


Mercury Deception

JUST ONE OF DENTISTRY'S BEST-KEPT SECRETS

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**Those Silver Colored Fillings
in Your Mouth are 50 Percent Mercury!**

I am not going to get into a story here about the chemistry of mercury in the human body. There has already been much written as to the hazards of mercury to living organisms. If you want to learn about the chemistry of mercury you can get on line and search mercury or dental mercury. You can also go to the Holistic Dental Association's web-site, www.holisticdental.org, or the International Academy of Oral Medicine and Toxicology site, www.IAOMT.org/ or the web site for Consumers for Dental Choice, www.toxicteeth.org.

Among dentist this mercury issue is an extremely controversial topic. Dental Boards across the US have revoked dentist's license to practice dentistry and have slandered any dentists who dares to speak out publicly or to his/hers patients about mercury toxicity .

Charles Brown is an attorney who has taken it upon himself to take the necessary legal action against the various State Dental Boards who attempt to silence the mercury knowledgeable dentist and he has explained to these Dental Boards what he will legally do them if the Boards attempt to silence a knowledgeable dentist with any license threats. Brown's group, Consumers for Dental Choice, has also won a very significant case against the Federal Drug Administration (FDA) so that the FDA no longer can claim dental mercury to be "safe" and the FDA now has officially stated that dental mercury should not be used in children and pregnant women. The legal case is now going into the next phase to have the FDA outlaw dental mercury completely. To find out more about Brown's work go to the website for Consumers for Dental Choice's www.toxicteeth.org.

If you go to the Holistic Dental Association's site what may also come up in your search are sites telling you to stay away from holistic and biological dentist? Dr. Stephen Barrett, M.D. has an especially interesting pro-mercury anti-holistic site located at www.quackwatch.org.

If you prefer to read books, there have been several good books written by Hal Huggins, D.D.S. Dr. Huggins is one of the early pioneers in this exposure of mercury deception. He has courageously stood up against the establishment in his battle to publicly expose this mercury deception. In order to "get him" the Colorado Dental Board revoked Dr. Huggins' dental license several years ago. However, now that Dr. Huggins is free of the Dental Board he can speak freely without fear of continued harassment. Just search Hal Huggins, D.D.S., and you will find information and several books he has written.

As I wrote in the Gingival Sulcus section, the dental schools intentionally do not adequately educate dentists regarding the gingival sulcus, fluoride or mercury. Therefore, dentists have serious deficiencies in their formal education and as a result continue to hold their dental school educations as being the gospel truth.

Don't go out and attack your personal dentist for their mercury educational deficiency as they don't even know it exists.

What I would encourage you to do instead is request, in a very supportive and non-confrontational way, that your personal dentist eliminate that educational deficiency by getting accurately informed and educated.

If a dentist still clings to the belief that their dental education is accurate and complete, then ask them if they are aware that the FDA now states that because of the toxic properties of mercury it should not be used in children and pregnant women and that Sweden has now banned the use of ALL dental mercury effective June 01, 2009. If that dentist is not aware of this, then you might have them ask the ADA why this very important information is not being included in their dental literature.

Understand that I am not asking you to question any dentist for a confrontational reason; I only want you to assist with the consciousness of the dentist. Just support the dentist in getting back in touch with who he/she is instead of who he/she had to become in order to survive in life.

**Those Silver Colored
Fillings in Your Mouth Are
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What I want to first share with you is how, via my dental school education, I became a mercury expert, and how, via my own personal studies, I became a mercury quack.

If you listen to the American Dental Association (ADA), they will tell you that if you want to learn the “truth” about mercury you should ask your dentist because your dentist is the “expert.”

However, I know that dentists are taught virtually nothing about the toxic effects of mercury on cellular physiology in the human body. The dentist is only taught the formula of mercury amalgam, how to prep teeth for mercury fillings and how mix place and carve the mercury filling material.

Again, dentist, in dental school are taught absolutely nothing about the toxic effect of mercury on human cellular physiology. But the ADA calls that same educationally deficient dentist a “mercury expert.” Like it or not, the dentists dental school education process is intentionally and seriously deficient in educating dental students and dentists regarding mercury toxicity.

But still, the ADA attempts to convince the public (that’s you) that the dentist is the most knowledgeable expert to ask about mercury and that what the dentist tells you is to be taken as gospel truth.

If a dentist such as me chooses to further our education and gain more knowledge about dental mercury, and then find that we have been grossly misled by the ADA, then the ADA no longer refers to the dentist (that’s me) as a “mercury expert” and instead now refers to us as “quacks”.

That’s rather unusual isn’t it that when an “expert” furthers their education, then they become less of an “expert.”

That’s backwards isn’t it?

I can guarantee that if one will honestly study the data it will soon be understood

that the mercury used in the silver colored amalgam fillings is the most toxic non-radioactive element on the planet and mercury is **ALWAYS** leaking out of the filling and being ingested into the body where it serves as a cellular toxin.

If some dentist tries to convince you that the mercury amalgam is a safe and stable chemical compound, well that’s not so and you can be sure that dentist has a serious deficiency in their education, or if they are aware of the toxic effects of mercury amalgam but tells you its “safe” then you are just being lied to.

Even the ADA has acknowledged that mercury does continually leak from amalgam fillings.

In fact, the package that contains the mercury filling material the dentist uses contains the warning that mercury is “a chemical known...to cause birth defects or other reproductive harm.”

If telling the truth here about the toxic effects of mercury qualifies me as being labeled a quack then I wear that title with honor. I would much rather be labeled a quack for helping individuals become free of this toxic mercury element than be labeled as an “expert” for exposing them to it.

If I tell you the truth about the toxic properties of dental mercury, the ADA labels me as a “quack,” but if I lie to you about the toxic properties of dental mercury the ADA will honor me with the title of an “expert.”

The ADA plays this same scenario with fluoride. As long as I support the fraudulent position of the ADA, I am an “expert”. If I further my education and discover what was **intentionally** omitted from my formal dental education, and then begin to tell the truth about fluoride, then I also earn the distinction of being called a “quack.”

The irony here is that while all these establishment educationally deficient dentists are praising dental mercury use, they are handling it daily and being exposed to it daily when they remove defective mercury fillings from their patients using unsafe methods they don't even recognize as being unsafe as their arrogance blinds them...and the dentist, as well as the patient, are gradually becoming mercury toxic without even recognizing it. Thus, it's not the mercury that is harming the dentist, it's their arrogance.

Some might say it serves them right, but then what about their unsuspecting patient who is being exposed to toxic mercury unknowingly.

It was not an iceberg that sank the Titanic; it was arrogance that sank the Titanic.

Regarding mercury, as with fluoride, what is omitted (intentionally) from the dentists dental school education is much more important than what was included?

Again, there are numerous avenues available to learn about how dental mercury poisoning affects us. I have already referred you to some of those sources. What I would like to accomplish here is to tell you a brief story about my dental school mercury educational experience as well as my post dental school mercury educational experience and then explain how to **SAFELY** remove mercury from your teeth. Also understand that removing mercury from your teeth will not remove it from the tissues of your body.

Removing mercury from your body is a complex process and I will discuss this later.

I want to state very clearly now that if you are considering having your mercury amalgam fillings removed and you don't use a dentist who is knowledgeable and properly trained about how to do it SAFELY, then you are better off to leave the mercury in your teeth and NOT have any mercury removed until you can locate a knowledgeable dentist.

If your personal dentist blows it off or downplays the toxic effects of dental mercury then that dentist will probably not take appropriate safety precautions when the mercury is removed. Run...

If mercury removal is done INCORRECTLY, when the mercury fillings are drilled out you will be exposed to all that mercury you are attempting to be rid of. I will get into that in more detail soon.

My Story

When I was young I would occasionally be taken to the dentist and the dentist would find a cavity and fill it. I was maybe 8 or 9 years old when I had my first mercury filling done. I gave absolutely no thought as to what was being used to fill my tooth.

I had an assumed trust that my parents would not take me to someone who would do harm to me. I also had an assumed trust in the dentist.

My consensus was that dentists were good guys and were looking out for my best interest.

This periodic decay and the needed fillings were done as needed and later while in dental school I had several more mercury fillings done.

In dental school I learned how to do mercury fillings and when I graduated from dental school I routinely placed mercury fillings in my patients. Over the years, on occasion, a patient would question me as to the safety of mercury fillings as they had heard that they were not safe. I always reassured them that I had never been taught anything in dental school that would make me question that dental mercury fillings were not completely safe and without any hesitation I continued to routinely place mercury fillings.

I do have to acknowledge that mercury amalgam is a very nice and easy filling material to work with. It is easy to mix, place and carve. Mercury amalgam is technically a very forgiving filling material to work with. It's cheap and many times easier for a dentist to use and mercury fillings are much more profitable to use when compared to the white composite filling materials.

I will admit that there are times when I still would like to use mercury fillings, even though I would not. Mercury fillings are not very technique sensitive and when placed, if they get wet it is not a problem. They can set up under saliva. Whereas the non-mercury fillings have to be kept absolutely dry or they will not bond properly. Non-mercury fillings require numerous steps to produce a good filling.

When using non-mercury filling materials the existing mercury filling and any decay is removed from the tooth and the tooth is properly prepped. Then there is the basing or lining of the dentin, then etching and the priming. The bonding resin is applied and cured and then the filling material is incrementally placed and cured and then trimmed and polished. Non-mercury fillings take almost twice as long to do than mercury fillings do yet they are only about 30 percent more expensive to the patient.

I used dental mercury in my practice from 1972 until 1991. What changed for me?

Sometime in 1990 a long time patient gave me a copy of a book titled *It's All In Your Head*, by Hal Huggins, D.D.S. I laid the book on my desk, did not read it, and the book was soon covered up with other things. About a year later she asked me if I had read it. I said no. She briefly discussed it and since I had much respect for her I dug the book up from under the pile and I took the book home and read it that weekend.

I had planned to just flip thru this book to get a sense of what it said but as I scanned it I begin to see what my dental education was missing so I went back to page one and could not put this book down and read it in its entirety that weekend.

I found this book to be very overwhelming for me. I had to look at the fact that all of this great mercury filling work I had been doing over the years was definitely causing all these folks to have a chronic low level exposure to elemental mercury with some actual or potential harm to all these patients.

This book clearly explained what dental mercury really was. Since I was already aware that my formal dental education was seriously deficient and flawed regarding fluoride, I could now see that my formal dental education was also flawed and seriously deficient in accurate information regarding dental mercury.

When I got back to my office the following Monday I first removed all the dental mercury from my office and then located Dr. Huggins. I found that he was having a seminar in about two weeks. I immediately enrolled and attended that three day seminar in Colorado Springs, CO. I then registered for his advance seminar that was to be in a few weeks.

Dr. Huggins seminar was overflowing with true scientifically documented information that I had never been made aware of and I was definitely extremely overwhelmed.

I was now very clear that my formal dental school education was seriously deficient and lacked accurate and honest information regarding dental mercury.

I also concluded that is wasn't just me who had this serious deficiency in my dental school education; it was ALL dentists who have been duped in the formal dental education process.

When I threw out all my mercury filling materials I then had to learn how to successfully use non-mercury filling materials.

There are other choices for filling materials when a dentist does not use mercury. The other choices are gold, the white filling materials (composites) and porcelain.

Composite is the filling material most commonly used instead of mercury filling material. Composite filling materials are the white fillings and are often referred to as "bonding."

Bonding composites are adhesive in their chemistry and are in the family of epoxy resins. After the decay is removed from the tooth and the tooth properly prepped the prepared tooth is based or lined, it is then etched with a mild acid that will cleanse the tooth and will cause a micro-etching. This micro-etching is done to produce a tooth surface that will allow the bonding resin to form a mechanical bond to the tooth.

Once the tooth is etched and primed the bonding liquid is applied and cured, the composite filling material is placed and cured and then the filling is contoured and polished.

All dental filling materials have physical limitations as to where they can be used. Considerations have to be made as to what stresses will be applied to the tooth and filling and to the ability to keep the tooth dry while the bonding is done. If the filling is in an area that cannot be kept free of saliva or blood, then an adequate bond cannot be achieved and the filling will be weak and will leak at the interface between the filling and the tooth and allow bacteria to get between the tooth and the filling and recurrent decay will eventually occur.

My point is that there is a huge learning curve here for learning how to perform dentistry without using mercury. This is another reason why some dentist will not cease using mercury filling materials.

Mercury filling material is a real no-brainer to work with. To do successful and long lasting non-mercury fillings on posterior teeth requires a higher skill level not necessary with mercury fillings.

What Diseases does dental mercury cause?

Before I get into this topic I need to give you this disclaimer and remind you that due to my advanced mercury education I am, according to the ADA, a quack and proud of it and you should not listen to me as the ADA and the ADA puppet dentist are the "experts."

When dentists place mercury fillings in a tooth, what we are taught to do is to prep the tooth and put an excess amount of mercury amalgam into the preparation and then carve off the excess. Some of that excess is swallowed and some of it is spit out. Then, since the mercury filling is fresh, not cured, there is elemental mercury vapor that is released and that vapor is either inhaled, mixed with food and swallowed, or it passed thru the oral tissue and goes directly into the blood stream and into all tissues of your body including the brain.

Studies have shown that even after the mercury filling has cured, on a continual basis, mercury vapor is still released... forever.

Over the life of the filling, mercury vapor is always released. Chewing and hot food can increase the amount of mercury released.

When the amount of mercury vapor being released from fillings is being tested, they have the individual chew gum to stimulate the release of mercury and then the mercury vapor analyzer is placed in the mouth to measure the amount of mercury vapor released

It's a given, mercury vapor is always being released from the mercury fillings, no matter the age of the mercury filling. It is not a question of **whether or not** mercury is being released; it's a question as to **how much** is being released. The ADA has acknowledged that mercury vapor does leak from the mercury fillings but they say it is not a health hazard and they downplay all of this.

In addition, some dentist will polish old mercury fillings as they tarnish in order to make them shiny again. When that tarnished oxide layer is removed and the filling polished, more mercury vapor is released because that oxide layer tends to protect the layer under it so it does not react as much. Do **NOT** let the dentist, the assistant or the hygienist polish your mercury fillings...unless you want more mercury exposure.

If you have inadequate oral hygiene care and there are bacterial colonies in your gingival sulcus, those bacterial organisms will ingest the mercury and will convert it into a methyl mercury compound that is about 60 times more toxic than the elemental mercury originally found in the mercury fillings. Then you ingest that methyl mercury.

My point here is that you are **ALWAYS** being exposed to mercury from the fillings. The distinction is not **IF** you are being exposed to mercury, the distinction is **how much** mercury you are being exposed to. Is your exposure just a little bit or a lot?

So back to what diseases does dental mercury contribute to? Among other things, Mercury is an enzyme poison. All the chemical reactions in the body require enzymes. Inhibit or inactivate the enzymes and cellular metabolism is affected. Mercury can get into all tissues of the body but mercury does have a strong affinity for fatty or lipid tissues. The sheath that covers nerve tissue is a lipid protein. Mercury loves to get into this tissue. Thus, MS and other neurological diseases occur.

If the mercury gets into the thyroid, or the brain, then diseases of those occur. If mercury gets into muscle tissue then fibromyalgia can occur. At a cellular level, mercury can get into the mitochondria in the cells and that effects energy production and common complaints are fatigue. Other complaints can be memory loss, confusion, muscle and joint pain as well as other symptoms listed in those reference sites and books I mentioned in the first couple of paragraphs.

I could go on and on here but again I don't want to get into all the toxic effects of mercury, there are references I gave you if you want to study that.

What I want you to get for now; is that at a low level exposure, such as from mercury amalgam, as the mercury gradually accumulates in your tissues the mercury tends to CONTRIBUTE to various disease processes versus actually causing the symptoms. When an individual presents with symptoms of toxicity from chronic low level mercury exposure from dental mercury there are usually other toxins that have also accumulated and are involved in the disease process besides just mercury.

Mercury symptoms can vary depending on the dose of the exposure. For example, if there is some type of exposure were there is a large amount of mercury involved, the symptoms would be different than those when there is a low exposure over a long period of time.

As you accumulate mercury slowly over the years as it leaks out of your mercury fillings, you will also be accumulating other toxins from other sources. Our air, food and water are all contaminated with various toxins. So when you begin to have health symptoms related to chemical toxicity, the cause is not just mercury but instead a garden variety of ingested toxic chemicals.

Let me explain:

First we have to go back to your birth, and even before your birth. No matter how clean you keep yourself everyone has a certain amount of toxins in their body. How toxic were your father and mother at the time of your conception?

Did the sperm or the egg contain toxins or was there already damage that was done by toxins? Was the DNA normal and healthy and all there?

Once conception occurs and you attached to your mothers placenta via the umbilical cord, what toxins came thru that cord and into your developing embryo body? You could have been accumulating toxins even from the day of conception.

The cleaner your mother was, the cleaner you would have been at birth. The more toxic your mother was the more toxic you would have already been at birth.

Then you are born. You start breathing the air that has toxins in it, you start drinking the water which has toxins in it. If you are not nursed by your mother then you miss out on a very important immune nutrient called colostrum and instead you ingest cow's milk that is usually loaded up with antibiotics, hormones, pesticides and other chemicals. Plus, since the cows milk is pasteurized that destroys the naturally occurring enzymes in the milk that are necessary for proper digestion (That's a major reason for lactose intolerance). Then you continue to intox on a daily basis as your body is trying to develop.

Then you reach what I call a void.

The US Department of Agriculture did a study and found that a significant amount of crop land in the US is deficient in organic matter and minerals that are essential for good crop growth.

This means that when crops are grown in deficient soil, then those some of the expected nutrients never get into the food chain. Therefore, you will have inadequate nutrition no matter how good you think your diet is. This study was done in the 1930's and things have gotten worse since then.

Crops are genetically altered so they look pretty and will have a long shelf life but they have nutritional deficiencies. They are usually loaded up with pesticides also. This means that your body will receive nutritional deficiencies and exposure to toxic pesticides.

Crops grown on good healthy soil are available and are more expensive and have a shorter shelf life and do give you better nutrition.

So the child is born and continues to intox as that child is growing and developing. The choice is not do you intox or not, the choice is do you intox a lot or just a little. Intoxing goes on for life.

Then you get to the point that you have a decayed tooth that needs to be restored. You go to the dentist and that dentist removes the decay and places a mercury (silver) amalgam filling in that tooth.

In dental school we are trained to place an excess of mercury amalgam in the tooth and condense and burnish it into place and then carve off the excess. Some of that carved off excess might be swallowed and the rest is spit out. Then, since the filling is fresh and not cured, mercury vapor readily escapes and is usually inhaled or mixed with your food and swallowed.

Then there is more of the air, water and food toxins that we ingest. I know our health departments and the EPA and other governmental agencies tell us the air we breathe and the water we drink, and the food chain is "safe." They get by with that only because they have changed the definition of "safe."

You need to get what I just wrote. The definition of "safe" has been altered, modified, changed...to serve corporate America! And to be more specific, to serve the political-business connection...

It is challenging to document that the word "safe" has had its socially acceptable dictionary definition altered by the "establishment" so that something that is not the least bit "safe" is made "safe" by a definition modification. But I do have a smoking gun.

My Webster's dictionary defines "safe" as "secure from harm, injury, danger or risk. Free from hurt, injury, danger or risk. Dependable or trustworthy."

I think that we would all agree that is our socially acceptable definition of "safe."

It was in 1985 that I first became aware of how the "establishment" and the "authorities" spin doctors have tricked us with their word redefinition fraud. I was asked by an anti-fluoridation group to present testimony at an Environmental Protection Agency (EPA) hearing in Washington DC. One of the papers I was given to study was a Report to the Surgeon General. This report was done by the Ad Hoc Committee on the Non-dental Health effect of Fluoride in Drinking Water.

The conclusion of this paper was that artificially fluoridated drinking water is safe because "No sound evidence exists which shows that drinking water with the various concentration of fluoride found naturally in public drinking water has any adverse effects on general health..."

Therefore, fluoridated drinking water is safe because there are not any

"adverse effects on general health."

Now you have to look at how they define "adverse health effects."

Their definition of "adverse health effects" "was assumed by the group to include:"

- A. Death
- B. Gastrointestinal hemorrhage
- C. Gastrointestinal irritation
- D. Arthralgias
- E. Crippling fluorosis

So I agree 100 percent that drinking water fluoridated at the "recommended level" does not cause any of those "adverse health effects." For fluoride to produce those adverse health effects requires a significantly larger exposure to fluoride than is found in drinking water.

However, at the "acceptable" levels of fluoride found in drinking water, there are symptoms produced that are signs of fluoride poisoning.

Unfortunately, the signs of poisoning from fluoridated drinking water just didn't make it into the definition of and "adverse health effect."

At the low levels of fluoride found in the drinking water fluorosis or tooth mottling, the first visible symptom of chronic fluoride poisoning begins to occur. Fluorosis of tooth structure starts to become visible at 0.01 part per million (ppm) of fluoride concentration. Water supplies are usually fluoridated at a level of 1.5 to 2.5 ppm.

What happens is that when the child's tooth is still developing in the bone, before it erupts into the mouth, the ingested fluoride poisons the cells that are responsible for developing and forming normal tooth structure. Then, when the tooth erupts it has a mottled appearance. How mottled or fluorosed the tooth is depends on how much and when the fluoride is ingested.

Fluorosis is the first visible symptom of chronic fluoride poisoning and drinking water

is fluoridated at a level that is 15 to 25 times greater than that toxic level necessary to produce a visible symptom of fluoride toxicity.

When that first visible symptom of fluoride poisoning occurs, instead of the US Public Health Service (USPHS) and the; American Medical Association (AMA) and the American Dental Association (ADA) calling for a cease of its use, they instead fail to label the first visible symptom of fluoride poisoning as "an adverse health effect," thus fluoride is "safe," and instead the USPHS and the AMA and the ADA state that if you have a problem with the appearance of the mottled or fluorosed teeth then you have a psychological problem and you should see a therapist.

I see it differently. I think it is the leadership of the EPA, USPHS and the ADA are the ones that need to see a therapist.

My point here is that on the subject of fluoride the word "safe" has been redefined for business-political reasons and "safe" doesn't really mean "safe" anymore. So when the ADA tells you that mercury is "safe" then know that somewhere out in corruptville there exists a definition fraud. Fluoride and mercury fillings aren't "safe" according to my dictionary.

I grew up with a belief that our governmental agencies were fully trustworthy and looking out for my (our) best interest. It was when I was in dental school that I began to see the doublespeak and lack of integrity of organized dentistry especially regarding how "scientific studies" were manipulated to arrive at a desired predetermined result. As a result I began to open my eyes and learned to read between the lines of all these "scientific studies" the establishment presents as their evidence to support their positions as to safety.

In 1996 I was contacted by a patient of mine who lived in a Ponca City OK, a city to the west and north of Tulsa. She called me because she knew that I had worked on several projects to end fluoride and toxic injection well issues and an issue regarding a nuclear power plant that was to be built a few miles east of Tulsa.

She called me because of an oil refinery that was causing a very serious pollution problem that was going on in Ponca City.

I went to Ponca City and what I saw was that the Conoco refinery was causing a very serious toxic pollution problem that was getting into the homes of the citizens living to the east of the refinery.

The city government of Ponca City was fully on the side of Conoco, or in other words, Conoco owned the city officials...which is usually the case in these corporate pollution scenarios.

Here is what I saw: The Conoco refinery is located about one half mile west of the Arkansas River. The land slopes down from the refinery to the river. There were homes as well as a public school located on this sloping land from the refinery to the river.

This refinery had been there forever. What was happening is that some of the storage tanks were leaking and there had been spills over the years and the ground under the refinery was saturated with a variety of gasoline and other petroleum products.

This underground saturation started spilling over from the refinery and started migrating down the slope towards the river.

This land was irregular in the slope, low spots here and there. Most of the homes had basements. As these refinery products flowed downhill underground there were low places that became small visible pools of refinery contaminants and there were many of the homes where the pollution was leaking into the basements. There were some homes

where the soil was wet under the houses from the saturation.

Even though I could smell this stuff even before driving into the area I did not give it much thought at that exact moment as there is a refinery in Tulsa that occasionally has a similar smell.

However, once I arrived at the site, this was all different. The smell was very intense; there was almost an immediate headache and nasal irritation. This wasn't just a whiff of a smell usually associated with a refinery. This was very intense. You could walk on the ground and feel the saturation of the soil and the discoloration or oil products on the surface of the soil. You could go into homes and not get away from the fumes as they were coming up from under the houses and from the basements.

What the residents wanted was for Conoco to buy them out so they could move out of the area.

I discussed strategy with the people I met with that day and it was decided to call for a community meeting of all those affected or interested. A meeting was held and then the decision was made to invite the Oklahoma Department of Health and the Conoco officials to discuss the situation and a solution for it.

What the folks were being told prior to this meeting was that there was no problem and that it was "safe" to breathe these fumes and that Conoco had studies to prove that claim of safety.

I then contacted the Conoco and the Health Department and got copies of the chemical analysis of the pollution products and copies of the "scientific studies" they planned to use to convince us that all was "safe".

I read these "studies" in great detail and what they showed was that all the chemicals found in the soil and the basements were "safe" because they "did not cause cancer" in rats.

Here is how the studies were done. There were about 20 different chemicals found in the soil. What these studies did was to take just one of the chemicals and then either inject it into rats, or force feed it to them and then watch for cancer. It wasn't if the rats did not get cancer, it was if there were enough cases of cancer to be called significant. There was cancer in the rats, just "not enough" to worry about.

Remember now, I said that **only one** chemical at a time was tested on the rats.

So the homeowners had their meeting with Conoco and a high ranking Oklahoma Health Department Medical Doctor. Conoco had their top brass there and the Oklahoma Department of Health had their top medical doctor state his promise that there was absolutely no problem here and he would feel safe having his family live in the area.

After Conoco and the MD finished their con job there were some questions from the crowd and the answers the public was getting from these "experts" were grossly misleading.

It was time for me to take action. I held my hand up to get called on. I made two points with these "experts."

First I held up a photo of a sign that is on the side of the gasoline pumps at the Conoco stations in Tulsa. That sign says

"Caution, breathing the vapors has been known to cause cancer."

So here is Conoco and the Health Department MD "expert" telling all these folks that it is permanently safe to breathe this stuff seeping into their homes, but if you are in Tulsa filling up at their station, don't breathe the fumes during that brief fill up as it can cause cancer.

I then referred to the "scientific studies" I was given. What I pointed out to these "experts" as well as the citizens present was that each rat was only exposed to one

chemical and in NONE of the rat studies were any of the rats exposed to all 20 chemicals at the same time as were the citizens in this pollution area.

Well, the face of the Oklahoma Departments of Health's top dog MD turned red and steam started coming out of his ears. He and Conoco had been caught in this lie and definition manipulation.

The residents in the polluted area did continue to take action and eventually hired attorneys and filed suit and easily won and Conoco had to buy them out and pay for the moving and some medical expenses.

In addition to the above tactics it was also discovered that there were certain waste gassed emitted by the refinery that were supposed to be monitored with air monitors placed around the refinery. The monitoring numbers always seemed to be within the "limits." Then we discovered that the air monitors were not on at night and that Conoco stored the waste chemicals and only released them into the air during the off times of the monitors. So much for corporate integrity!

The October, 1988, issue of Metropolis Magazine has an excellent story about all of this as well as many color photos that show the pollution very clearly.

The school and the homes were torn down and the area has been turned into a city park.

My point here is that first of all, after carefully reading the "studies" I seriously doubted the "scientific studies" were done with integrity.

However, my second point here is the biggest con job was the fact that these "studies" were used by Conoco and the Oklahoma Department of Health in an attempt to persuade all these folks that all was "safe" and there was nothing to be concerned about.

Yet it was not acknowledged that Conoco warns its customers to not breathe the gasoline fumes when fueling their automobiles as they could cause cancer and as far as the rat studies, no rats had been exposed to all 23 chemicals at once as were these citizens of Ponca City.

So how credible is the Oklahoma Department of Health, or the American Dental Association, the USPHS, the EPA, Occupational Health and Safety Association (OSHA) and the American Medical Association (AMA) when they tell us that the mercury in your teeth is "safe." All these agencies are owned by corporate America and if you don't see that by now then I have a bridge in Brooklyn I want to sell you.

I have read several studies where the ADA attempts to convince us that dental mercury is "safe" and all of these studies have serious flaws that prove them to be invalid.

I can promise you that mercury fillings are unsafe, not beneficial and not of any value to our health. If you have them in your mouth and want them removed, the removal can be very hazardous to your health if not done correctly by a dentist who is trained and well experienced in safe mercury removal.

Any dentist who tells you that dental mercury is "safe" either has a serious deficiency in their mercury education or they are knowledgeable and just in cahoots with the establishment.

Now Back to Mercury

When I write about mercury toxicity or other disease processes related to chemical toxicity I want you to understand that I am writing in generalities and not specifics. This is because this is a very complex subject with a lot of variables and much too lengthy to get into here. That is why I have given you several references if you are interested in studying this in more detail. My purpose here is to give you a pattern of how this toxicity scenario occurs and then some insight as to how to undo the chemical toxicity maze. If I do get specific somewhere here, I will state so. Otherwise view this as a pattern of how intoxicing of toxins occurs and what it takes to undo the toxicity; not only mercury but other toxins as well. With that in mind, I will continue with how the toxic disease process occurs.

Eventually as you continue to intox, you will cross a line and begin to have a symptom of some kind. It could be chronic fatigue, memory problems, confusion, muscle or joint pain, fibromyalgia, or it could be something more serious such as cancer or a dysfunction of some organ system in the body.

When you go to traditional medicine they tend to treat the symptom, not the cause of the symptom.

Now I have to be very careful. When I say that traditional medicine tends to treat the symptom I don't mean that comment to be true 100 percent of the time.

For example with high blood pressure there are some lifestyle things that can be done to deal with some of the causes, but there is still a heavy reliance on pharmaceutical drugs and virtually little or no use of natural things that treat the cause of the artery disease that results in the high blood pressure (and I am not referring to cholesterol).

However, when the symptoms are things like chronic fatigue, memory problems, allergies, fibromyalgia traditional medicine either treats the symptoms or doesn't know what to do and tells folks that the problem is "all in their head."

I have some individuals come to me for mercury removal just for preventative reasons, or some want it out for cosmetic reasons, then there are those who want it out due to some symptom or symptoms they are experiencing. Sometimes these symptoms are mild and sometimes severe.

How I approach mercury removal varies with the symptoms the individual is experiencing.

If someone has no health issues or minor health issues I will gladly remove the mercury in a SAFE manner. If they are concerned about their toxic levels even though they don't think they are experiencing any symptoms then I have several recommendations for referral to a practitioner who can determine their detox protocol and I will discuss this with them and they can choose to follow my recommendations or not.

If they have a list of more serious chronic symptoms then I will have a more involved discussion with them. At that time I may elect to not remove the mercury for awhile. What these more severe folks need to understand is that removing the mercury from the teeth will not get it out of the body tissues. Some of these individuals are not well enough to undergo mercury removal. They need to work to strengthen themselves and lessen their symptoms. I will now explain that.

We are all intoxicating toxins. We intoxicate when we breathe air, or eat food, or drink the water.

Our bodies are physiologically similar but also have some differences. Therefore, when a toxic chemical is intimated it will behave uniquely in our body based on where we are already at with our toxic levels and other health issues. How mercury and other toxins affect one individual can be different for another individual.

I am going to very briefly touch on that subject...successful detoxing is different for each of us. I say "successful detoxing" because there are folks who are "detoxing" who really aren't detoxing.

If you want to study the physiology of how toxins cause cellular damage I will refer you to a book titled Antioxidant Adaptation, Its Role in Free Radical Pathology, by Stephen A. Levine, Ph.D. and Parris M. Kidd Ph.D.

Ingested toxins behave in different ways depending on the toxin. Various toxins can slowly oxidize the cells and tissues and what also happens is the toxin reacts with the enzymes in our body and inhibits or inactivates the enzyme so the enzyme is not available to enter into the needed chemical reactions for the support of the life processes. When enzymatic activity is interfered with, many things can occur. Enzyme activity is needed to transport nutrition thru the cell wall and into the cell and then to transport waste out of the cell. If cell wall transport is interfered with, the Ph of the intracellular fluid can be altered and this further interferes with enzyme function as enzymes have to have very specific Ph ranges to function in.

Inhibit enough enzymes and you begin to damage or kill cells and then experience disease symptoms and if this goes on long enough you eventually degenerate and die.

Before I get into how to detox I need to explain several things to you so you will better understand the complexity here.

I am a licensed dentist in the State of Oklahoma. I am neither a medical doctor nor a naturopathic doctor. I used fluoride in my dental practice for about 6 years and I used mercury for about 18 years until I woke up to the mercury deception. Since 1991 I have taken numerous courses in nutrition, physiology and biochemistry, numerous natural healing courses, homeopathy and bodywork disciplines I have also been very personally involved in improving and maintaining my own wellness. I have some other life experiences that also qualifies me.

Keep in mind that I work with mercury removal every day and I have to operate in such a way to avoid my own exposure and to do the necessary work to detox from any of my own occupational mercury exposure and from my exposure to other toxins I am exposed to it in my daily living on this planet.

Therefore...

Effective detoxing requires integrating several disciplines. Just taking a few vitamins does not qualify as detoxing; just as doing chelating alone does not qualify as detoxing.

I need to explain what I mean by **"integrating several disciplines."**

"Integrating several disciplines" is nothing unique to mercury detoxing. Let's look at the educational process for the traditional dentist.

For one to become a licensed dentist there are two learning scenarios involved. That is, learning a little bit about a lot and learning a lot about a little bit.

This means learning a small amount of some basic knowledge about several disciplines that tie into dentistry and then learning a lot about the doingness of dentistry itself.

For someone to get into dental school that individual has to first get thru college. To get into dental school requires that specific prerequisites courses have to be taken in a college or university. So there is an **integration** of several disciplines for the purpose of eventually focusing on one specific goal.

In addition to the basic courses required for graduation from a college or university there are prerequisite college or university courses required for admission to a dental school. Those prerequisites usually include many hours of Biology, Cell Biology, Zoology, Botany, Bacteriology, Anatomy and Physiology, several semesters of Chemistry and Physics, all with labs.

Then, once in dental school, there are numerous dental courses such as Dental Morphology, Human Gross Anatomy, Pathology, Oral Diagnosis, Operative Dental lectures and labs, Prosthetics, Occlusion, Radiology, Endodontics, Oral Surgery, Pediatric Dentistry, Orthodontics, Periodontics, and Pharmacology.

In addition there are courses such as Histology, Physiology, Microbiology and Behavioral Science.

Why all this just to be able to remove some carious tooth structure and put in a filling? First dentistry is a little more complex than that. There are a whole lot of dental materials to be understood and we are injecting chemicals into and performing surgical procedures on human beings. It's necessary to understand how to integrate all of that and to understand how what we are doing affects the total. An understanding of dental anatomy is obvious, there is the chemistry of the anesthesia and other drugs and the

various dental restorative materials used, just to name a few, that is necessary to make all the parts of the puzzle fit together. That is, having some understanding of the different disciplines so they can all be put together, integrated, to produce an intended result.

It is not necessary that the dentist becomes 100 percent knowledgeable of all of these disciplines. It is only necessary that the dentist understand enough of each of the various disciplines that will allow the dentist to **integrate** what's needed in order to understand how to successfully develop the needed dental skills in order to produce that intended result.

It is not necessary for a dentist to become a PhD in chemistry to know the chemistry of how impression materials cure, but that dentist does need at least a good background of basic chemistry.

Now back to this concept of **integrating** disciplines and how this applies to alternative, natural or holistic medicine and detoxing and healing. That is, successful detoxing is not just taking a bottle of vitamins; several disciplines have to be integrated in order to successfully detox and heal. And, what discipline(s) are needed will vary depending on the severity of the toxicity as well as other variables.

The needed discipline(s) could include Nutrition, Enzymes, Herbs, Naturopathy, Chiropractic, Iridology, Acupuncture, Kinesiology, Reflexology, Bodywork, Massage, Rolfing, Craniosacral Therapy, Prolotherapy, Homeopathy, Endocrinology, Colonics, Oral or IV Chelating or Dentistry.

Let's look for a moment at **integration** in traditional medicine as practiced by MD's and DO's. There are numerous specialties in traditional medicine. If you present with a heart problem you could well also have

kidney problems and diabetes problems. Your medical team could consist of a heart specialist, a kidney specialist and diabetes specialist, a Nutritionist, an Endocrinologist and probably an Internist. Why so many doctors and not just one. Simple, because all this is too complicated for just one individual to master all the knowledge of all the disciplines needed to successfully produce the intended result.

What traditional medicine does is train all the doctors with some basic knowledge and then they get very specific as they train in their specific area or discipline.

What these doctors do is first learn a little about a lot and then as they specialize they learn a lot about a little bit.

What is very important here is that as traditional medicine has matured, the doctors know enough about what the others doctors do so they have a basic understanding of each specialty and can refer and communicate very effectively for the benefit of their patients. That is, they learn how to integrate the various disciplines of traditional medicine in order to successfully treat their patients.

This is what has to be done with alternative, natural or holistic medicine to successfully create you successfully detoxing and regaining your health.

What I have found to be a weakness in successful detoxing is the failure to effectively integrate the needed disciplines and some practitioners tend to attempt to hold it that there is basically one path to wellness for everyone they treat.

My core training is in dentistry. I am not a Naturopathic Doctor but I have taken numerous naturopathic courses sitting next to real ND's. I am not a herbologist but I have taken courses with them and I have studied or taken courses in nutrition, homeopathy, acupuncture, reflexology, therapeutic body

work, neural therapy, detox physiology. I have also completed transformational course such as the est Training, the 6-Day and several other associated seminars. I have completed Silva Mind Control and trained personally with Jose Silva in his healing course. I have completed basic and advanced training from Hal Huggins D.D.S.

But at my core, I am a dentist; A dentist who has integrated the above knowledge into my dental practice and I understand how each of the above mentioned disciplines ties into successful detoxing and healing. However, that doesn't mean that I would attempt to personally provide you with any or all of the above mentioned specialty disciplines.

What I have is a network of practitioners who each specialize in one of those disciplines. Just as traditional MD's and DO's, integrate and refer to the appropriate specialist for the benefit of their patients, alternative medicine has to do the same thing, that is, the practitioners have to have enough understanding of the various disciplines to know their limitations and know when and where to refer there clients to and then learn how to communicate with the other practitioners.

What I have found is that if an individual is working with some alternative practitioner and their health is improving but they then reach a point where they seem to get stuck and don't continue to progress, it doesn't mean they can't get better, it could well mean that they have reached the maximum capacity of the knowledge of the practitioner they are working with and what the individual needs is a referral to integrate another discipline to be included with what their practitioner is doing.

My point here is to have you realize that successful detoxing requires a multidiscipline approach, not just one or two things being done. And, the variable here is your condition when starting. Are you, in your opinion,

healthy and just being preventative or are you having a health issue and then to what degree. Are you just experiencing a little fatigue or brain fog or slight memory loss, or are you into MS or Alzheimer's? How minor or major your symptoms are will determine how many disciplines you will need to be involved with and in what order to integrate the various disciplines.

The point I am trying to make here is for you to understand that undoing the toxic situation you have going on is not solved by just taking a vitamin or mineral. You have got to integrate several disciplines and which ones are needed can vary depending on the severity and your individualism.

So how do you figure this out? It would be nice if we all needed to follow the same path, however, we all got to where we are differently and we all have to undo this differently...but with some commonalities.

Now that mercury removal is becoming known and popular I have observed several dentists as to how they work with their patients. What some do is they have a list of supplements worked up and everyone they work with gets a bag of these supplements to take while the mercury is being removed. That is, the same thing for everyone. Everyone goes down the same tunnel. Some patients get better; some don't notice improvement and some get worse. **This is usually known as the shotgun approach to detoxing.** That is, hit the individual with a little bit of everything and hope something works.

Another thing I notice is a person will come to me with various symptoms of toxicity and they will not be working with any type of alternative practitioner and they will be trying this and that in an attempt to heal. I call this the trial and error and hope method of healing. Some things work and some don't. These folks can spend a lot of time and money and not always get any

improvement. You might get lucky with the trial and error and hope method but it is much more practical to work with knowledgeable practitioners.

Priorities

As I have previously stated, there is not just one path to follow to regain health from mercury toxicity. Since each of us intoxed differently and each of us are unique, the path to detoxification and regaining health has similarities and differences for each of us.

I have mentioned several disciplines that you may need to integrate to attain wellness. Specifically, which discipline or disciplines that needs to be integrated can vary from one individual to another.

What can also vary is the **order** in which the disciplines are integrated. That is, which discipline do you need to do first, second and third, etc.

An example I like to use is when you take playing cards and build a card house. You carefully balance cards upon cards and build the card house several stories high. Then you pull out a bottom card and it all crashes. To successfully dismantle a card house without crashing you have remove the top cards one at a time and continue to remove the top cards until you reach the bottom to avoid a crash. This is the same way with detoxing.

Let's take those playing cards and write the name of one of the various disciplines on each card. Write the word chelating on one and vitamins on another and then others would be minerals, homeopathy, reflexology, lymphatic massage, ionic foot baths, cranial-sacral, prolotherapy, colonics, nutrition, enzymes, oxygen therapy, essential oils, kinesiology, endocrinology, Dental revision, Naturopathic Doctor, Medical Doctor, Osteopathic Doctor, Rolfing, Chiropractic...

What has to be done is build your card house in the reverse order of the order you need to utilize each of these disciplines. That is, what you need last goes at the bottom of the card house, what you need first goes at the top of the card house.

To successfully detox and heal what you will be doing is removing toxins in layers. You can't just jump in and magically remove all the toxins at once. It would also most likely be a traumatic experience for you if you were somehow able to release all the accumulated toxins at once. Also, accumulated mercury is not necessarily what will come out first. You can't just focus on mercury and instead need to focus on the whole.

You have to remove toxins in layers.

So you start with the discipline that is on the top card of your card house and begin treatment. Then you go to the discipline that is on the next top card and incorporate that discipline. You usually will begin working with two or three disciplines at a time and will then gradually incorporate additional disciplines. In time, as the need for some of the earlier disciplines are not needed at all or as much, you will incorporate the next discipline and continue to follow the order of removing cards so you work from the top down. Remember, if you pull out a bottom card, you may crash.

By crash, I mean experiencing confusion, memory or coordination problems, brain fog, and pain or death.

When someone displays symptoms of toxicity, and they want to heal...detox... they will have a discussion as to what they need to do. What I explain is that healing is not a process of what you **DO**; it's a process of what you **UNDO**.

You won't know what to **DO** until you understand what it is that needs to be **UNDONE**.

I want to state now that doing a dental revision (removing mercury) is seldom a top card, especially if you are experiencing some medical symptoms.

When someone is attempting to figure out their own healing path on their own I often find they don't know who to turn to for help so they talk to a friend or they read some books or go on line and find some good ideas and they try them to see if anything works. All of these approaches are good but they still qualify as the trial and Error Method of Healing.

Few realize that to undo the toxic process requires that you work in layers, that is, you peel the card house from the top down. You don't pull out a lower card as it could all crash. Yes, just as with a card house, if you have stacked it a certain way, you might be successful (lucky) in pulling out a lower card first without it crashing. But why take the chance. I see many individuals who get worse instead of better when utilizing the trial and error method.

So how do you get out of the Trial and Error mode? Usually that requires getting coaching from someone who understands this and knows how to figure it out. I will get into how to find those coaches in a little bit.

As I stated earlier, it is best to follow a specific order and peel the layers off from the top down. So what disciplines are usually printed on the top cards and what is printed on the middle and bottom cards?

The top cards are usually; nutrition, vitamins, minerals, and lymphatic. The order of the lower cards can vary considerably depending on where you are with your wellness or illness when you start.

The top cards have some forgiveness if you do them out of order; the lower cards have less forgiveness if done out of order.

One of the top cards is almost always nutrition. I think we all think that we have an awareness of the need for proper nutrition; what we should be consuming and what we should not be consuming. You know, like more fresh fruits and vegetable, no bleached flour, less salt, no preservatives, no MSG, less meat...etc.

The more I learn about nutrition, the more I see that what the US Department of Agriculture (USDA) recommends in their corporate America driven food pyramid recommendations are not accurate.

Due to the way corporate commercial farming is done, there are numerous nutritional deficiencies in the food because crops are grown on nutrient depleted soil and fertilized with toxic chemicals and then loaded up with preservatives to extend the shelf life, then there are the genetic modifications so the food looks pretty and has a longer shelf life at the supermarket.

Health food stores have many books on this nutritional issue and they have much information on different diets depending on what you want to accomplish.

Another source of extremely accurate and truthful nutritional information can be obtained by going to the web-site for The Weston A. Price Foundation, www.westonaprice.org or the Price-Pottenger Nutrition Foundation whose website is www.ppnf.org.

Both of these foundations are there to accurately educate and they will give you truthful nutrition information and they are not out to sell you anything. I would strongly encourage you to study both.

Notice I wrote that these two foundations will give you "truthful nutrition information." That would be versus what you would get from the US Department of Agriculture (USDA) or the Food & Drug Administration (FDA) since these two governmental organizations are owned by the Corporate Food Industry who have a vested interest in misleading you in order that you will buy their nutritionally deficient and often contaminated products.

Unfortunately, no matter how good or clean we keep our diet, there are deficiencies. Deficiencies exist due to how crops are grown and how food is processed and cooked. Processing and cooking destroys nutrients and enzymes that are necessary for adequate digestion.

Since vitamins, minerals and digestive enzymes are virtually always needed in the detoxing and healing process, these things are usually standard items on the top cards and their order is not critical as they should all actually be done at the same time.

Toxins can be excreted in the urine, the feces, the lungs, the sinuses, the hair and the skin. To be excreted the toxins have to get to one of these points.

Earlier I mentioned that another of the top cards is the lymphatic system and lymphatic treatment. Odds are you have never heard of this.

What I find to be missing the most from the natural practitioners detoxification protocol is body work or more specifically lymphatic work.

Our lymphatic system is like the sewer system of the body. The lymph system is responsible for many things. For example, if you get a sinus infection or a sore throat or a dental infection, the lymph nodes in your neck can swell and get sore. When this happens it just means that the lymph system is working correctly. When a lymph node is doing its job it undergoes an increase in fluid circulation and cellular metabolism which means swelling and heat production. The lymph nodes serve to cleanse by filtering out and processing bacteria, toxins and other waste. The lymph transport system is thru out the body.

If you are doing things to detox what you want is for the toxins to get out of the various cells and tissues and be transported via the lymph to a location where they can be excreted out of the body. But in order to be excreted the toxins have to get to one of these points. If the lymph system is not working correctly, the toxins will not be effectively transported to an excretion site or not transported at all.

There are several things that interfere with proper lymphatic function. One is just lack of movement or lack of exercise. Injuries and scars can also interfere with the lymph flow.

The lymphatic is located just under the skin and when there is a scar, that scar acts as a dam and blocks lymph flow and then lymph fluid filled with toxins is blocked and a buildup occurs which means that you don't get rid of the toxins. All that is accomplished when lymph encounters a scar is just that you have just moved the toxins from one location to another but not out of the body.

This means that when you pull the toxins out of the cells, they aren't efficiently or completely excreted from your body and they just float around and wind up somewhere else. This is why some people who start doing chelating work too soon or some other detox work too soon and start getting worse instead of better. They will get brain fog or

confusion or fatigue. They pull the toxins out of the cells but the lymph isn't functioning properly so the toxins just float around and go to the brain or some other tissue.

If an individual is heavily toxic sometimes just doing something as simple as taking a good food source vitamin will cause them to spontaneously start to detox and if their lymph system cannot transport the toxins to be excreted they start to get brain fog or confusion as the toxins just float around in their body. In very toxic individuals it is good to work with the lymph first, and possibly the kidneys and colon before attempting serious detoxing.

To resolve the scar problem with the lymph system, here is what you can do: Go to a **health food store** and get two things. One is a bottle of good quality cold pressed extra virgin olive oil and the other is a bottle of good quality cold pressed peanut oil. What you want to do is make an oil mixture that is one-half olive oil and one-half peanut oil. Then take this mixture and rub it into any and all scars and injury sites on your body. You can also use soft bristled tooth brush like the POH # 3, or a body brush that you can get at a health food store. Use the brush to brush the oil onto and into the scar using small clockwise circular motions. Do this daily and over time and notice what you notice.

Since air will oxidize these oils what I suggest is that you get a small plastic bottle that has a flip top and just mix a few ounces of oil at a time and keep the larger bottles sealed, only opening the large bottles when you need to refill your smaller bottle as you use the oil.

Again, continue to use this oil mixture on all your scars and injury sites. And I mean all scars: Scars from all surgeries, cuts, abrasions, vasectomies, cesarean incisions, episiotomies, and hemorrhoids. The size of the scar is not always a clue as to degree of interference. Sometimes the smaller scars are more critical that the larger ones. However, scars in the

midline are more critical and definitely need to be treated as they tend to interfere with lymph flow the most.

I strongly encourage you to locate a massage therapist who is knowledgeable of lymph massage.

I will explain to you later some other things you can do yourself to improve your lymph health and then some things you can have done for you by a knowledgeable practitioner.

I got into this understanding of the need to get the lymphatic system working more efficiently thru my own healing and detoxing.

When I first attended Dr. Huggins training in 1991 I knew virtually nothing about alternative medicine or alternative therapies. I immediately recognized that I was having several symptoms of toxicity. I had numerous allergies and I was taking two allergy meds and was getting allergy injections weekly. I was having memory issues and some fatigue.

When I completed Dr Huggins training I came back to Tulsa and begin to look around for alternative or traditional practitioners who understood what I had learned from Huggins. I was looking for myself and for a source to refer my dental patients to who were having symptom issues.

I discussed all of this with several medical practitioners without much luck. Then I met with an owner of a therapeutic massage school. What he first discussed with me was the value of therapeutic massage, or, to be more specific, lymphatic massage.

I started going to him once a week for lymphatic massage only. What I first noticed is the tightness in my neck was lessening. Then, after about two months I noticed that I was taking less of my allergy medicines and was having less allergy problems. After a few more months I was off all my allergy meds and my allergies bothered me significantly less.

What I also noticed is that any place where I had a previous injury, I would get a skin rash at that site. What that rash was, was toxins that were coming out thru the skin that had been blocked at the injury site.

At that time I was not taking any vitamins, minerals, herbs or any other supplements nor was I doing any nutritional work. My improvement was due to the lymph work **only**.

What I want you to understand is that by accident I started out working with one of the lesser known top cards and got a significant improvement in my health without doing anything else... and I still had mercury in my teeth. It was later that I incorporated other disciplines like vitamins, minerals, herbs, chelating etc.

As you can already see, this writing is getting lengthy and my goal is to make it as short as possible. I do not want to give you a lot of information about something when there are already many books, web-sites etc. that give all the facts. I want to just refer you to what is already available instead of recreating it all here.

I want to share my thoughts with you about all those books that are written that tell you how to detox, or cure cancer or how to solve some other health issue.

What usually happens with these books is the author will tell you that if you will follow their protocol and do this or that you will cure all cancer, or cure MS or cure fibromyalgia, or cure memory problems or fatigue or cure your toxicity or some other health problem.

These books will always give you one success story after another as proof of their protocol to follow. Being in this business, what I noticed years ago is that none of these books tell you about their failures or unsuccessful cures. My experience tells me that these book authors have more failures than successes. Why? What I have concluded is that they try to send everyone down the same path; they do not include **all** the necessary disciplines, either because they don't know, or they are attempting to feather their own nest.

That is, serve themselves!

Whenever you follow just one book or one web site or just one discipline, your chance for success **significantly decreases**. If you do follow just one of these and do have success, it is more the luck of the draw.

People with health issues come to me wanting to get their mercury out of their teeth to "see if it will help them." When I discuss the various disciplines that the individual needs to consider, sometimes they get into overwhelm and will state that they just want to "TRY" mercury removal. In addition, there is often a monetary scenario that exists and they will tell me they don't have the funds to do any of these other disciplines.

I know that when someone has a list of health issues that doing mercury removal only will not adequately benefit them and if I do agree to proceed with mercury removal at that time I will be collecting a fee for something that will not fully benefit them. What I then ask of them is who they want me to serve. Do they want me to serve them, or do they want me to serve myself.

What I mean by this is that it would be much easier and more profitable for me to just honor their request and remove the mercury from their teeth and collect my fee even though I know that doing mercury removal only will usually not solve their health problem.

Removing dental mercury can be expensive and if an individual is having health problems and limited funds they could buy a whole lot of vitamins, minerals, herbs, homeopathic, colonics and lymphatic treatments for that money they were going to spend on a dental revision. Then, when their health improves and they can work and earn an

income, then do the dental revision over time as they continue to work with the other disciplines.

It's back to the card house; removing dental mercury is seldom the top card when serious health issues are present. Dental revisions can be further down the list, so why do something that is not appropriate at the time? Why not work with the top cards first and gradually work into your dental revision when the time is right.

So the question again is who do you want me to serve here, **you or me?**

Do you want me to do your dental revision and take your money and send you on your way knowing that your health issues will persist until you integrate other disciplines or do you want me to assist you on finding knowledgeable alternative practitioners who can assist you in detoxing and health improvement.

Telling you the truth serves you, keeping quiet serves me...

So when I tell you about lymphatic work, don't hold it that this is a cure all. Its not, it's just a start. It is just one of the top cards.

VITAMINS, MINERALS & HERBS

As for vitamins, minerals and herbs! These are in the top card category also. If you are new to this, I suggest you go to a real health food store and tell their nutritionist that you want a good quality **food based** vitamin and mineral supplement. I say "food source" because the majority of vitamins and minerals you find at the traditional stores are synthetically produced, that is, they are made from synthetic chemicals and rocks. The body does not assimilate synthetic vitamins very well. The food source vitamins are natural and much more easily assimilated and require lower doses.

If you are having health problems and have not used good quality vitamins in the past, I suggest you start out at a lower dose than the bottle recommends.

If the instructions are to take two a day, maybe just take one-half dose twice a day. Why? Sometimes if you suddenly give a nutritionally deficient body good nutrition, sometimes you will start to naturally detox and it can be too much at once. Start out slow and if doing OK after a few weeks then increase your dose gradually over several weeks time.

APPLE CIDER VINEGAR

The largest detox organ in the body is the skin. Sweating is part of detoxing as the toxins come out in the sweat. This is why infrared saunas are good for detoxing.

Another method to detox thru the skin is soaking your body in a solution of apple cider vinegar. Not just any apple cider vinegar will work fully efficiently. I suggest that you go to a health food store and get a bottle of Bragg Apple Cider Vinegar. I also suggest you get the gallon size as it is less expensive than buying the quart size.

Run your bathtub full of very warm water and put 2 or 3 cups of this vinegar into the water, get in and soak for 45 minutes or so. When you start, the water will be a slight orange color. Notice the color of the water at the end of the soak.

This soaking in the apple cider vinegar is also a top card item that you can usually safely do up front. When you complete your soak, work with your oil mixture on the scars.

If you don't have a bathtub to soak in then an alternative would be to fill a deep pan or bucket with warm water, add some Bragg and just soak your feet. You will detox, just not as rapidly.

IONIC FOOT BATH

Another way to detox thru the skin is to do an ionic foot bath. You can usually find these at massage, colonics, and reflexology businesses. You should be able to find ads in the yellow pages for places that offer this service.

The way ionic foot baths works is there is an electrode that usually is placed on your wrist and the other electrode is placed in the water. Then a certain amount of sea salt or Himalayan salt is added to the water to create the ionic solution. When the device is activated a very small micro-current passes thru you and into the water and this created an ionic flow that draws toxins out thru the skin.

HOW TO GET KNOWLEDGABLE HELP...

This is a tough one to figure out. As I previously stated, the authors of these self help books never tell you about their failures. What they do instead, with all good intentions, is attempt to share with you things they have found that assist some individuals in attaining better health.

What would be more credible for me is if they would tell you that **not everyone** who follows their protocol gets much or any relief. If this were done, then the concept of integrating disciplines and establishing priorities would become better understood and more widely used.

I previously explained that in traditional medicine MD's and DO's have learned how to integrate the various specialties so that it benefits their patients and there is an organized flow that works fairly efficiently. This is what is missing in natural or alternative medicine.

The American Medical Association (AMA) has established the various specialties and they have integrated the specialties so the specialist can understand the need for each others input and so they can communicate effectively among themselves and with their patients.

There is also a standardization of the traditional (MD's & DO's) medical education process so that if someone graduates from medical school, you know what they have been taught and how they will practice. There is a "standard of care", a consistency. Then when an MD's or DO's specializes, the specialist educational process is also standardized and when a specialist becomes board certified, they all have to pass the same testing.

This means that all cardiac specialists in the US have gone thru basically the exact same education process. The same with the kidney specialist or the orthopedic specialist or any other specialty! The only difference between their practices might be the color of their wallpaper.

Well, it's not that way in the alternative business. There is no national organization. True, the naturopathic doctors have an American Naturopathic Association and the reflexologist have their national organization and the iridologist have theirs and the body

work therapist have theirs and the colon therapist have theirs, etc., but there is nothing above them that brings all of them together under one umbrella like the AMA does with the various medical specialties. As a result, the various alternative disciplines aren't effectively learning how to work together to fully integrate themselves with the other disciplines nor are they prioritizing.

In fact, just because someone has a Doctor of Naturopathy (ND) degree does not mean they have the same education as another ND. There is quite a bit of difference between a four year ND school versus someone who goes to classes a couple of time a week for a few months and get an ND degree. I am absolutely not criticizing anything here, I am just pointing out that there is a lot of disorganization and deficiencies in the natural health business as it hasn't matured yet. I would like to support that maturation.

So how do you find someone who can help you? First, what do I mean by "someone who can help you." What I mean by "someone who can help you" is this: Does that "someone" have the ability to produce **YOUR** intended result?

Let's look at the concept of producing **your intended** result.

What is it that you are wanting? What's your goal, what's your intention?

If you are healthy and not having any medical symptoms and all you want is to get your dental mercury removed for preventative reasons, all you have to do is find a dentist who it **properly trained** to **safely** remove your mercury.

However, if you are having health problems associated with dental mercury and other toxins, then most likely if you **only** remove your dental mercury it will not result in any health improvement. That is, your intended result is **not** produced.

I don't have one pat answer to give you as to how to find the right alternative practitioner who can help you produce your intended result as there are numerous variables here. I understand that dilemma as I have been and still am personally faced with exactly the same dilemma as I assist my mercury removal patients in finding the right practitioner in the discipline they need. This is especially true for those mercury removal patients who come from distant cities where I don't know the various alternative practitioners in their communities.

I have stated that there is not just one healing or detox path to follow that is the same for all of us in our quest for wellness. So when I tell you what I have done to determine the correct path for myself I do not want you to attempt to duplicate it as your path won't necessarily be the same. There will be some sameness in the disciplines utilized but the order and degree of need can be different. What I want you to get is the **thought process, the pattern**, and then you can fill in the blanks as to what is appropriate for you.

When someone has a traditional dental problem and is looking for a new dentist they usually will ask a family member who they go to or they will get into a discussion at work and ask who someone likes and recommends. The discussion as to what dentist to go to usually includes a discussion about the dentist's bedside manners, does it hurt and how much does it cost. The person goes to that dentist and evaluates how it all went for them and they either stay with that dentist or go looking for another who fits their image of how it should be.

Searching for the right holistic or alternative practitioner can be very different since there are not organized standardized educational protocols as with MD's or DO's. I suggest you discuss this with any family or friends you need to. Have any of them received services from an alternative practitioner. And, did they get the desired results produced. If not, why?

Was it the practitioner or did the individual just not follow instructions. If you are already seeing an alternative practitioner then asks them for a referral if and when you need to include other disciplines. When you locate a practitioner you are comfortable with, does that practitioner have a network of other practitioner disciplines to integrate with to provide you with all that is needed? If not, why not?

Earlier I gave you the websites for the Holistic Dental Association, Consumers for Dental Choice or the International Academy for Oral Medicine and Toxicology. Those sites all can refer you to dentists who are awake to this mercury issue. That might be a starting place for you.

When you locate a dentist from one of these sites it does not mean that the dentist is knowledgeable of any or all of the various disciplines. I know there are some holistic or biological dentists who have a detox package they will sell you and usually everyone gets the same package. Since we all aren't the same this shotgun approach is just that, hit and miss.

What you need to do is interview the dentist and ask who they refer to for lymph work, or nutrition, or body work, or colonics, or chelating, etc...

If the dentist claims he/she can do it all, question that. To become proficient at each of these disciplines takes years of training and experience and I don't know of any dentist or anyone else who has spent the time and effort to become proficient in all needed disciplines.

You can also approach this from the other end. You may already have a good alternative practitioner you work with for nutrition or body work of something else. Ask them who they refer to for other alternative disciplines or if they know of a dentist who knows how to remove mercury safely, and one who is also willing to refer you out to the various needed alternative practitioners.

In addition, trust your intuition or gut feelings when selecting a practitioner whether it's a dental or alternative.

As I previously stated, when I completed Dr. Huggins' training back in 1991, I recognized that I was having certain symptoms of toxicity. When I started looking for a knowledgeable practitioner I did not have any family or friends who had ever taken this path. I had to start discussing this with practitioners who I thought might have some knowledge. I also read numerous books and did a lot of independent study. Eventually I found that body work practitioner I referred to earlier.

That first practitioner I worked with was highly trained in several types of body work so the focus was heavy on lymphatic work and I was doing absolutely nothing about nutritional supplements.

After several months I was introduced to an individual who was extremely knowledgeable of supplements, that is, vitamins, minerals and herbs. She was able, via iridology to see where the toxic stresses were in my body and then had the knowledge and wisdom to suggest what nutritional supplements I needed to use. Once I began to take these nutritional supplements I notice even more improvement.

Eventually she stated that it was time to **integrate more body work** in the form of reflexology and colonics. As I had studied a lot by then I had a much better sense of my

status and I was able to see that she was right on target. Again, as reflexology and colonics were **integrated** into my treatment protocol there was continued improvement.

Over time the supplements I needed changed as I worked thru levels. That is, back to the card house, I peeled layers off from the top and gradually kept working to the lower cards. As that is done, it doesn't mean that I quit doing vitamins but instead maybe a different combination of vitamins, minerals and herbs. I still have body work done, but not as often. I look at it more like I am maintaining. Nutrition is a continual focus and other disciplines I have included along the way are ionic foot soaks, chelating, and cranial-sacral therapy and more colonics.

How do I find the various practitioners in these discipline areas: I pay attention! I go within! I listen to my patients as they are a good source of information, I discuss this with my existing practitioners, I read and I study. I do what you will need to learn how to do.

No matter how clean I keep my diet, there is still intoxicating associated with ingestion of food, water, and air. The air we all breathe contains many toxins as well as the water we drink. Depending on your source of water and food there can be more toxins and pesticides intoned. Instead of stopping all disciplines when feeling well it is best to continue with whatever your protocol is so as to maintain yourself. You might cut back on some things but don't quit only to have your symptoms return as you intox again. In this polluted world we live in you will continue to intox and you will have to do things for your lifetime to maintain yourself.

The topic here is how to find someone who can help you. First I cannot tell you exactly. I know when someone is looking for a dentist they will ask a friend or relative or look in the yellow pages or go on line. Since all dentists are trained with certain common knowledge, the only difference is personality, price and wall paper color.

Not so with alternative practitioners. There is little standardization as to educational requirements for a specific discipline. Some of the education is apprenticeship, some on the job training, some formal education. When you go to an alternative practitioner, unless you are some how already familiar with them, you don't know their knowledge or skills unless until you work with them for awhile.

What you are looking for is a practitioner who is aware that they don't have the answer for everything and they are open and willing to include other disciplines.

I do know that there are MD's and a DO's who are very conscious, open and knowledgeable of these alternative disciplines and they do integrate well with the practitioners of these various alternative disciplines. It is extremely rewarding to have an MD or a DO who is awake.

Ask what ever practitioner you are interviewing if they already have a network of traditional or alternative practitioners they can refer you to for the integration of other needed disciplines and if they don't, **why not?**

Do they have an ego problem or are they willing to refer when stumped? Do they have a network of alternative practitioners they effectively communicate with and work with so as to provide you with the treatment you need?

What do they use to determine your status? Do they use iridology, computers, intuition, kinesiology, blood, hair or urine analysis? Then once they have gathered their information, do they **know** what to do with it. Are there others you know who have worked with them that show that they know how to produce the intended result? Are they available to assist you if you get into a detox crisis? Do they know how to get you out of a healing crisis? Do you know how to find out all of this in advance...it's simple, just ask them these questions, or have them read this and observe their response?

If they tell you I am wrong and they can help you with everything, back up. It's like in dentistry: For me to graduate from dental school with a degree in general dentistry means four years of dental school. If I want to specialize in orthodontics, another two years, then, if I also wanted to specialize in pediatric dentistry it would require another two years, then if I wanted to also specialize in oral surgery, another couple of years. Being in general dentistry I can perform any and all dental services that I want to. The only requirement is that I have to be able to chew whatever I bite off. For me to be able to provide the same level of expertise that all of these specialties represent would require that I spend a lifetime in school to develop the knowledge and skills and wisdom of all these specialties..

It is ridiculous to think that I would spend a lifetime in school, so what I do is do what I have the skills to do and refer the more involved situations to a specialist.

The same is true in alternative medicine. There is not any one MD or DO or one alternative practitioner who knows how to do everything. It is up to the MD or the DO and to the individual alternative practitioner to have the integrity to know his/her limitations and know when to refer to other practitioners who are better skilled in those needed disciplines.

There are not any magic bullets. I get literature all the time that attempts to convince me that I will take this one tablet or capsule or some homeopathic solution or something else that joint problem or fatigue or pain or cancer or some other illness will be cured. That's not true. You have a better chance of winning the lottery than in finding one magic tablet that will solve your health issue.

So you have to understand these things, these patterns, to help you interview a prospective alternative practitioner. You need to be in a team approach, and the practitioner has to come from that space also. It may well be up to you to create that "team."

It is more important to know where your practitioner is **coming from** than where they are going. Is your practitioner coming from serving him/herself or is your practitioner coming from the space of fully serving you.

Conclusion... For Now...

When I first thought about writing all of this I considered putting it in book form. I was opposed to a book as my thoughts were that if this were in a book form, not only would it not be easy to access, I would also have to go thru the time and expense of publishing and marketing a book. Then, if you had any questions I would not be able to easily communicate with you and not be able to easily share those questions and answers with others. I decided it would be much easier to just create this website and give this all away as my only goal is education, not profit.

This is now March 2009 and the individual who is setting up my web site is close to having the job done. I want this to be ready to put on the site even if it this writing is incomplete...which it is.

As I have stated before, I am not a writer, and to some degree I don't really like to write. Because of my time issues about wanting to get this on line NOW you are going to get this as it is now complete with repetitions, grammar errors, and incompleteness. So what I want is for you to overlook all of that and just get the message.

We are all being duped by all these establishment corporations for the sake of the stockholders. Then there are all these governmental agencies that simply give lip-service about protecting us when in fact they are **owned** by Corporate America. Yes, Corporate America and the US Public Health Service, the EPA, the FDA, the American Dental Association and the American Medical Association, et.al., are all in bed together.

Its past time for **ALL** of us to wake up and realize that this isn't going to be different until each of us gets off our respective rear and takes some type of action. That's **you** in case you haven't caught on yet...

Ho-hum...

I have a lot more to say here about regaining health but it would take considerable more time and effort for me to write that and I want to get at least this much on line NOW.

What would help me is to learn from you what you want to know. Notice that there is a question section on this site where you can e-mail me questions or comments. I will be glad to address anything you want to get into.

I have not specifically explained how to **SAFELY** remove dental mercury so here are some things you need to look for in a dentist who is going to remove your dental mercury.

If you are having any kind of health problem at all, the dentist should measure the electrical currents on the mercury fillings and remove the most electronegative quadrant first. If you're electrical readings are very high, then do sequential individual removal.

The teeth you are removing the mercury from should **ALWAYS** be isolated with a rubber dam so the mercury being cut out of the tooth is trapped by the rubber dam so the cut mercury is not swallowed and does not come in contact with any of your oral tissue.

There are some dentist who say that a rubber dam should not be used claiming that they leak mercury. It is true that very few rubber dam applications are 100 percent leak free. However, all the dentist has to do is stop frequently and look under the rubber dam and rinse and suction as needed.

The potential leakage around a rubber dam is virtually insignificant compared to the amount of mercury that gets into the mouth if a rubber dam is not used.

When a rubber dam is not used, mercury gets **everywhere** and is **definitely** swallowed.

Bottom line is: **ALWAYS USE A RUBBER DAM...and monitor leakage frequently.**

In addition to using a rubber dam, the dentist should use high volume suction. I don't mean one of those little bendable tips that fit in the corner of your mouth to pick up saliva. I mean a large suction that has a half inch opening and pulls a lot of suction. When this is placed next to the tooth that is isolated with the rubber dam a negative air flow is created and the air moves from the room air down into the isolated area and the into the suction, thus removing the cut mercury and the mercury vapor.

If high volume suction is not used, then there is not a sufficient air flow to create a negative air flow and mercury vapor will be released into the environment for you and the dental staff to breathe.

Some recommend that the patient be given a source of fresh air or oxygen to breathe. I can see this if the suctioning of the vapor is inadequate, but if the suctioning is adequate then a different air source or oxygen should not be needed.

Look at it this way, if the patient is being exposed to mercury vapor due to an insufficient suction technique, then the dentist and the dental staff is also being exposed.

I don't want myself or my staff being exposed so when we take the necessary protection to assure that we don't get exposed, then the patient is automatically protected. The patient is there on a one time basis and I am there all day long removing mercury. When I look out for myself and my staff then the patient is also protected.

If the dentist you use for mercury removal is still in favor of using mercury in his/her practice then he/she will probably not put much effort into doing what it takes to create **SAFE** mercury removal and will probably be resistant to taking the proper precautions to assure you are not exposed to elemental mercury or mercury vapor nor will they necessarily carefully remove the last little spec of mercury from the tooth preparation. In fact, some of these dentist will just remove the top layer of mercury and then place the non mercury filling over the old mercury filling. If you use a dentist who supports the use of dental mercury, odds are not in your favor for safe mercury removal.

If you don't remove the dental mercury correctly, you are better off to leave the mercury in your teeth as a dentist who supports the use of mercury is probably resistant to the safety issue.

Some dentist will rub algae onto the rubber dam claiming it reacts with the removed mercury. If a clean rubber dam is used without the algae mess on it, it is very easy to keep the rubber dam rinsed free of most of the cut mercury.

When the algae is on the rubber dam the algae mess tends to hold more mercury as the mercury is bound up in the algae mess and can't be rinsed off. And, if the algae just ingest the mercury, then what you have on the rubber dam is algae with ingested mercury. So the mercury is not gone, it's just in the algae. Anyway, the residual mercury on the rubber dam is not the issue as it is disposed of when the rubber dam is removed.

As far as I am concerned, when the rubber dam is placed in the most leak proof manner and checked often for any leakage, and high volume suction is used by a **well experienced assistant** you aren't going to get exposed to mercury residue or mercury vapor.

Regarding chelating, there are some chelating practitioners I work with who want chelating to be done only after all the mercury is removed and some who want chelating done before mercury is removed and some want chelating done during mercury removal. I get asked which practitioner is correct.

My answer is that they are all correct. That is because they each prepare the individual differently for the mercury removal. There is not just one tunnel to go down, we are all different and we all need to go thru our own personal tunnel.

Protocol varies...The question to ask is: Is the intended result being produced?

ROOT CANALS

Before you run out and get your mercury removed you might want to study the root canal issue. There is a lot of good information already on line and I would suggest you enter into your search either Dr. George Meinig or just enter root canal cover up.

I know that corporate America, the AMA, and the ADA will strongly defend their positions here and I fully expect to be slandered for what I have written here. However, I have not made any of them wrong here. I have just reported on some facts but I know they will probably **listen** that I have made them wrong.

I am not opposed to traditional medicine nor do I propose that one should focus only on alternative medicine. I believe that traditional and alternative medicine should be unified using the best of both and not for suppressing either.

As I wrote earlier, the AMA is an umbrella organization with various traditional medical specialties under that umbrella and that what the natural or alternative professions needs to do is the same thing, that is, bring all the alternative organizations together under one umbrella, yet maintaining all the individual associations or organizations of each discipline. No one has to give up anything, each discipline will continue to set their educational standards and they will just learn how to integrate with each other. There are no minuses, just pluses, not only for the practitioner, but for all of us, you and I included.

It could be called the American Alternative Medicine Association (AAMA) or something like that. Then the next level would be for the AMA and the AAMA to be brought together under a larger umbrella that, for example, has a name such as the American Traditional and Alternative Medical Association (ATAMA).

I have written several things here that I feel confident will come back to bite me. The dental profession will attempt to make me look like the bad guy for telling you these things, just as they attempted to make Dr. Bass and Dr. Huggins look like bad guys. The dental establishment wants you to view them as heroes without any visible tarnish.

However, I know that what we are actually dealing with here is a Human condition knows as Glamour.

Glamour is an illusion based on a false picture held in the mind, charged with emotional energy, becomes a forceful, dominating factor, blinding and misleading us in order to secure satisfaction and **survival**.

Groups and individuals create, maintain, and energize glammers. A glamour functions by arousing the emotional desire that produces or charges the false picture or belief.

Glamour ties into survival. I learned years ago that if you want to move up the ladder in organizations such as the ADA, the AMA, the USPHS, or EPA or others, you have to get in alignment with the establishment, even if it means misleading the public because corporate America says you have to if you are to survive in the organization.

The president of the American Dental Association doesn't get to be president if he/she tells the truth about fluoride, mercury or Dr. Bass' work. You have to do what corporate America wants you to do or you don't survive the organization and you are tossed out in one form or another.

I don't want to get into an explanation of Glamour as there is a very good book titled Glamour: A World Problem by Alice A. Bailey.

Glamour is an issue we all have to deal with and the process is usually a lifetime issue.

We have fluoride in our water and mercury in our teeth and organized colonies of sub gingival bacteria in our mouth because of Glamour.

For now, a final awakening for you is this: When a dentist cuts that mercury out of your teeth and it goes thru the dental suction line, where does it go then?

Answer: It goes into the sewer system, then into the waste water treatment facility of your community, and then into the discharge water of that treatment facility and then into some river stream and it then goes downstream. If some community downstream uses that water for its drinking supply, they get to drink that mercury that came out of your teeth.

Right now it is reported that numerous lakes are contaminated with mercury and the contamination is usually blamed on coal fired electrical generation plants or some other industrial source. What the studies have actually shown is that the **major** contaminator of water with mercury is **dental offices**. That information has just been swept under the carpet.

There are mercury separators that can be used in dental offices and the ADA just says it would be best to install them but that a dentist is not required to. It's just a suggestion. And, if dental mercury is so "safe" as the ADA states, then why is there a need to separate it out of the waste water? Could this be an example of doublespeak?

Given that most dentist are misinformed about mercury and given that most dentist defend the use of mercury in dentistry there is no rush to install mercury separators...and beside that they are just another expense that does not create income.

Until mercury separators become mandatory dentist will continue to be the major contributors to toxic mercury pollution of our streams, rivers and lakes...and all of you (us) will continue to be the major consumers of waste dental mercury.

That's **YOU** in case you haven't caught on by now!

What I have to ask all of you reading this is: **What your responsibility in this matter?**

You go to all this trouble to rid yourself of dental mercury and then that toxic mercury that is removed from your teeth is just sent downstream to contaminate someone else...and **guess what**, most likely you are downstream from someone and it is **you** getting exposed to the mercury contaminated water from their waste water facility.

If you don't take action here, no one else will, it's totally up to you to solve this mercury issue.

Does that leave you with a sense of overwhelm? Now you know how myself and some others feel...This mercury stuff is a real big deal and it will remain that way as long as the FDA the EPA, the USPHS the ADA and corporate America can keep all of us barefoot and pregnant!

It's time that **We The People** take the necessary action to take charge as all these agencies who are supposed to be protecting and serving us are **ONLY** serving themselves and it is **US** (that's you) who is getting screwed.

This writing is incomplete. There is much more I could have written here than what was written. Even though this is incomplete I am ending this for now as I want to at least get this much on line now.

I am sure all of you will have some questions or comments. So send me your questions and comments. I don't know how soon I will reply as it will depend on my schedule as well as the number of questions and the complexity of the answer. I am also going to focus on a more detailed writing of the fluoride section. I will attempt to get replies on this site every 3 to 4 weeks.

My dental patients are my teachers as they teach me what I need to learn. I want all of you to be my teacher also so I can see what I need to learn. I will assist you in anyway I can but I cannot do this job for you...

Know that if all you elect to do is take the HO-HUM apathy approach, all you stand to loose is your health...

If you do nothing else, at least forward this information to everyone you know.

This is where a writing might say" THE END but that is not so here, this is just

The Beginning