

# Dental Amalgam (aka. mercury fillings) Removal Recommendations

## Do You Know What Your Leading Source of Mercury Exposure Is?

Mercury exposure is a very common occurrence in our world today. All of us are exposed in today's environment. In Southern California one unique way of exposure is through forest fires which liberate significant amounts of mercury into the air. Also, vaporized mercury from coal burning in China finds its way to California, especially S. California through a mechanism called "mercury plumes." Fish and other seafood consumption which accounts for approximately 2.3 mcg of methylmercury on a daily basis for most Americans is actually a small percentage of total mercury exposure – unless of course you are eating massive amounts of seafood.

## Dental Amalgams Are a Major Source of Mercury Exposure & Toxicity

The number one mercury exposure source for most Americans is found right in their mouths. That's right – you guessed it, "silver" or dental amalgam fillings are your leading source of mercury exposure. Here are some facts:

- A single dental amalgam filling with a surface area of only 0.4 sq. cm can release up to 15 mcgs of mercury/day primarily through mechanical wear and evaporation.
- The average American has 8 amalgam fillings. This can mean an average absorption of 120 mcg/day. The average adult according to the EPA (Environmental Protection Agency) should receive no more than 7 mcg/day.
- The average daily consumption is 2.3 mcg for fish and seafood, and 0.3 mcg from air and water.
- "Silver" fillings, or dental amalgam, is not a true alloy. Amalgams are made up of 50% mercury.
- Amalgam also consists of 35% silver, 9% tin, 6% copper and a trace of zinc.

## So What Can You Do About This Problem?

Because the American Dental Association (ADA) is still in denial about the harmful effects of dental amalgam, i.e. "silver fillings" (aka. mercury in your mouth) then take action yourself – get your amalgam fillings out of your mouth. This is one significant step you can take to improve your health.

There are many dentists who now practice "mercury-free" dentistry. Do some research in your local area. Ask about their process of dental amalgam removal. To help guide you in this process, listed below are some recommendations set forth by the International Academy of Oral Medicine and Toxicology (IAOMT). To read the entire document go to the IAOMT link at <http://www.holisticmed.com/dental/amalgam/iaomt.txt>:

- **Rubber Dam** – make sure your dentist uses a rubber dam inside your mouth to prevent swallowing of mercury amalgam.

- **Ventilation Tube** – this is a good idea to help pull any mercury vapor that is liberated from your dental filling as it is being drilled. It is the vaporized mercury that is most toxic.
- **Alternate Air Source** – some dentists will use a nasal canula to help supply you with additional oxygen. This oxygen is breathed through the nose to prevent you from inhaling through the mouth as the mercury filling is being drilled and removed.

### **Some Additional Recommendations Before & After Dental Amalgam Filling Removal**

- Start taking chlorella or activated charcoal the day *prior* to amalgam removal – and continue for 24 hours.. Drink copious amounts of water. Chlorella is an algae that helps to bind heavy metals. Approximately 30% of people have a digestive sensitivity to chlorella (they lack enzymes necessary to break down the chlorella) and may feel bloated or nauseous. Start with a one tablet or capsule – check sensitivity. If tolerated then you can take 3 capsules twice daily 1 day prior to dental amalgam removal and for 2 day following. A good source of chlorella that I like is called **Chlorella Caps** (from Biotics Research distributed through DSD International at **800-232-3183**). The ordering code is **#20123**.
- **Right after amalgam removal – chew on 1 to 2 tablets of chlorella or open contents of 1 to 2 capsules (if using the Chlorella Caps from Biotics Research) into your mouth. Swish (30 seconds) and spit. Do Not Swallow.**

Please feel free to pass this message on to others you feel could benefit. I look forward to continuing to seek new ways of improving your and your families health.

Sincerely,

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