

Mercury Fillings: To Remove Or Not To Remove?

Written by James Wright, DDS

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While the United States is still debating mercury amalgam fillings, Germany, Sweden, Norway, Denmark, Austria, Finland and Canada, have already banned them. Progress may be slow, but California has passed a law requiring patients to sign a form disclosing that their dentist is using a controversial material in their mouth.

It is estimated that **American** dentists put 80 tons of toxic mercury and over 100 million fillings in our mouths every year.

According to HeartlandHealing.com, 92% of American dentists prefer to work with amalgam fillings - despite safer alternatives. ***Critics of amalgam fillings believe this established procedure is still being used because the financial interest is so lucrative and the procedure is so ingrained.***

It is an un-debatable fact that mercury is a poison; more toxic than lead or arsenic. ***The debate is with the American Dental Association's position that mercury fillings are not a major source of mercury in the body.***

If you break a thermometer however, government guidelines recommend the room be sealed until Hazardous Materials experts can decontaminate the scene. Yet eight out of ten Americans have more mercury in their mouth than a thermometer. You may be one of them.

Every time you chew, drink, or brush your teeth, toxic mercury vapors and particles enter your body. When introduced to the body it goes mainly to organs like the brain, kidneys, liver and nerve cells where it hides relatively undetected, slowly poisoning the system.

The good news is that there are several available options to mercury. As a holistic dentist, I use special, white fillings.

If you have a mouth full of mercury, the removal process could expose you to more mercury than leaving them in - unless it is done by an experienced holistic dentist. In many cases, health

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returns when the consistent mercury exposure is ended.

If you are interested in removing your mercury fillings, please call my office 309-4600 to schedule a consultation and we can discuss the best options for you.