

Mercury Toxicity

Introduction

Thirty seven years ago I was employed by a dentist as a practice manager and nurse. I was solely responsible for the running of the practice and was employed for 4 years in this capacity (between 1970 - 1974)

Unfortunately, I was allowed to handle mercury without any protection; mask, gloves or proper ventilation and throughout my pregnancy. My daughter, Katie, has a titanium rod screwed into her spine after surgery to correct a spinal curvature which was caused by a neurological condition. I firmly believe this was the result of her exposure to mercury in my womb.

In 2004 I was diagnosed with chronic mercury toxicity after the results of a specific test – the Kelmer test.

This test which compares 2 urine samples taken 3 hours apart, the second after taking a dose of Dimercaptosuccinic acid at 30 mg per kg of my body weight, produced an increase of 857% in my mercury levels!

After a consultation with a mercury free dentist, I was advised to have all my amalgam fillings removed in order to start a course of chelation therapy to de-toxify my body burden of mercury.

I am currently involved with medical research and run two websites – both dealing with the effect of mercury on health.

www.mercurymadness.org www.understandingscoliosis.org

Dental Amalgam

Mercury toxicity could provide a significant explanation for the explosion in learning and behavioural problems, autism and a whole host of other conditions since World War Two. The 60 year period corresponds with the introduction and widespread use of amalgam since the NHS started in 1948. Children of the post-war years were exposed to an inordinate amount of amalgam (21 year old adults in 1968 had an average of 16 fillings)

Mercury in teething powders was discovered to be the cause of Pink's Disease in 1948 and Thimerosal, a mercury preservative, has been used in childhood vaccinations until 2004. (Thimerosal is still in flu vaccines)

Mercury is a cytotoxin - i.e. it poisons cells. Many doctors' fail to understand the connection between mercury exposure and a vast array

of conditions – Alzheimer's, fibromyalgia, chronic obesity and heart arrhythmia, to name a few.

Chronic fatigue syndrome first emerged in the 19th century at approximately the same time mercury amalgam was introduced as a tooth filling.

Most of us have amalgam fillings in our mouths which are 50% mercury. In fact, two million amalgams were placed in teeth in 2008.

Mercury is the third most toxic substance on the planet and we are still putting it in people's mouths - yet the only place dental amalgam is not regarded as toxic waste is in a living mouth!

The latest report from the EC says "the largest source of mercury exposure for most people in developed countries is inhalation of mercury vapour from dental amalgam."

Despite claims that amalgam fillings are safe, once solidified, the fillings have been proven to discharge mercury vapour when chewing food, consuming hot drinks or cleaning our teeth.

We get a constant low dose of mercury from amalgam fillings and we are all genetically different - some of us have very efficient detoxification systems and can excrete the mercury from our bodies and others have not.

The mercury levels that have been measured in the body tissues of young athletes, nuns and other groups indicate that this toxic metal can be detected long after the dental mercury fillings have been installed.

For example, in the heart tissue of young people who died from idiopathic dilated Cardiomyopathy – sudden death syndrome - while under physical stress in athletic events - scientists have found 22,000 times more mercury than the quantities measured in the heart and muscle tissue of individuals with other forms of cardiac disease.

Children, especially the foetus, are particularly vulnerable to the 'cumulative' effect of mercury and research studies have shown a significant correlation between maternal mercury-blood levels and mercury-blood levels in the newborn infant. Mercury is transferred to the child via the placenta and breast feeding.

If mercury amalgams were officially declared to be toxic, in America, an estimated two billion mercury amalgam fillings may have to be replaced at practitioners' or insurers' expense, not to mention the flood of potential lawsuits for medical injuries that would follow.

A disturbing study which prompted consumer concerns was one reported in August 1990 by Drs. [Lorscheider and Vimy](#) of the University of Calgary in Alberta, in which twelve radioactive mercury amalgam fillings (a typical number for a human adult) were placed in the mouths

of sheep. A control group received fillings made of an inert material. Mercury accumulated in the jaw, stomach, liver and kidney of the sheep in just 30 days.

Studies in humans include one conducted at the [University of Kentucky](#), showing significant elevations of mercury in the brains of 180 Kentucky residents who were autopsied after dying of Alzheimer's disease. When the concentrations of trace elements were analyzed, the most important imbalance found, was an elevation of mercury. Professor Boyd Haley, the leading researcher, is convinced that mercury is the major contributor to early onset Alzheimer's disease.

The World Health Organization (WHO) said, in its Policy Paper from 2005, that "Mercury is very toxic." It may be fatal if inhaled and harmful if absorbed through the skin. Around 80% of the inhaled mercury vapour is absorbed in the blood through the lungs. It may cause harmful effects to the nervous, digestive, respiratory, immune systems and kidneys, besides causing lung damage.

My advice to anyone considering amalgam removal is to find a reputable mercury free dentist in your area who will use the correct protocols for removing your amalgam fillings. This is extremely important!!

Rubber dam

Separate air supply and proper ventilation

Special drills which cut through amalgam quickly

High volume suction

There is a rising tide of mercury and many other toxic chemical substances and the only answer we now have is individual treatment. Detoxification and chelation are the keys to improved healthcare in the 21st century.

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'Mercury Madness' support group

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