

Silver Fillings And Your Health

There is no doubt that mercury is a poison. In fact of all the toxins that we are exposed to on a daily basis, mercury is the most dangerous. Silver fillings are made from mercury.

FACTS ABOUT MERCURY



- Mercury is number three on the top list of toxic substances in the USA.
- A person's body contains 15 mg. of mercury.
- We already absorb mercury when we breathe contaminated air, eat contaminated fish, receive vaccines with Thimerosal, or are exposed to certain pesticides and petroleum products.
- According to the WHO there is no known safe level for mercury.
- Mercury can affect the nervous, endocrine and urinary tract systems.
- Mercury can affect the unborn child.
- Silver fillings have about 50% mercury.
- There are more than 200 symptoms in the medical literature related to mercury poisoning.

HOW MERCURY WORKS IN THE MOUTH

Dentists in America insert about 72 tons of mercury in their patient's mouths every year. The effects of mercury poisoning is a slow insidious process.

However, mercury vapors do leak from fillings and the health problems can be perceived many years after the fillings have been placed. (In California all dentists are required to provide their patients with a dental fact sheet outlining the potential dangers of mercury fillings. Chewing, grinding and corrosion can cause small amounts of mercury to be released into the mouth even though the filling is hard and the mercury is bound within the amalgam. This process occurs over the life of the filling. The total amount of mercury released in the mouth depends on the size of the fillings, the amount of fillings and your chewing and eating habits.



SILVER FILLING REPLACEMENT

Mercury fillings must be removed carefully to avoid inhaling the vapors. At Sunny Smiles, we have a holistic approach. During the procedure we use a rubber dam, a high volume suction and a mask on our patients. We avoid water spray where possible to prevent too much swallowing of filling, and we place gauze in the mouth. We replace your fillings with biologically friendly composites which are tooth-coloured. We also recommend nutritional support and detoxification pathways. This includes a heavy metal cleanse treatment and a colonic. Without this some patients can experience nausea, vomiting and fatigue. We do not normally remove mercury fillings during pregnancy or while nursing. Start slow and remove one filling at a time at first. Drink lots of water.



After Composite Fillings

Ask us about our Mercury Detoxification Program.

MERCURY DETOXING

A procedure called chelation can help remove heavy metals from the body. Also products like vitamin C and E, alpha-lipoic acid, carrots, cilantro (Chinese parsley), dark green vegetables and products high in sulphur can help with detoxification.