

# Is Your Dental Work Making You Sick?



Amalgam/Mercury Fillings



After Replacing Mercury Fillings

## Dental Amalgam 101

If you have dark, metal fillings, you need to be aware of the materials they contain and how they can negatively affect your health and appearance. Metal fillings are composed of dental amalgam, a material that consists of various metals, including mercury, which is toxic to the body. Amalgam restorations contain 50% mercury, 25% silver, 9% tin, 6% copper, and a trace amount of zinc.

## A Cause for Concern

For decades, many scientists have expressed concern about the mercury that dentists use to prepare the metallic silver-colored amalgams (fillings) and restore cavities. Although the toxicity of mercury has long been common knowledge, many people still claim that mercury levels in fillings are safe for widespread use. Now that the topic has been researched more extensively, scientists are beginning to demonstrate significant relationships between mercury and diseases, as well as pregnancy complications and adverse physiological changes.

The World Health Organization has stated that there is no known “safe” level for mercury. Mercury is classified as a neurotoxin, and it has demonstrated the ability to cross the blood-brain barrier, which can seriously impair the health and function of the brain and central nervous system.

Mercury has also been associated with a number of emotional and psychological problems, such as memory loss, mood swings, anxiety, and depression, to name a few. It can interfere with, or overload, the natural detoxification pathways of the liver, kidneys, skin, and intestine. Mercury can cause the depletion of the body’s supply of many critically important antioxidants, especially the antioxidant, glutathione. In addition, mercury can increase the resistance of harmful intestinal flora (including *Candida albicans*) to treatment by antibiotics and other drugs.

## Symptoms of Mercury Toxicity

Over time, amalgam fillings corrode and leak. This can allow for an increase in the mercury vapor being passed on to the patient and can leak mercury into the patient’s bloodstream. This enables mercury to build up in cells, tissues, and organs, until symptoms of mercury poisoning are experienced.

Some (of the many) symptoms of mercury toxicity include:

- Irritability, confusion, memory loss, depression, anxiety, insomnia
- Irregular heart beat, changes in blood pressure, irregular pulse
- Headaches, dizziness, ringing in the ears, fine tremors of hands and feet
- Fatigue, loss of appetite, joint pain, clammy hands and feet, persistent cough
- Diarrhea and a variety of GI problems

Often these symptoms are treated with medications, and the underlying cause is never discovered.

### **Mercury and Your Dental Health**

When amalgam fillings break down, it allows bacteria to enter under the amalgam and causes new areas of decay to develop. Amalgam fillings expand and contract with heat and cold, which can eventually cause the filling to fracture the tooth, so a crown or an onlay may be required to restore its functionality.

### **Amalgam Alternatives**

Today there are much better alternatives to amalgam fillings. Thanks to the development of new, stronger tooth-colored restorative materials, such as bonded ceramic or composite resins, we are able to produce durable, natural-looking results, without the drawbacks of the old-fashioned amalgam fillings. Made from a medical-grade plastic substance, composite resin is a white dental filling material that contains no mercury or metals

### **Safe Mercury Removal**

When mercury amalgam fillings are removed, exposure to mercury vapor is exceptionally high, and it is extremely important that a safe removal protocol is followed so that no further exposure to mercury vapor is administered to the patient. Such an exposure could trigger a reaction in individuals susceptible to mercury. This safe removal system protects the patients, staff, and dentist from mercury exposure during the removal process.

**It is important to find a biological dentist that will follow specific guidelines for safe mercury removal! It is also important to work with an alternative physician and biological dentist for safe removal!!**

For more information on Mercury Toxicity you can read: [Uninformed Consent](#) by: Hal A. Huggins and [Whole-Body Dentistry](#) by: Robert C. Atkins.

How can you determine if mercury toxicity is causing your symptoms? We provide lab testing and alternative treatment for mercury toxicity and work with biological dentists in the area to remove those toxic fillings. Contact our office if you would like to know more.

For a list of biological dentists in your area go to: [www.mercuryfreedentists.com](http://www.mercuryfreedentists.com)

To see a chart of teeth and the corresponding organ that can be affected go to: [www.talkinternational.com/toothchart.html](http://www.talkinternational.com/toothchart.html)