

Mercury is Toxic

Mercury is highly toxic to humans. The World Health Organization declared there is no safe level of mercury for human beings - in other words, mercury is so poisonous that **no amount of mercury absorption is safe.** (1992) Mercury comprises a large part of dental amalgams used to fill teeth. Dental amalgams (fillings) are classified as a hazardous material by OSHA and recommend a "no-touch" technique in handling amalgams. A protective measures should be used to avoid breathing or touching amalgam dust, and hazardous waste instructions used for disposal!

In 1992, Germany banned the use of certain forms of amalgam. In December 1992, the American Medical Association passed a resolution advocating the elimination of mercury, and benzene from all household products, citing their harmful effect on the environment and on human health. (12/92). In August 1993, a Federal Court ruled that California's Proposition 65 is valid with regards to dental amalgam. This means that any dentist who has 10 or more employees must provide "clear and reasonable warning" to both employees and patients that amalgam is a potentially harmful substance. In February 1994, the Swedish parliament passed a bill banning all use of dental amalgam by 1997. In early 1995, a legal brief was discovered filed by the American Dental Association in a civil lawsuit in Santa Clara, California that denies any responsibility for the safety of the general public when the public seeks and receives dental care! Practicing dentists are generally unaware that they have been inadequately informed about amalgam's toxic properties by their professional association.

Sources of Mercury

The toxicity of mercury is not only from the major source of dental amalgams, but is also found in a natural state in soil and has been processed and used in a wide variety of industrial applications from the manufacture of wood pulp to agricultural fungicides and pesticides. Other sources of mercury contamination are from pharmaceutical medicines including vaccinations and laxatives, cosmetics, large ocean fish such as swordfish and tuna, film, plastics, and paint. We ingest or inhale inorganic mercury through our air, food, water, and soil—our bodies can even absorb it through our skin and convert it into even more highly toxic methyl mercury. Additional sources are inks, in some printing and tattoos, refined grains and seeds may test for methyl mercury, chlorine bleaches, contact lens solutions (antibacterial mercury compound is found in contact lens cleaning solutions and injectable vitamins and drugs), felt, fabric softener, floor waxes and polishes, film, broken thermometers and barometers, antiseptic creams and lotions, and nasal sprays.

"Mercury is poisonous. It also has the capacity to bond with any chemical, which contains a particular type of atomic structure called "sulfhydryl," found in structural proteins and bodily chemicals essential for normal function and repair.

Symptoms & Diseases of Mercury Toxicity

The symptoms of mercury toxicity are lengthy, but we will attempt to bring you a list derived from several different sources. They include: gastrointestinal problems, nervous system problems, fever, chills, fatigue, headache, insomnia, loss of sex drive, depression,

numbness and tingling in hands, irritability, tremors, learning difficulties, irregular heartbeat, chest pains, sore and bleeding gums, immune suppression, birth defects, infertility, kidney/brain damage, anxiety, sensitive tongue, metallic taste in the mouth, allergies, dizziness, cataracts, insomnia, kidney damage, memory loss, nervousness, paralysis, seizures, vision loss, weakness, hearing loss, heart problems, chronic constipation, recurring lesions of the skin, hypersensitivity, restlessness, inability to relate to other people, poor coordination, brain fog (memory problems), monologue talking - sometimes for extremely long periods of time, difficulties in breathing, retinal bleeding, loss of interest in life, reduced capacity for work, vertigo, facial paralysis, a painful pull at the lower jaw towards the collar bone, joint pains, pains in lower back, weakness of muscles, pressure, pains, "needles" at lymph nodes under arms and in groin—also in the liver region, increased need for sleep, a gray ring around the cornea of the eye, feeling of being old, emotional problems, lack of concentration, a feeling of being disconnected from God.

Diseases related to mercury poisoning are: Alzheimer's, all kinds of cancer, epilepsy, arthritis, pneumonia, bronchitis, gingivitis, neuralgia, Parkinson's, Multiple Sclerosis, Lupus, lymphoma, ALS (Lou Gehrig's Disease), leukemia, sinusitis, chronic asthma, hypertension, ADD (Attention Deficit Disorder), Crohn's Disease, Candidiasis (binds to mercury), glomerulonephritis (disease of the kidneys), Autism (from mercury in vaccines), SIDS (Sudden Infant Death Syndrome), anemia, dermatitis, eczema, psoriasis, Bruxism (grinding teeth), Fibromyalgia, Chronic Fatigue Syndrome (CFIDS), insomnia, Epstein Barr.

According to the Journal of Advancement in Medicine, Volume 11, Number 1, Spring 1998 by James P. Frackelton, MD, FACAM, and R. Lyle Christensen, Ph.D. :

Signs and Symptoms of Toxicity from Mercury Exposure

Acute: Interstitial pneumonitis, bronchitis, tightness or pain in chest, coughing, metallic taste, nausea, abdominal pain, vomiting diarrhea, headache, dark line of mercury sulfide on gums, teeth loosen, ulcers on lips and cheeks, develop psychopathologic symptoms and muscle tremors.

Chronic: Mouth and face: inflammation, tender gums, gingivitis, teeth loosen with alveolar destruction, increased or decreased salivation, stomatitis and tongue tremors, nasal irritation, epistaxis, disturbances of taste and smell, loss of appetite, facial pallor.

Neuralgic: tremor of eyelids and extracular muscles, fingers, arms, and legs; neuralgia, paresthesias, ataxia, exaggerated knee jerks and altered plantar reflexes, vasomotor: perspiration and blushing, personality changes, erythrim, irritability, irascibility, criticalness, excitability, melancholy, depression, shyness, timidity, moroseness, fatigue, weakness, drowsiness, memory defect.

Fish Mercury content:

Highest: Tilefish, Shark, Swordfish, King Mackerel

Higher: Grouper, fresh water pike

High: Tuna (canned white albacore)(fresh), Orange Roughy, Marlin, Bluefish, Lobster, Sea trout

Less High: Tuna (chunk light canned) Halibut, Rockfish, Mahi Mahi, Crab, Sea Bass, Haddock, snapper, Herring, Cod, Freshwater trout

Low: Perch, King Crab, Pollock, Catfish, Scallops, Flounder, Sole, Trout (farm raised), Salmon, Crawfish, Shrimp, Clams, Tilapia, Oysters, Sardines

EPA toxicity standards:less than 5.8 micrograms/liter blood

(*Environmental Protection Agency.*)....:less than 1.1 micrograms/mcg hair

Nature's toxicity standard:.....: 0

Natural Mercury Toxicity Protocols may include:

Cilantro in salad daily may juice or buy tinctures in the health food store.

Garlic in food or buy the socially acceptable garlic such as Kyolic two three times daily

Vitamin C example dose 2 grams (2000 mg.) 3x/day

Alpha lipoic acid example dose 300 mg/day

Selenomethionine example dose 400 mcg daily

High Sulfur Foods such as eggs, onions, asparagus, ginger, brussel sprouts, cabbage, broccoli, cauliflower

Zeolite

Fulvic and Humic Acid

Algae and sea vegetation

Physical

Sauna, herbal/mineral baths

Pharmaceuticals by prescription (oral, intravenous, intramuscular, transdermal

DMPS, DMSA, Penicillamine, BAL

Greenpeace: "Fish that are low in mercury and can be eaten in moderation":

- Abalone (farmed)
- Anchovies
- Butterfish
- Calamari (squid)
- Catfish
- Caviar(farmed)
- Clams
- Crab (king)
- Crawfish/crayfish
- Flounder
- Haddock
- Hake
- Herring
- Lobster (spiny/rock)
- Mussels (farmed),
- Oysters,
- Pollock
- Perch(ocean)
- Salmon (wild)
- Mackerel (Atlantic)
- Sardines
- Scallops
- Shad
- Sole
- Sturgeon (farmed)
- Tilapia
- Trout
- Whitefish

