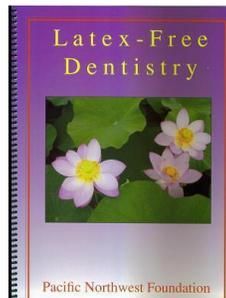
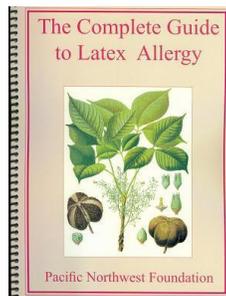




[Latex Allergy  
Resource Guide](#)



[Latex-Free Dentistry](#)



[Complete Guide to  
Latex Allergy](#)



[Latex-Free  
First Aid Kit](#)

## MERCURY-FREE DENTISTRY

For two case histories involving this, go to [Anna's Case](#) and/or [Frank's Case](#)..

### SUBJECTS COVERED:

- Self test
- Facts about mercury
- References

Excerpted and reprinted with permission from [Jessica Saepoff, DDS](#). It was originally written by [LaVar Riniker, DDS](#), retired.

ARE YOUR SYMPTOMS REALLY ALL IN YOUR HEAD?

### SELF-TEST FOR MERCURY TOXICITY:

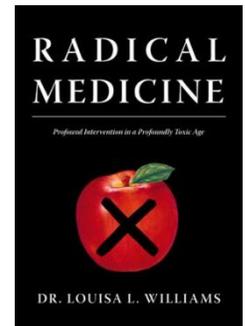
Energy: Do you have exhaustion, fatigue, insomnia, or low energy?

Psychological: Do you have anxiety, irritability, depression, fits of anger, or memory loss?

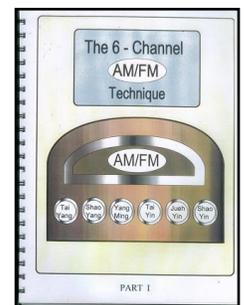
Digestion: Do you have colitis, abdominal cramps, constipation or diarrhea?

Circulation: Do you have high or low blood pressure, irregular heartbeat, a weak pulse, or chest pain?

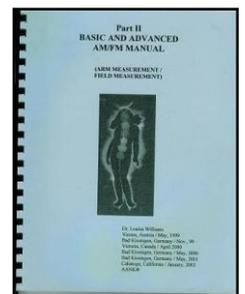
Immune system: Do you have allergies, sinusitis,



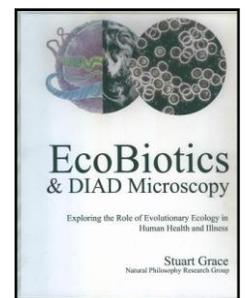
[Radical Medicine](#)



[The 6-Channel AM/FM  
Technique](#)



[Basic and  
Advanced AM/FM  
Manual](#)

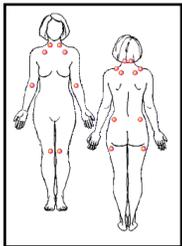


[EcoBiotics](#)

# PACIFIC NORTHWEST FOUNDATION



[Chelita: A Cancer Survivor' Story](#)



[Overcoming Fibromyalgia](#)



[Pleomorphic Compendium](#)



[T-shirt](#)

asthma, or swollen lymph glands?

Respiratory: Do you have a persistent cough, shallow or irregular breathing, or emphysema?

Oral: Do you have bad breath, frequent cavities, bleeding gums, gingivitis, or a metal taste in your mouth?

Structural: Do you have joint pain, headaches, or migraines?

Miscellaneous: Do you have anemia, swelling, muscle pain, or tremors ?

Note that these symptoms have numerous causes and may be unrelated

## FACTS ABOUT MERCURY:

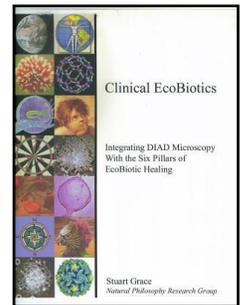
Definition of AMALGAM = any alloy containing MERCURY.

A typical amalgam/silver dental filling contains 50% mercury, 35% silver, 13% tin and 2% copper. Mercury is very toxic, more so than lead, cadmium, or arsenic. The [American Dental Association's](#) (ADA) published claim is "when mercury is combined with the metals used in dental amalgam, its toxic properties are made harmless," and the amalgam becomes a "biological inactive substance."

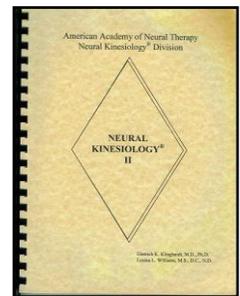
Yet, the [ADA](#), [OSHA](#), and [EPA](#) have declared leftover scrap dental amalgam to be a [toxic hazard](#) to dental personnel, to the dental office, and to the environment!

Human autopsy studies prove that dental amalgam mercury enters the patient's body and builds up with time.

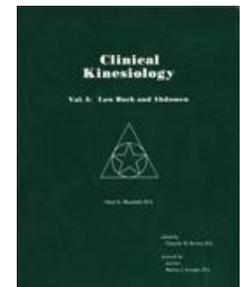
Mercury is known to damage the brain and nervous system, the [thyroid](#), [pituitary](#) and [adrenal](#) glands, the heart and lungs, as well as [hormones](#) and enzymes. Mercury is a very potent suppresser of the immune



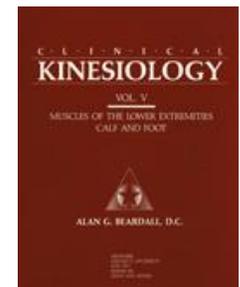
[Clinical EcoBiotics](#)



[Neural Kinesiology \(aka A.R.T\)](#)



[Muscles of the Lower Back & Abdomen](#)

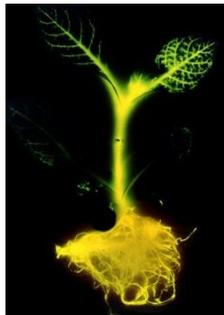


[Muscles of the Lower Extremities](#)

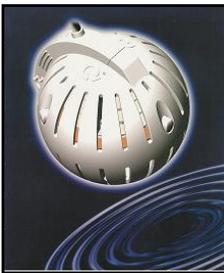
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[Coffee: To Drink, or Not to Drink?](#)



[Genetically Engineered Food](#)



[Q2 B.E.F.E.](#)



[Multiwave Oscillator](#)

system and is known to damage the brain and nervous system of unborn babies.

Research on the toxic effects of amalgam dental fillings is being conducted in many parts of the world, including New Zealand, England, Sweden, Australia, Canada, and Germany.

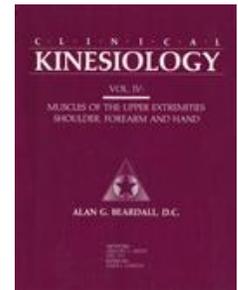
All research to date has proven that every person with amalgam restorations has increased the toxic load on his/her body. In several countries, efforts are being made to ban the use of mercury for dental fillings. Even one major amalgam manufacturer has announced that it will discontinue the production of amalgam.

*The information contained herein has been obtained from a variety of sources. This document is presented to increase awareness of the topic and educate the general public. It is not intended to be an extensive discussion of this subject, or to provide specific treatment guidelines.*

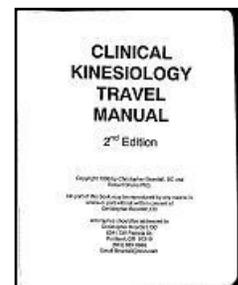
For more information and links about this subject, see the references below.

## REFERENCES

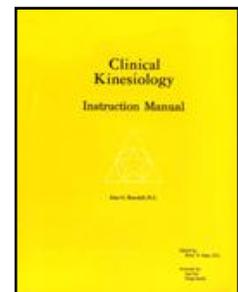
- [ABC on Mercury-Poisoning](#) from Dental Amalgam Fillings Handbook for victims of mercury-poisoning from dental amalgam, Swedish Association of Dental Mercury Patients, November 1993.
- American Dental Association [patent on silver based filling materials](#)
- Defense Against Mystery Syndromes, Swedish Association of Dental Mercury Patients
- [Amalgam Links](#)
- [Amalgam.org](#): Extensive resource
- [Amalgam Case History](#)
- Huggins, Hal A., DDS, [It's All in Your Head: The Link Between Mercury Amalgams and Illness](#)
- [History of Dentistry in the 19th Century](#)
- [History of Ill Effects of Dental Amalgam](#), Gary Null
- [History of Innovations in Dentistry](#) (including



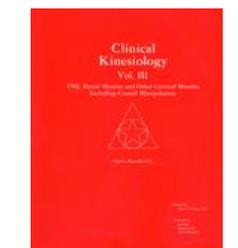
[Clinical Kinesiology: Muscles of the Upper Extremities](#)



[Clinical Kinesiology Travel Manual](#)



[Clinical Kinesiology Instruction Manual](#)



[Clinical Kinesiology TMJ & Hyoid Muscles](#)

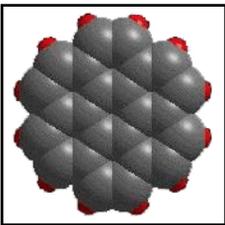
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[Biomodulator](#)



[SCENAR](#)



[Toxicity Study](#)

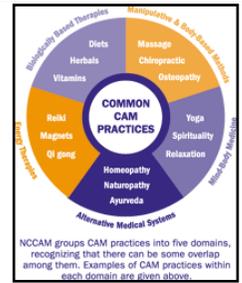


[Our Toxic Times](#)

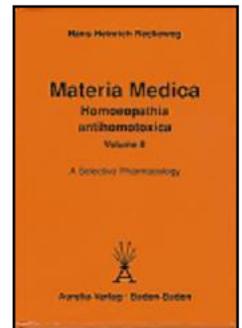


[TOXMAP](#)

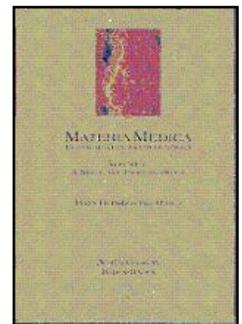
- amalgam fillings)
- [Mercury Disposal](#)
  - [Lawrence Livermore Lab Safety Information](#)
  - [Lawsuit](#) against the ADA and the CDA
  - [Lawsuit](#) against the MDA (Maryland Dental Association) includes information about many points of interest including the patent numbers for the ADA for amalgam.
  - [Los Angeles Times article](#) about the dental amalgam debate
  - [Mercury Free Dentists](#)
  - [Mercury Page](#): one of the most extensive lists we have found on the Web about this subject.
  - [Mercury Poisoning and MS](#): a detailed presentation with many insights and data references, including ADA patents.
  - [Names of teeth](#): the names and numbers given to teeth using the Palmer notation
  - [Optimal Health Dentistry](#): Dr. Lavar Riniker's web site
  - [Teeth to Body Chart](#): relation between specific teeth and joints, vertabrae, organs, endocrine glands, tissue systems, sense organs, and others.
  - [Tooth/Muscle Chart](#): relation between specific teeth and various muscles throughout the human body.
  - [UK Amalgam Links](#): the most comprehensive compilation of links on the Web we have found.
  - Ziff, Sam, and Ziff, Michael F., D.D.S., [Dentistry Without Mercury](#), [BioProbe, Inc.](#) 1995.



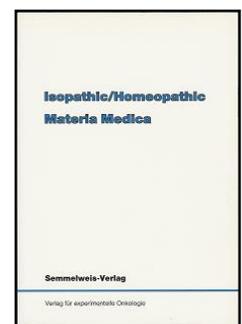
[NCCAM](#)



[Homotoxicology](#)  
[Materia Medica I](#)



[Homotoxicology](#)  
[Materia Medica II](#)



[Isopathic/](#)  
[Homeopathic](#)  
[Materia Medica](#)