

Chapter 18

Adverse health effects from mercury and amalgam fillings

Mercury is one of the most toxic substances known to man. In 2020, it was noted by Public Health England that 90% of adults had at least one filling, and so it could be expected that most of these fillings would have been amalgam fillings containing mercury. (1)

“Mercury reaches the brain via the blood, by axonal transport along nerves and by direct transport to the brain. Mercury vapour settles on mucus membranes of the mouth and nose, and is then absorbed and transported by a direct pathway to the brain and cervical region of the spinal cord via the valveless venous system. As there are no valves, the transport of blood containing mercury can flow freely in any direction with other venous systems such as prostate, pituitary, thyroid and adrenal glands, lungs, breast and the spine at any level via the cerebrospinal fluid.” (2)

There are many health issues resulting from mercury accumulating in the body. The symptoms may occur soon after dental treatment when a mercury amalgam filling is inserted, or when an old filling is removed. “More often, however, the effects are insidious – taking perhaps five or more years to manifest,” states Jack Levenson in his book.

Health issues relating to mercury can be subtle and numerous. There can be tiredness, depression, irritability, vertigo, weak memory, mouth inflammation, diarrhoea, loss of appetite, chronic catarrh, tinnitus, pre-menstrual tension (PMT), suicidal tendency, excessive shyness, and insomnia. Mercury can build up in the body, affecting the endocrine hormonal system and hormonal balance, and causing infertility, candida, food allergies, bacterial resistance to antibiotics, cardiovascular system and kidney function problems, M E, chronic fatigue, immune system and brain malfunctions such as Alzheimer’s disease, Motor Neurone disease, Parkinson’s disease, Multiple Sclerosis, and other neurological conditions. (3)

Of great concern is the fact that mercury is passed on to a newborn through breast milk (this is not the case with fluoride). It is also sad to know that mercury damage can be passed on to our grandchildren. Pregnant women with amalgam fillings will pass mercury to their unborn child and should this foetus, be a female, her eggs that are forming in the womb will also be contaminated by the mercury to affect her future children.

Mercury affects male and female fertility

Below are some abridged facts from the book, ‘Toxic Dentistry’, by Dr Graeme and Dr Lilian Munro-Hall.

Male infertility.

Over 50% of male fertility problems are caused by a fault in the male sperm and, yes, the fertility of males is significantly altered by mercury.

In fact, mercurial compounds were marketed in England from 1938 as a spermicide (a substance that kills sperm).

Heavy metals (gold, silver, aluminium, mercury and more) have been found in high concentrations in sperm. Essentially, they:

- slow down the motility and speed of sperm,
- inhibit the production of DNA in sperm, the carrier of genetic information, and
- inhibit RNA synthesis (synthesizing process from genetic information).

In addition to this, mercury in the testes combines with vital supplies of selenium to reduce the amount of selenium available for healthy sperm production.

Birth defects

Mercury from a mother's amalgam fillings has a pathological effect on the development of her foetus. A function of the placenta is to filter out toxic material, preventing it from injuring the foetus. Mercury, however, is so biologically active that it passes through the placenta unhindered.

The Strep. Mutans bacteria, commonly found in the mouth, can make methylmercury from mercury, should there be amalgam-filled teeth, and this is 100 x more toxic than mercury. Methylmercury has an injurious effect on the foetal nervous system even at levels which are considered not to be toxic for adults. (4)

The concentration of methylmercury in foetal blood is about 20% higher than in the mother. (5)

If the baby is breast fed, the infant will also receive mercury from maternal milk. Maternal milk concentrates the mercury so that its level becomes four to eight times higher than in the blood of the mother.

In 1991, the World Health Organisation (WHO) acknowledged that the main source of mercury exposure is from your teeth and that mercury from the fillings of pregnant women can cross the placenta barrier/membrane and enter the foetus. This causing defects and long-term damage to the unborn child such as allergies and asthma. (6)

Possible damage ranges from still births to births with defective aspects to the baby in terms of poor assimilation of nutrition, congenital abnormalities and growth retardation.

The degree of detrimental impact depends on the number of amalgam fillings the mother has (more is worse). Studies have shown that the higher the amount of mercury absorbed, the more the learning capacity is reduced. In short, as mercury is absorbed into the brain and the central nervous system, it reduces the intelligence of the child.

Dr Jenny Goodman's article, in the February 2023 edition of the magazine WDDTY, reports on a child with Attention Deficit and Hyperactivity Disorder (ADHD) caused by his mother's amalgam fillings. Dr Goodman helped to detox the child of mercury and his behaviour greatly improved. Goodman found that the first child born often received the greatest impact from his mother's amalgam fillings.

A 2016 study found that dentists and their staff are not only at risk from their own dental amalgam fillings but also from daily exposure to mercury in the workplace. The authors of the study stated,

"There have been numerous studies over the last 20 years designed to measure the effects of mercury in many occupational groups. Dental personnel are at risk of exposure to metallic mercury when handling amalgam for restorations. Early reports of toxicological risk analysis of occupational diseases in dentists showed that work practises were associated with mercury exposure in dental personnel, and that symptoms associated with renal function, reproductive processes and allergies were related to chronic mercury exposure. Other reports found an association of occupational mercury exposure with memory loss, severe depression, behavioural and personality changes, and a decline in fecundability (probability of conception at each menstrual cycle) amongst female dental assistants." (7)

In 2020, the ADA and the Food and Drug Agency (FDA) in the USA and the UK's BDA still remained in denial that mercury from dental amalgam fillings posed a health risk.

Dr David Kennedy shows mercury vapour coming off mercury/amalgam fillings in an eight-minute video clip:

<https://www.youtube.com/watch?v=9ylnQ-T7oiA>

A personal journey

Pam Clayton, who lived in Northamptonshire and whose story is described below, was diagnosed with dementia at the age of 40. With the removal of her amalgam dental fillings her clarity returned. She set up a helpline to assist the thousands of others also affected by this invisible toxicity which most mainstream doctors and dentists are reluctant to admit even exists. She authored the book, 'Toxic Tooth Talk' in 2002, which was updated and reprinted in 2013, telling her story and the experiences of others. She included information about various symptoms, therapies, therapists and helplines. Below is a summary of Pam's story, written by her friend, Sheila Bailey, for 'Positive Health Online', October 1999 which is called,

'Mercury madness – a life seriously blighted by mercury'

Pam always had a lot of energy as a child and teenager, and lived life to the full. Then, about 20 years ago when she was in her late 20s, it was discovered that the dizzy spells and fuzzy headaches, which left her drained and exhausted, were due to an allergy to chocolate. Later, asthma developed and next, she noticed her arms and legs had begun to feel numb. Never having been seriously ill before, she was really frightened as she also had some of the classic signs of Multiple Sclerosis and Alzheimer's Disease – blurred vision, slurred speech, short-term memory loss – but her doctor just gave the reason for these symptoms to be nothing more than 'nerves'.

As the years passed, the existing symptoms got worse and new ones developed. Her hair and skin were in poor condition and her throat felt as if it were seizing up. Irritable Bowel Syndrome was diagnosed. By her own admission, she looked and felt a mess. Permanent tiredness and lack of concentration meant she had difficulty in performing the simplest of tasks, and her job as a sales rep was proving to be too physically and mentally demanding. Eventually she had no option than to give it up altogether.

The crunch came when she collapsed on getting out of her car and had to be helped home. Her GP was called out. but was found to be totally unhelpful and unsympathetic. Again, nervous trouble was cited as the cause. At that point, desperation had set in; she'd heard it all before. She just wanted to die. The future was too depressing to contemplate. When, finally, she was admitted to hospital after being taken ill at home, she thought: 'at last, somebody will be able to find out what's really happening to me and why'. How wrong she was. All the doctors could say was that she needed to see a psychiatrist; they thought it was 'all in the mind' as if she were deranged and mad.

Disappointed and upset that nobody wanted to listen, she left hospital, determined to find out at any cost the real cause of her deteriorating health. After all, she was only in her 40s, hardly old and senile.

For some time, she had noticed that alternative remedies were becoming increasingly popular, especially in the areas where conventional medicine failed to give relief from pain and discomfort. Eventually, after much searching, she found a radionics therapist who carried out what is known as a VEGA test to determine the precise substances which were having such a negative effect on her.

The test showed that there was strong evidence of the presence of mercury in Pam's system, producing sensitivity to electricity and chemicals. Each time she brushed her teeth or ate, an electric current went round her mouth, causing the mercury to leak into the body, poisoning the brain, the central nervous system, tissues and organs. She was told that unless all her eight amalgam fillings (a mixture of mercury, tin, copper, silver and zinc) were carefully removed, her immune system would be permanently weakened.

At last, she had some answers, and it was such a relief to know the truth, and that there was a good chance of recovery with the right treatment. It was now clear why she reacted badly in a car or when using an electrical appliance; her body was already overloaded with the metal that had leaked from her fillings. It is a fact that a weakened immune system causes certain food allergies, and the chemicals in cleaning fluids had an adverse effect for the same reason.

Without hesitation she took the advice given, and found a private, specialist dentist who extracted and replaced the fillings. As the NHS don't usually recognise that there is a link between mercury fillings and illness, there are very few mercury-free dentists, so it was expensive, but she had no choice if she was ever to regain her health and sanity. She was told that, as it takes time for all the mercury to be eliminated from the body and for the immune system to recover, chelating minerals in liquid form need to be taken to aid recovery.

Fortunately, when she was tested again several months later, the results were favourable, although recovery was slow."

Pam adds:

"Within six months, a third of the mercury had gone from my body. It took me three years to remove it and I am still left with some metal in the left side of my brain, my sinuses, and the right side of my lung, and a lot of damage that may never put itself right... Most people are not aware that it is mercury and other metals that they use in our tooth fillings and nickel behind a white crown, and that the mixed metals act like a conductor to electricity. People are also not aware that, if they have fatigue, it is made worse by using electrical appliances... In 1989 the Queen advised Princess Di to have her mercury amalgam fillings out for her health."

(Ref: 'Today' Newspaper 1989 and 'Woman's Realm' 1990).

"Believe me it is hard work recovering from this illness and so why allow such a TOXIC WASTE to be put in our teeth in the first place?"

Pam's choices of quotes are the following:

“Mercury can turn every meal into an immune challenge instead of the nutritional boost it is supposed to be.”
(8)

(Could this be the reason why some young children suddenly become fastidious about food after having a vaccine that contains mercury, and could this also be the reason for children becoming anorexic?) Author’s comment in parentheses.

“In the brains of Alzheimer’s patients who have died... the amount of mercury was four times higher than seen in patients without the disease.” (9)

“It seems that we would all be more loving, more peaceful and more intelligent without metal in our brains.”
(10)

Fluoride or mercury?

Kahn and colleagues (2020) highlight the under-recognised, modern epidemic of jaw shrinkage, including crowded teeth and constricted airways. They address mercury and fluoride as a possible cause stating that,

“Both are systemic toxicants; they target certain molecular components having key roles in fundamental cellular processes – including mineral assimilation, enzyme function, energy production, and gene expression. Both are particularly harmful during foetal and childhood development.” and so could cause jaw shrinkage.

The authors refer to the landmark, 2014, review, on environmental causes for the epidemics of neurodevelopmental disorders, which affect 10%-15% of all US births. This review named 11 common chemicals which were recognised as neurodevelopmental toxicants that including mercury and fluoride. (11)

The World Health Organisation (WHO) released a report in October 2021, stating, that it is adding a new glass ionomer cement for dental fillings to its approved list (‘Model List of Essential Medicines’). This new cement is intended to replace mercury amalgam fillings which should or must come to an end in 2030 as a result of the Minamata Convention on Mercury.

Unfortunately, however, this new glass ionomer cement contains 1-20% fluoride. (12)

Barbara Tritz RDH, BS, MSB, a hygienist living in the USA, summaries,

“Many of the options for filling materials also contain fluoride, including all glass ionomer cements, all resin-modified glass ionomer cements, all giomers, all polyacid-modified composites (compomers), certain types of composites, and certain types of mercury amalgams. One glass ionomer-based varnish has been reported to release fluoride for up to six months.”

It is not ‘rocket science’ to conclude that, when brushing teeth with fluoridated toothpaste, the mercury that is released from any amalgam fillings and the fluoride from the toothpaste may combine to create another very toxic load which can then be absorbed into the body through the oral cavity. It is worrying to wonder what the effect of rubbing fluoride toothpaste on amalgam fillings has been for those of the post-war generation who often have had such fillings. This must have escalated ill-health, contributing to degenerative diseases and dementia. (13)

Bill Osmunson maintains that the reason for the continued use of fluoride and amalgam fillings is because,
“Main stream dentistry and Public Health Authorities are simply marketing a policy.”

Health authorities are the sales people and dentists the technicians. To obtain work, in either of these areas, support for fluoride and amalgam fillings is a necessity. (14)

Appendix 14 shows a ‘TimeLine’, for both mercury and fluoride.

Some ways to help the body heal from toxic chemicals

- 1) Use un-fluoridated dental products such as toothpaste, mouthwashes, gels, and creams.
- 2) Eat organic food whenever possible.

3) Filter drinking water, even when living in un-fluoridated areas, because fluoride levels are slowly increasing in 'background' waters. Choose your filter with care and make sure it filters out fluoride. A Reverse Osmosis machine or a Table-Top Distiller can filter out fluoride. These machines also filter out all essential minerals, so people using them would be advised to take mineral supplements, especially magnesium.

4) Choose a dentist who understands the harmful effects of fluoride and mercury.

Dental amalgam fillings and root canal fillings should be removed safely by a dentist who is aware of, and practices, the correct safety protocols; possibly an IAOMT registered dentist.

5) Boron may be taken to help remove accumulated fluoride and heavy metals from the body. The boron reacts with the fluoride ions to form boron fluoride which are then excreted from the body. (15)

6) Gerald P Curatola D.D.S has produced a 28-Day Program to create a healthy mouth, reduce inflammation, and prevent disease throughout the body. This is all detailed in his book 'The Mouth-Body Connection' published in 2017.

7) The Gerson Therapy, developed by Max Gerson in the 1930s can support and help the body to heal. The Gerson Institute was founded in 1978 by Max Gerson's daughter Charlotte and she continued her father's work.

8) Hulda Regehr Clark's protocol, as outlined in her book, 'The Cure for all Diseases', published in 1999, can, with its whole-body approach, help encourage, support and reactivate the body's magnificent ability to heal itself.

9) The book on orthomolecular medicine that addresses the importance of vitamins and minerals, by Andrew W. Saul, Ph.D. called, 'Doctor Yourself – Natural Healing That Works', published 2003 and 2013.

This is not an exhaustive list and the described treatments are for general information and should not be considered medical advice.

Conclusion

Today, due to better sanitation and living conditions, we have been relieved of those infectious diseases that killed people in past ages but we are now facing a dramatic increase in chronic diseases, both in the young and old. Many people understand that this may be because of all the pollution that has significantly increased over recent years and so want to decrease their burden of toxic chemicals. However, people do not always realise that the greatest burden of those chemicals can be within their own mouths, where absorption is rapid.

This book has unearthed some very disturbing and worrying practises, both by dentistry and by multinational companies and has shown how, both fluoride and mercury, can impact our health from womb to tomb, as well as impacting future generations.

We are constantly bombarded by, and influenced by adverts from toothpaste manufacturers, even doctors, dentists and health officials can fall prey to this constant and relentless type of lobbying. As a result, we receive wrong and confused messages from those very professionals we should be able to trust. For politicians to get to the truth of these complex issues is even more difficult because, as Roderick Stewart, who has a wealth of experience inside and outside of politics, said:

"Something about being a politician atrophies your brain because the whole thing is about parroting lines, being loyal and never admitting if you've made a mistake. Those are very bad habits if you want to think clearly in a crisis." (16)

Most doctors, scientists and dentists, if not all of them, initially accepted the prevailing narrative concerning fluoride and mercury – 'safe and effective' being the mantra – until they were confronted with the science. Once having the opportunity and time to look at the sheer weight of evidence contrary to this narrative, 'minds' are changed forever.

Dr Hardy Limeback, Head of Preventive Dentistry at the University of Toronto apologized in 1999, for having promoted fluoridation. He said,

"I did not realise the toxicity of fluoride. I had taken the word of the public health dentist, the public health physicians, the USPHS, the USCDC, the ADA, the CDC that fluoride was safe and effective without actually investigating myself".

This 'change of mind' was also the experience of Dr John Colquhoun, Dr Phyllis Mullenix, Professor Paul Connett, and Declan Waugh, to name a few mentioned in this book. Their lives took a different (often costly) turn when they decided to take a principled stand against fluoride and WF measures.

Fortunately, there are now new branches of dentistry, Biological Dentistry, Holistic Dentistry, Integrated and Functional Dentistry, the American Academy of Oral and Systemic Health (AAOSH), the International Academy of Oral, Medicine and Toxicology (IAOMT). The dentists in these new organisations explore science, technology and consider the whole body when working on teeth – they are the new pioneers in dentistry, who understand the science-driven relationship between the mouth and the body.

We can choose our dentists and the toothpaste we use but we cannot totally avoid fluoridated water.

Rachel Carson warned us, many decades ago, in her book, 'Silent Spring',

"(it is the) innumerable small-scale exposures (of poisonous chemicals) to which we are subjected day by day, year after year, (which is) like the constant dripping of water that in turn wears away the hardest stone, this birth-to-death contact with dangerous chemicals may in the end prove disastrous."

Chapter 18 References

(1) (Source: The 'Oral health survey of adults attending dental practices 2018', by Public Health England, published 16th June 2020).

(2) (Ref: 'Menace in Your Mouth' by Jack Levenson).

(3) (Ref: 'Menace in Your Mouth' by Jack Levenson).

(4) (Ref: Reuhl and Chang, 1979; Clarkson et al 1981; Marsh et al 1980).

(5) (Ref: Tejning, 1968 and 'Toxic Time Bomb', by Sam Ziff).

(6) (Ref: 'Menace in Your Mouth' Chapter 9, by Jack Levenson).

(7) (Ref: Safe Health Work. 2017 Mar; 8(1): 1-10. Published online 2016, Jun 8. doi: 10.1016/j.shaw.2016.05.007 CID: PMC5355537 PMID: 28344835 A Review of Mercury Exposure and Health of Dental Personnel Natasha Nagpal, Silvana S. Bettiol, Amy Isham, Ha Hoang, and Leonard A. Crocombe).

(8) (Ref: 'Uninformed Consent' by Hal Huggins and Thomas Levy).

(9) (Ref: Vimy M. and Lohrcheider F., University of Calgary, Canada).

(10) (Ref: Vimy M. and Lohrcheider F., University of Calgary, Canada).

(11) (Ref: Grandjean and Landrigan 2014).

(Ref: 'Pervasive, Unsafe Exposures to Mercury and Fluoride, Developmental Toxicants that Are Biologically Plausible Causal Agents in the Jaw Epidemic', Kristen G Homme, David C Kennedy, Michael Aschner. *BioScience*, b1aa127, <http://doi.org/10.1093/biosci/b1aa127>. Published 02 November 2020.)

(Ref: <https://www.who.int/publications/i/item/WHO-MHP-HPS-EML-2021.03>. Ref: Fan – Fluoridation Weekly Review by Mike Dolan, 1st October 2021.)

(12) (Fourteen Example patents provide further composition details: <https://patents.google.com/patent/US3814717A/en>, <https://patents.google.com/patent/US10646408B2/en>, <https://patents.google.com/patent/US4342677A/en>).

(13) (Ref: G. de Vos et al, 'Effects of Fluoride and Mercury on Human Cytokine Response *in vitro*', 2003).

(14) (Ref: Dr Bill Osmunson, Dec 2020).

(15) (<http://www.earthclinic.com/CURES/fluoride.html> and <https://www.semanticscholar.org/paper/The-Borax-Conspiracy-How-the-Arthritis-Cure-has-Last/bcab2ad14b1164f07919f4880600f554f707b35b>).

(16) (Ref: 'The Times', newspaper, 14th. August, 2022).

