The associations representing dentists continually state that the exposure to mercury from fillings is low. However, in 1998 the World Health Organization declared that there is no safe level of exposure to mercury.

Recently in the UK, crematoriums have been given strict guidelines to reduce the amount of mercury pollution caused when fillings are vapourised in the burning process. This came after figures predicting that crematoriums will be the biggest source of mercury pollution in the air by 2020.

However the greatest exposure to mercury an average person has is from their own fillings, as these facts show.

At least seventeen separate studies have confirmed that dental patients absorb a daily dose of mercury derived from their mercury fillings. Mercury is not rendered chemically inert in dental fillings.

The mercury absorbed from dental fillings exceeds published government toxic thresholds for mercury. For example, the US Environmental Protection Agency's reference dose for mercury is 3.84 µg/day. Health Canada's tolerable daily intake for mercury is 1.4 µg/day. Yet a 1991 World Health Organization report concludes that persons with mercury fillings absorb 3 to 17 µg of mercury per day. The consensus average estimate is around 10-12 µg absorbed per day and levels for some individuals may be as high as 100 µg/day.

Many people are not aware that they are slowly and insidiously being poisoned by their fillings. People suffering with apparently unrelated symptoms often report health benefits after amalgam extraction. The following is a summary of the subjective reports of 1,569 patients who participated in six different surveys of health effects of replacing amalgam fillings. The results are fully consistent with my own research from working with patients:

Symptoms Reported	Percentage of patients claiming substantial relief after mercury amalgam removal
Allergy	89%
Anxiety	93%
Bad temper	89%
Bloating	88%
Chest pains	87%
Depression	91%
Dizziness	88%
Fatigue	86%
Gastrointestinal problems	83%
Gum problems	94%
Headaches	87%
Migraine	87%
Insomnia	78%
Irregular heartbeat	87%
Irritability	90%
Lack of concentration	80%
Memory loss	73%
Metallic taste	95%
Multiple sclerosis symptoms	76%
Muscle tremor	83%
Nervousness	83%
Numbness	82%
Skin disturbances	81%
Sore throats	86%
Tachycardia	70%
Thyroid dysfunction	79%
Oral ulcers	86%
Urinary tract problems	76%
Vision disturbance	63%

I have found that mercury affects the hydrochloric acid levels in the stomach, because of the continual swallowing of the vapour from fillings. A deficiency of this acid can prevent the breakdown of proteins, the absorption of minerals such as calcium and magnesium, and can create iron and B vitamin deficiencies.

Mercury has an antibiotic effect in the body and up until the 1950s mercury was used as an antibiotic medicine. As the mercury leaks into the digestive system it disrupts the micro-flora in the gut. Good bacteria such as acidophilus and lactobacillus become compromised, allowing yeast such as candida and monilia albicans to overgrow. Many people I see who have trouble shifting yeast and fungal overgrowth and have been on years and years of anti-candida diets finally find the solution they have been searching for after detoxifying mercury and heavy metals from their body.

I have a mouthful of mercury fillings. What do I do?

One of the issues is that *the more you chew, the more mercury is released into your body.* This can be a real problem if you eat a lot of raw food! I have also found that wheatgrass, which is cleanser *par excellence*, is great for pulling out mercury from the body. However it can pull mercury out of fillings on contact. Therefore if you have amalgam fillings, it is best to drink it through a straw until all your amalgam fillings are removed.

Mercury removal is a very delicate job and should be undertaken by a specialist mercury-free dentist. Please see my website for details. It is very important that when the work is being carried out, you as a patient are given a separate air supply as 80% of the mercury vapour inhaled goes into the bloodstream. Also, the non-metal composite fillings that are to replace the amalgams should be tested individually for biocompatibility. I do this frequently at the clinic and this is to prevent a substance being used which the patient may be allergic to.

Once the amalgam fillings have been removed then the real work begins. I use chelating agents with my patients, such as Burdock and Yellow dock. I sometimes use homeopathic medicines depending on the individual's needs. The herb coriander is an excellent mercury detoxifying medicine and has an affinity to pulling mercury out of brain tissue. Other measures such as colonics, the use of clay internally and saunas all encourage the body to excrete metals as well as restoring the normal function of the cells.

MERCURY FILLINGS

Dental amalgams are comprised of approximately 50% mercury.

Mercury vapour given off by amalgam fillings is increased by drinking hot liquids, eating and chewing.

There is evidence showing that the level of mercury in the brain tissue of foetuses, newborns, and young children is directly proportional to the number of surfaces of amalgam fillings the mother has.

A single drop of mercury in a large lake could make all the fish dangerous to eat

Some people have an instant improvement. I remember the patient who had a continual headache for 15 years, contacting me a week after the amalgam removal, saying that he was now completely pain free. However one lady who was wheelchair bound through mercury poisoning is only just beginning to regain her mobility after two years of mercury detoxification.

Everyone is different. However, if you give your body a chance, many things are possible.

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