

Are Your "Silver" Fillings Making You Sick?

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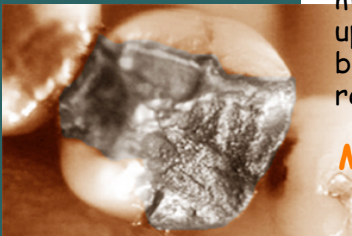


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Mercury is
more toxic
than arsenic
or lead...why is
it in your
mouth?

What's really in your fillings?

The so-called "silver" fillings that dentists use to fill cavities may be the root of your current or future health problems. Silver fillings, or amalgams, are actually made up of **50% toxic mercury**, 35% silver, and smaller amounts of copper, tin, and zinc. Let's put this into perspective... think back to high school chemistry. Remember when the greatest hazard was dropping a mercury thermometer? If a mercury thermometer was dropped, everyone was immediately evacuated and the room was sealed off until a hazardous material expert decontaminated and deemed it safe. So what does this mean for the 80% of Americans that have this in their mouths? Every time you chew, brush your teeth, eat something acidic, or drink something hot, *poisonous* mercury is released into your lungs and bloodstream and accumulates in your brain, nervous system, liver, kidneys, thyroid, adrenal glands, pancreas, ovaries, testes, etc. Mercury accumulates in your organs overtime, so you may not have symptoms right away. But keep in mind that just because you don't have any symptoms doesn't mean that you aren't being poisoned. When the mercury build-up is too great for the immune system to eliminate, you will begin experiencing symptoms that you may not necessarily relate to your fillings.



Mercury Poisoning
The Truth About Silver Fillings

Mercury Amalgam Toxicity Symptoms & Diseases:

Common Symptoms: Diarrhea/constipation, nausea/vomiting, aggressiveness, depression, chronic tiredness, restlessness, dizziness, frequent headaches, ringing in the ears, chest pain, rapid or irregular heart beat, asthma, shortness of breath, muscle cramping, joint aches, muscle aches, fine tremor, lack of concentration, learning disorders, short and long term memory loss, sinusitis, bad breath, bone loss, chronic coughing, metallic taste, ulcers of oral cavity, allergies, excessive blushing, gland swelling, hair loss, frequent illness, insomnia, loss of sense or smell, excessive perspiration, kidney failure, vision problems, clammy and cold skin, water retention.

Diseases: Alzheimer's, ALS, Autism, Candida, Chronic Fatigue syndrome, Crohn's disease, Diabetes, Eczema, Emphysema, Fibromyalgia, Hormonal dysfunction, Immune system disorders, Learning disorders, Liver disorders, Lupus, MS, Reproductive disorders, Parkinson's disease, Senile dementia, Thyroid disease.

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So What's The Good News?



If you read the list of common mercury amalgam toxicity symptoms & diseases and found that either you or someone you know can relate...you might want to 1) **Get the mercury out of your mouth, and 2) Detoxify your body of the already accumulated mercury.** Before you rush out and ask your dentist to replace your mercury fillings, do some research on safe mercury removal. When mercury fillings are removed the vapors and particles can be inhaled or swallowed, creating mercury toxicity.

Choosing a dentist to replace your mercury fillings is the first important step towards better health. I would recommend a holistic or biological dentist who understands the toxic affects of mercury and who will take extra precautions to protect you from the mercury during removal. After finding a holistic dentist who will cautiously remove your mercury fillings and replace them with a safe alternative such as porcelain, it's time to do some mercury/metal detoxing! I wouldn't recommend doing this on your own either. Find a Chiropractor, Naturopath or other holistic practitioner who acknowledges mercury toxicity and is knowledgeable in detoxification of such a poisonous metal. Once he or she puts you on a detox program, you will need to be monitored while your body cleanses.

Once the body is cleansed of mercury, most people will feel an improvement within the first month to a year. Depending on the level of toxicity, the results can be little improvements to extreme changes in your overall health. Even if you are not yet experiencing any mercury toxicity symptoms, I would highly recommend replacing your metal fillings if you have any and doing a mercury cleanse with a holistic practitioner to improve your overall health and prevent future health problems from ever occurring.

On a personal note: I recently had my mercury fillings removed by a local holistic dentist, Dr. Jonathan Golab, who practices in Flower Mound. He did an excellent job removing my fillings, I didn't experience any toxicity from the removal due to his extra precautions, and he was very reasonably priced. If you are looking for a local dentist to remove your fillings or those of a loved one, give Dr. Golab a call! <http://www.drgolab.net/> If you are not close to Flower Mound, here are a couple of sites I recommend: <http://www.mercuryfreedentists.com/> & <http://dentalwellness4u.com/index.html>

I also put myself on a mercury amalgam filling detox before and after the procedure for 2 weeks with no side affects. I now feel confident knowing that I no longer have mercury leaking into my body, slowly poisoning me.

If you or a family member have or have had mercury fillings, I highly recommend taking the time to get them properly removed followed by a mercury cleanse. Contact my office for more information. Let's get "Back To Natural Health!"