

Dr. Louisa L. Williams, Mercury Amalgam Detoxification
Wise Traditions Conference, Montgomery, AL November, 2016.

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Dr. Louisa Williams
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Mercury Amalgam Detoxification

Summary: Due to the clear correlation between mercury and Alzheimer's, as well as other degenerative diseases, it is important to replace mercury amalgam fillings with non-toxic alternatives. But this should be done only when one is healthy enough to effectively excrete this toxic heavy metal from the body, as well as using a specific homeopathic and nutritional protocol such as the one described in the "5 Dental Detox Days."

Notes:

1. Mercury is the most toxic non-radioactive metal on earth. "Silver" amalgam fillings contain over 50% mercury.
2. In 1833, two French salesmen first sold mercury amalgam to US dentists. In 1859 pro-amalgam dentists formed the American Dental Association (ADA), which to this day still asserts that mercury is safe and does not leach from the amalgam filling.
3. Nothing could be further from the truth. The leaching of mercury vapor continuously from amalgam fillings has been proven in numerous research studies. (Vimy, M., & Lorscheider, F, University of Calgary)
4. Google: Polishing Poison? (www.iabdm.org) and Smoking Tooth (www.iaomt.org) for more information on mercury leaching.
5. Mercury is a glutamate excitotoxin, reducing the calming influence of GABA, and causes chronic nerve/brain inflammation. ("The role of glutamate in the CNS toxicity of mercury," *Toxicology*, 76, 1992.)
6. Mercury breaks down the blood brain barrier and causes nerve cell death> "Mercury is a 'biochemical train wreck in your body. It causes your cell membranes to become leaky and inhibits key enzymes your body needs for energy production and toxin removal. Mercury doesn't kill you quickly like cyanide...it kills you slowly and insidiously." Dr. Boyd Haley, Emeritus Professor and Dept. of Chemistry Chair, University of Kentucky.
7. Mercury is a neurotoxin and has been linked to various neurological diseases including Parkinson's, MS, and ALS. ("Tremor frequency patterns in mercury vapor exposure, compared with early Parkinson's disease and essential tremor," *Neurotoxicology*, 20, 1999; "Brain mitochondria catalyze the oxidation...", *J. Neurochem*, 71 (5), 1998; "Mercury and MS," *Acta Neurologica Scandinavica*, 87, 1993; "ALS and Mercury," Mano, Y., et al, 1993; "Recovery from ALS after removal of dental amalgam fillings", Redhe, O, et al. *Int J Risk & Safety in Med.* 1994; 4: 229-236.)
8. Erethism is defined as a psychic disturbance marked by irritability, emotional instability, depression, shyness, and fatigue, as in chronic mercury poisoning." *Dorland's Medical Dictionary*, 26th Ed.

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9. Mercury toxicity has been incontrovertibly linked to Alzheimer's disease. Even minute amounts of mercury within 30 minutes of application cause the same neurofibrillary tangles and amyloid plaques that characterize the brain damage seen in Alzheimer's and other forms of dementia. ("How mercury causes brain neuron degeneration," Lorscheider, F., University of Calgary)
10. Other toxic metals—aluminum, lead, cadmium, and manganese—did not cause these distinct neurological lesions, only mercury, leading Boyd Haley, PhD to conclude that, "Mercury is a primary causative factor in the onset of Alzheimer's." (Emeritus Professor and Dept. of Chemistry Chair, University of Kentucky.) Alzheimer patients often exhibit signs of erethism.
11. In light of this research, I recommend that all of my patients have their mercury amalgam fillings removed—*but very carefully and only* when they are healthy enough to effectively excrete this poison from their bodies.
12. Mercury leaching is greatly augmented by "dental galvanism" – "when two or more dissimilar metals produce the flow of an electric current. (*Dorland's Medical Dictionary, 26th Ed*)
13. Dental galvanism occurs when a gold crown is placed on or near a mercury amalgam filling, or from other metal restorations.
14. "Porcelain" crowns are rarely non-toxic. These "PFM's, or "Porcelain Fused to Metal" have a substructure that is often made of stainless steel which contains nickel—a well known allergenic and carcinogenic heavy metal.
15. The MELISA test from Sweden has found that nickel, palladium, and gold, respectively, are the most allergenic metals through lymphocyte-sensitivity tests. (Stejskal, V, et al, "Metal-specific lymphocytes: biomarkers of sensitivity in man, *Neuroendo Lett*, 1999, 20, 289-298.)
16. Titanium is more inert, but can still cause metal hypersensitivity responses in a small percentage of patients.
17. Replace heavy metals with reasonably inert dental materials; the list is on my websites: radicalmedicine.com and austinnaturopathicmedicine.com.
18. Determine if you are healthy enough to have your toxic fillings and crowns replaced through a thorough history, exam, blood tests and energetic testing (kinesiology, MRT, EAV, etc.)
19. Best tests for heavy metals: MELISA test from Pharmasan (lymphocyte-sensitivity test) and the Mercury Speciation Test from Quicksilver Scientific (heavy metal toxicity and can differentiate between fish and mercury amalgam exposure)
20. "The 5 Dental Detox Days": Download at www.radicalmedicine.com. The protocol in this ebook is based on the fact that there is a statistically significant increase in mercury excretion just after, and for 5 weeks after, removal of mercury. (Summers, A., et al. "Mercury released from dental "silver" fillings provokes an increase in mercury-and antibiotic-resistant bacteria in oral and intestinal floras of primates," *Antimicrob Agents Chemother.*, April 1993, 825-34.)
21. When you drill mercury out of the mouth it's like an acute fire, that is, acute inflammation, in the body. Therefore, the day of and 4 days after mercury removal, it is important to "hit fire with fire," and take stronger doses than

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- usual of nutritional supplements and homeopathic remedies, as well as carefully adhering to a nutrient-dense WAPF diet.
22. Do not get constipated: Bowel excretion is 5 times higher than kidney/bladder excretion, and fecal amounts of mercury are “enormous” the 3rd day after placement of mercury. (Malmstroem, C., et al, “Amalgam-derived mercury in feces,” ISTERH Third Annual Conference and NTES Fourth Nordic Conference, Stockholm, May 25-29, 1992, 1-8.)
 23. On the other hand, with chronic disease, the opposite is the case. Strong protocols can backfire and inflame an autoimmune and already weakened body. For more information, download *CASPERS Syndrome* at www.radicalmedicine.com.
 24. The difference between an acute healing crisis (psoric reaction mode) and a toxic or disease reaction (tuberculinic or luetic reaction modes) is that the former should be relatively brief and the patient should feel better in many (or at least, some) ways, and in the latter the patient is slow to recover and does not feel significantly better.
 25. Do not remove mercury amalgam fillings with a cancer diagnosis. Do clear toxic root canals and abscessed teeth, and other dental focal infections, however. Go to www.radicalmedicine.com and download *The 5 Dental Cavitation Surgery Days* for more specific directions on the protocol for the very crucial healing day of surgery, and the 4 healing days afterwards.
 26. Gelatin-rich bone broths aid digestion by forming a food bolus in the stomach and intestine, allowing HCL and enzymes to reach the food and break it down more effectively. (*American Journal of Physiology*, 1982, and *Pottenger's Cats*)
 27. Broths are rich in glycine that is essential in liver detoxification, and also helps synthesize bile salts which further detoxify heavy metals in the body. The liver methylates sulfur-containing amino acids (methionine, cysteine) from dietary protein, binds them to mercury and other heavy metals, and then they are excreted through the bowels and kidneys.
 28. The fat-soluble activators or vitamins in bone broths, butter and ghee, and cod liver oil increase the absorption of protein, minerals, and other vitamins. Vitamin K works in perfect synergy with vitamins A & D-why Dr. Price recommended that CLO be combined with butter (or ghee).
 29. Probiotics protect and detoxify heavy metals such as lead, cadmium, and mercury. (Zhai, Q., *Appl Environ Microbiol*, 2016). CHAMP Pro Plus has been found to be an effective probiotic, and the baobab powder prebiotic generates short-chain fatty acids for energy in the intestine. (Order at www.radicalmedicine.com)
 30. Choose an experienced biological dentist (quarters the amalgam filling, uses a rubber dam, uses high speed suction, oxygen nosepiece, water syringe, water filters, mercury vapor collectors, etc.). If you have been ill, work closely with a knowledgeable doctor or practitioner as well. For more information download *The 5 Dental Detox Days* at www.radicalmedicine.com.