



Healing the Natural Way

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Mercury Fillings, are they safe?

In this issue:

Together against Cancer,
Gerson Patient Funding Program

Mercury fillings, are they safe?

The Poison in Your Teeth,
by Dr Tom McGuire

Believe it or not, light-hearted humour

Training Day Update

Patient Corner

Coming next month....

Sweden and Norway have banned the use of mercury fillings whilst Denmark and Germany have restricted its use. France and the UK are still recommending mercury fillings. The European commission may soon call for their phasing out and it cannot be soon enough. Until the British public make their voices heard we will continue to be forced to have amalgam fillings unless of course you are wealthy enough to pay privately and have an alternative filling from resin or a porcelain inlay.

The EU is due to publish the findings of its review on dental amalgam fillings in March. In a preliminary report, Bio Intelligence Service, the company tasked with the study, recommended phasing out mercury in dental care in Europe. Personally I am not sure how much this study cost but considering the vast amount of research already done on this subject you would have thought it would have been an easy decision to ban its use in dentistry.

I have seen patients with mercury poisoning, who have been turned away from doctors as hypochondriacs (in other words they don't know what label to give the patient). Reducing mercury in the body is not easy and it can take a long time to do this safely using detoxification, hyper-nutrition and chelating therapy. There are 100's of different symptoms that can be related to mercury poisoning, from fatigue, nervousness, digestive issues etc.

Personally I cannot understand how the government and health agencies can tell us that mercury fillings are safe but dentists and dental staff have to treat it as a hazardous substance, any spills have to be cleaned up to strict protocols using a mercury spillage kit or even by calling in the experts!

The Health Protection Agency even have a special fact sheet available on cleaning up mercury spillage from a thermometer, read it, it's an eye opener.

You need to wear rubber gloves and hold clothes and shoes (so they can be double bagged and disposed off afterwards) have plenty of plastic bags handy, ventilate the room, do not allow children or pets into the area, do not vacuum, do not use cleaning products; if you're not able to clean the area you must contact your local environmental agency. Not forgetting the bold statement above the instructions which reads: **If you, or anyone who may have been exposed to the mercury, become ill, seek immediate medical advice by calling NHS direct on 0845 4647, or by contacting your GP.**

Just one final point a filling can contain more mercury than you will find in a household thermometer, so how can it be safe in your mouth?

Google: smoking teeth to see the vapors coming from a mercury filled tooth.

View HPA instructions at:

http://www.hpa.org.uk/web/HPAweb&HPAwebStandard/HPAweb_C/1195733821650

Read patient story – Paul Stuart in issue 6 who recovered from ME/Chronic Fatigue who tested 10 x safe dose of mercury in his blood serum.

**Next
Gerson Therapy
Training Day**

26th June 2011

only 2 places
remaining

Please contact me
if you would like
to attend.

*Our health always
seems much more
valuable after we
lose it.*

Unknown Source



The Poison in Your Teeth

Chapter 1: The Poison in Your Teeth

No book about mercury amalgam fillings will be accurate or make sense unless you first understand some basic facts:

Mercury is the most poisonous, non-radioactive, naturally occurring substance on our planet.

- There is no safe or harmless level of mercury. Just one atom of mercury is harmful to the body.
- Amalgam fillings continuously release poisonous mercury vapour.
- Any form of stimulation that heats an amalgam filling will stimulate the release of mercury vapor.
- Amalgam fillings are the single greatest source of mercury exposure.
- The first exposure to mercury from amalgam fillings can occur at the moment of conception.
- Mercury passes through the placenta to the fetus and through breast milk to the nursing baby.
- Chronic mercury poisoning can directly and indirectly contribute to and increase the risk and severity of every known disease and health issue.

I wrote *The Poison in Your Teeth* because factual and objective information about this controversial subject isn't easy to find. Unfortunately, much of what is available is incomplete, contradictory and difficult to understand. If you're confused, uncertain, skeptical, or curious about whether or not mercury amalgam (silver) fillings pose a risk to your health then this book is for you.

If you're a mother, or plan to be one, and want to do everything you can to protect yourself and your child from exposure to mercury, then this book is definitely for you. Mercury has been implicated in autism and other learning and developmental disorders and I will discuss this relationship in detail.

If you've asked a pro-amalgam dentist to remove your mercury amalgam fillings and he or she says they're safe and harmless, but you're still concerned because you've heard mercury is a poison, then this book will be of great value to you.

Chapter 2: A Brief History of Mercury Amalgam (Silver) Fillings

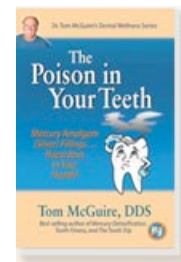
In this chapter, "A Brief History of Mercury Amalgam (Silver) Fillings" you'll learn the history of amalgam fillings, including how they came to be and why the truth about their toxicity has taken so long to emerge.

There's absolutely no doubt about it, mercury vapor is released from amalgam fillings and is highly toxic to humans. Yet nearly 50 percent of all general dentists still use them to fill cavities. But if amalgam fillings are so toxic why did the dental profession decide to use them in the first place, and why on earth are dentists still putting them in people's teeth?

To answer these important questions we need to journey back in time and discover how amalgam silver fillings came to be and explore the origins of the controversy. Turning the clock back will also help explain the role the American Dental Association (ADA) has played—and is still playing—in supporting the use of amalgams and controlling access to information about the health hazards these fillings pose. What you'll learn will amaze you.

The Poison in Your Teeth by Dr. Tom McGuire

www.dentalwellness4u.com



Chapter 3: Mercury Amalgam (Silver) Fillings: What You Need to Know

One atom of mercury is poisonous to your body. That's right, just *one atom*! We're not talking about a truck load of mercury here. We're talking about a single, minute *atom* of mercury doing some harm to your body. (An atom is the smallest part of an element that still retains its unique characteristics.) The fact is that:

- Mercury is the most poisonous, naturally occurring, non-radioactive substance on the planet!
- *There is no safe level of mercury!*
- Amalgam fillings contain and release mercury as a poisonous vapor!

Eighty percent of the mercury vapor released from amalgam fillings is inhaled. Once inhaled, it passes quickly through the lungs, into and then out of the bloodstream, and accumulates in every cell of the body. As it accumulates, it poisons cells and tissues, particularly the brain and nervous system. This chapter will introduce you to mercury—the poison—not mercury the planet, or astrological sign, or the car. By chapter's end you'll understand why mercury is so poisonous and why amalgam fillings are extraordinarily hazardous to your health.

Chapter 4: Chronic Mercury Poisoning and Amalgam (Silver) Fillings

Everyone who has amalgam fillings is being poisoned by mercury. The mercury that's emitted as a vapor from them doesn't just vanish into the air—80 percent of it enters your body, accumulates over time, and will negatively affect your health. This chapter takes a close look at why mercury is so poisonous and the role amalgam fillings play in chronic mercury poisoning.

Chapter 5: Symptoms and Diseases Related to Chronic Mercury Poisoning

This chapter lists the many symptoms and diseases directly, or indirectly, related to chronic mercury poisoning. It also discusses mercury allergies and mercury's relationship to autoimmune diseases. There are thousands of scientific studies showing that chronic mercury poisoning can contribute to over 100 symptoms and diseases. Combined with its indirect effects, mercury will to some degree, negatively affect every aspect of your health.

Not only does mercury have an impact on your physical health, it has an impact on your mental health as well. Mercury is classified as a neurotoxin, a toxin that specifically targets nerve cells. As such, it can also cause or contribute to emotional and psychological issues, such as depression, anxiety, mood swings and memory loss. I can't stress enough the importance of this fact. Most people I've consulted with over the years believed mercury only had a physical impact on



Cont. The Poison in your Teeth:

their health—such as chronic fatigue, tremors and heart issues—and were astounded to learn of the negative non-physical effects it has.

Chapter 6: The Effects of Mercury on the Fetus, Nursing Baby, and Child

A child's first exposure to mercury from amalgam fillings can occur *at the moment of conception!* If the mother has mercury amalgam (silver) fillings in her teeth, the fetus will not only be exposed to mercury released from its mother's fillings at the moment of its conception, but throughout the entire gestation period. Think about that and the implications it holds! This means the fetus is being exposed to poisonous elemental mercury from dental fillings before it even has a tooth! Everything I discuss in this chapter is related to this important fact. In my opinion, there is no doubt that mercury released from amalgam fillings during the most critical period of neurological development is the primary cause of Autism and other learning and developmental disorders!

Chapter 7: Finding a Mercury Free and Mercury Safe Dentist

Hopefully you've decided to have your mercury amalgam fillings removed. Great! But you still have one more crucial step to go—finding a mercury free and mercury safe dentist. Having these fillings removed unsafely will expose you to extraordinarily high amounts of mercury, so it's vital to your health to find a dentist who removes amalgams in a safe way. And it will be a lot easier to find mercury safe dentists if you know what they do, how they do it, and why.

This chapter will explain the difference between pro-amalgam and mercury free/mercury safe dentists as well as inform you how you can deal with obstacles to safely removing and replacing amalgam fillings with safe alternatives. A mercury safe dentist is one who is aware of the health hazards of mercury vapor, doesn't use amalgam in his or her practice, and knows how to minimize your exposure to mercury vapor by safely removing these toxic fillings.

Chapter 8: Safely Removing Amalgam (Silver) Fillings

Your greatest exposure to mercury vapor from amalgam fillings occurs when they are removed, unless they are safely removed. There's more to removing mercury fillings than just drilling them out and you should know what can be done to protect you. I've spoken with thousands of people over the past 30 years and discovered that the majority of them don't realize that amalgam fillings are harmful to their health. Most don't even know that 50 percent of their amalgam "silver" filling is mercury. Still more people don't know that amalgams give off toxic mercury vapor and the fraction who do know, don't realize how much vapor these fillings release when removed without a safe protocol. Chapter 8 deals with the safe protocol for removing mercury fillings.

Chapter 9: Replacing Your Amalgam (Silver) Fillings

You've decided to have your amalgam fillings safely removed, you know what needs to be done to protect you from mercury vapor during their removal, and are now wondering what they should be replaced with. After all, refilling your teeth is just as important as, "unfilling" them. Your mercury safe dentist will be able to offer the best "refilling" choices and since mercury safe dentists don't place amalgam fillings, they're more likely to stay current on the latest in replacement filling materials. While your

mercury safe dentist will be the best source of information about replacing amalgams and will give you the best possible options (treatment plans), I think it will be useful for you to know what your choices are. This information will help you in the process of working with your dentist in selecting the restoration that's right for you.

Chapter 10: Reducing Mercury Exposure from Amalgam Silver Fillings

Not everyone will be able to have their mercury amalgam fillings removed as quickly as they would like to and may have to spread their removal out over time. If you find yourself in this situation, all is not lost, there are steps you can take to minimize your exposure to mercury vapor while the fillings are still in your teeth. This chapter will tell you how.

Chapter 11: Mercury Detoxification

Mercury is wily. Its vapor sneaks all too easily out of amalgam fillings, enters into and accumulates throughout the body. Your body does its best to remove it, but if enough mercury accumulates it can overwhelm the body's immune system. That means you have to step up and help your body fight this poisonous substance by participating in a *mercury detoxification program*—a program specifically designed to support the body's effort to remove mercury and help heal the damage.

Chapter 12: Health Improvements Related to Amalgam Removal and Mercury Detoxification

Everyone wants to be healthy and stay healthy. The vast majority of people I've spoken to who decided to remove their amalgam fillings wanted to know if their symptoms would improve after removal. In this chapter you'll be able to evaluate the improvement in symptoms and diseases between those who only had their amalgam fillings removed and those who also participated in a mercury detoxification program.

Chapter 13: American Dental Association: Assessing the Blame

I've consulted with thousands of people about the health hazards of mercury amalgam (silver) fillings. Once they discover how the mercury vapor released from amalgams can harm their health they ask the obvious question: "Why do dentists still use these poisonous fillings?" In my opinion the answer is directly connected to the American Dental Association (ADA), which continues to advocate the safety of amalgam fillings in dentistry. In the next chapter, I'll discuss why I believe the ADA does so and why I think it is absolutely wrong in defending the use of these poisonous fillings. There are always two sides to a controversy and by now you'll have enough information to form your own opinion.

Appendix A: Testing for Mercury

Testing for mercury is the only way to objectively determine if your body is eliminating higher than normal amounts of mercury, or if it can be detected in the body. But even testing has limitations. For example, no test can tell you where and how much mercury is in your body, how much is in your brain, or exactly how much damage it has done.

In this section I will give a brief overview of each commonly used test, including the fecal metals, blood, urine, hair, and porphyrin profile tests. You can find more detailed information about these tests at www.dentalwellness4u.com, "Testing for Mercury", in the Frequently Asked Questions (FAQ) menu on the homepage.



Cont. *The Poison in your Teeth:*

Appendix B : Other Sources of Mercury Exposure

At the time of publication, there were over 3,000 industrial uses for mercury and its various compounds. That means both the people who make these products and those who use them are at risk of mercury exposure. Fortunately, mercury is gradually being eliminated from many personal use products in the U.S. But, if you either work in the manufacturing of these products or use any of them, I suggest you check with the appropriate department to determine your risk of exposure. If you're not sure, write to the manufacturer and ask if that product still contains mercury. This chapter lists the most common sources of mercury exposure, including environmental and dietary.

Appendix C : The Relationship of Oral to Overall Health

Although this book is about mercury fillings, it isn't the only oral health issue that can have a damaging effect on your overall health. You must take into account a number of other oral health concerns if you want to feel better, have more energy, live longer and enjoy life to the fullest. In regard to their negative impact on your overall health, the most important of these "other" oral issues are:

- periodontal (gum) disease
- infected root canals/jaw infections (also referred to as cavitations)
- allergy to dental materials
- fluoride.

No matter what else you do to improve your overall health—including removing your mercury fillings—it's important to understand how oral health affects your overall health.

The above has been printed with the kind permission of the author,

Dr Tom McGuire.



About Dr. Tom McGuire

Dr. McGuire is a leading International authority on mercury amalgam fillings, chronic mercury poisoning, mercury detoxification and the relationship of oral to overall health. He has written the best-selling books, *The Poison in Your Teeth*; *Mercury Detoxification*, and *Healthy Teeth – Healthy Body*. He has the most visited and extensive oral health website of its kind; including the largest and most comprehensive directory of mercury free and mercury safe dentists. www.dentalwellness4u.com. He has co-produced, with Dr. Paul Rubin, the DVD Course: *How to Make Your Practice Mercury Safe: Minimizing Occupational Exposure to Mercury at the Dental Office* (www.newdirectionsdentistry.com). This is the only DVD of its kind available to dentists and will teach dentists how to protect themselves, their patients, their staff, and the environment from excessive and unnecessary exposure to mercury.

Message from Stephen

Mercury free or mercury safe dentists are few and far between in the UK, in my opinion there are dentists who will admit to knowing how mercury should be safely removed but in practice they do not. It is vitally important that mercury is removed in the correct manner for the health of the individual concerned.

I was fortunate to have received a copy of Dr Tom McGuire's book 'The Poison in your Teeth' and it is excellent reading. We all need to take responsibility for our own health and wellbeing. Don't expect the government, drug companies or any other organization to do it for us. Question, what you are being told is safe.

Remember back in the 50's they told the public that smoking was safe and doctors and the government actually recommended it to people, it's a different story now though, but in the meantime a lot of profit has been made of the back of a lot of people suffering terrible diseases as a result of this 'recommendation'.

Some facts about Amalgam fillings you might not know

"silver" amalgam fillings are 50% mercury.

A large filling may contain as much mercury as a thermometer.

Mercury vaporizes easily at room temperature, and in this state, is odorless, colorless and tasteless. Inhaled mercury vapor is readily absorbed into the bloodstream.

The World Health Organization has concluded that dental fillings contribute more mercury to a person's body than all other sources of mercury combined.

Mercury is a powerful poison.

Published research demonstrates that mercury is more toxic than lead, cadmium or arsenic.

You might ask is there a safe way to remove this dangerous substance from your mouth (and body). Yes there is, for removal of amalgam fillings always consult someone registered with the IAOMT to ensure that the removal of your mercury fillings is done using the correct protocols.

The IAOMT is a group of dentists, physicians and researchers involved in peer-reviewed scientific research, education and the promotion of biological dentistry. Biological dentists recognize the impact of toxic materials and relate it to dental and physiological health. These dentists are concerned with the integrity of the oral cavity and use materials and procedures in their practices that are systemically compatible.

www.iaomt.org

Training Days

Since moving we have been fairly busy with training days, we did one training day in March, another in April and another in May with a total of 17 attendees over the 3 training days.

We are now planning another training day in on 26th June and a further one on 24th July.

If you know anyone who is interested in attending one of our training days, please ask him or her to contact me for the next available date.

Believe it or not... supplied by Hayley Bonnell

These are sentences actually typed by Medical secretaries in NHS Greater Glasgow

1. Rectal examination revealed a normal size thyroid.
2. She stated that she had been constipated for most of her life until she got a divorce.
3. Both breasts are equal and reactive to light and accommodation.
4. Examination of genitalia reveals that he is circus sized.
5. The lab test indicated abnormal lover function.
6. Skin: somewhat pale, but present.
7. The pelvic exam will be done later on the floor.
8. Large brown stool ambulating in the hall.

More in the next issue.....

Have a little fun, laughter is great medicine...

You have to try this. It is absolutely true.

I guess there are some things that the brain cannot handle.

HOW SMART IS YOUR RIGHT FOOT?

You have to try this please, **it takes 2 seconds**. I could not believe this!

It is from an orthopaedic surgeon..... This will confuse your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't. It is pre-programmed in your brain!

1. While sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction. I told you so! And there's nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so.

Some of the best one liners – they would be funny if they weren't true

1. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
2. We live in a society where pizza gets to your house before the police.
3. War does not determine who is right - only who is left.
4. Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.
5. Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason.
6. Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

3 Mildmay Close
Melton Mowbray
Leics, LE13 1AH

Phone:
01664 501716

Fax:
01664 501716

E-Mail: info@stephen-gamble.com

*He who enjoys good
health is rich, though
he knows it not-*

Italian Proverb

We're on the Web!

See us at:

www.stephen-gamble.com

Patient Corner

Together against Cancer Funding Program for Gerson Therapy Patients

Together against Cancer have launched a program to help patients who are on a number of state benefits and following the Gerson Therapy. They must be under the care of a trained Gerson Therapy Practitioner and continue with regular consultations.

The charity will pay up to £200 a month towards items specific to the therapy with payment being made direct to the supplier rather than the patient, so that it does not affect any income-based payments the patient may already be receiving.

**For more information please contact
Stephen Gamble on:**

info@stephen-gamble.com



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FOR SALE

My name is Youssef Belloukid;
Unfortunately due to circumstances I can't follow the Gerson Therapy,
However I had already ordered the necessary equipment and supplements. These were all
ordered from Healing Naturally, they are all new and unopened. Because some of these do not
have a long expiration date, I am selling them for only 35% of their original cost.

If you are interested please email me and I will send you a list of the supplements I am selling.

You can email me at youssef44@live.nl or call me at Tel: 0031-617080514

To all readers:

If you have a story to contribute to our newsletter, or items you would like to
sell or donate to a Gerson Therapy Patient, then please contact me.

Email: info@stephen-gamble.com

Coming in next issue....

- Patient story....
- Safety-Check?
- Light hearted humour
- And more....
- Your ideas and input are very welcome, please help us to help others on their healing journey.