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# The Abundant Life Line

## Naturopath's Notes:

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*"I will restore your health" Jer. 30:17*

I hope each of you are getting into the holiday spirit with temperatures starting to drop and the leaves starting to change colors. Thanksgiving is just around the corner, and I pray each of you will take time to give thanks to God for the blessings in your life. This month's newsletter will be focused solely on dental health. This subject may not sound interesting but I encourage you to read on as I believe you will find new information that your dentist may not have shared with you. Dental health has a direct impact on the rest of your health. Each tooth has a relationship to an

organ/system in our body. When there is bacteria from an improper root canal under a tooth, if an amalgam (silver) filling is in a tooth, if an implant has been attached to a bone, etc., there is a direct relationship to the body. I have included articles I believe will be of interest as well as an amazing video I hope each of you will take a few minutes to watch so you can see how we can be poisoned each day by amalgams. I am not one to give bad news and offer no solution, therefore I have

included information where you can find a dentist who will properly take care of your teeth. Personally, I see a holistic dentist because I do not want to be exposed to fluoride, x-rays (digital imaging is used instead), or heavy metal exposure from the air due to a patient having their amalgams removed improperly. I pray each of you will have a safe and healthy Thanksgiving holiday.

*God Bless and  
Be Healthy,  
Jennifer*

*Read about the dangers of fluoride on my website by clicking on "Links" and then going to "Dangers of Fluoride."*

The following articles were written by Dr. Hal Huggins, a pioneer in holistic dentistry:

### **Setting It Straight - Amalgam Fillings**

Amalgam is the generic term applied to the silver-mercury filling commonly used in dentistry to restore teeth. Amalgam is also known as the "silver filling" (due to its shiny appearance) or the silver-mercury filling. Amalgam literally means mixed with mercury, and in the dental sense that is true. Powdered metals and metal compounds consisting of silver, copper, tin, and zinc are mixed with about an equal weight of liquid mercury. Three different types of chemical reactions take place within this mixture, and the resultant silver-mercury amalgam will set at room temperature, and most importantly, within a few minutes.

Silver-mercury amalgam has been used as a filling material for 160 years and has enjoyed the reputation of being an inexpensive, long lasting filling. The materials alone only cost about one dollar. Although the average life span of a silver-mercury amalgam filling is only around five years, according to Dr. Leon Silverstone at the University of Colorado School of Dentistry, some amalgam fillings have been known to last for up to 20 years.

Three times now, mercury from fillings has been accused of initiating diseases. The first time was in the 1830's, again in the 1920's, and the third time a movement started in 1973 in which more substantial information has been available to determine the toxicity of mercury.

## - Today's Fillings -

Mercury comprises about 50% of the most common filling in the world called silver-mercury amalgam. Amalgam also contains copper, tin, silver, and zinc. It is silver colored when first placed; therefore, the name, "silver" filling. After it has been in the mouth, mercury fillings begin to tarnish. The blacker the filling, the more tarnish has taken place. Silver-mercury fillings have an electrical current which can be measured. The higher the current, the faster mercury is being released. As of 1976, the new ADA sponsored (and patent holder) high copper mercury amalgam started taking over the market. Mercury is released 50 times faster from high copper (around 30%) amalgam than the "conventional" silver-mercury amalgam of before that time.

Currently dental amalgam fillings contain around 48 to 51% mercury by weight. Copper comes in second with the high copper amalgam now leading the markets. Copper can be from 24 to 33% of the amalgam. The higher the copper level, the faster the mercury and copper - both are emitted from the fillings. If a gold crown is anywhere in the mouth, mercury comes off faster. Over the first two years after placement, amalgams release about 34 micrograms of mercury per filling (per square centimeter of filling exposed) per day. These tests were done of silver-mercury fillings sitting in water and tested daily.

There are many things that make mercury come out faster. As just mentioned, any other metals such as gold crowns, nickel crowns and removable bridges will increase the speed of release of mercury. Chewing foods increases the emissions, dramatically. Hot liquids, like coffee, increase the release by thousands of percent, but only for 10 or 15 minutes. Abrasion from chewing gum increases the release of mercury by 1500%. Abrasion during the grinding of teeth during waking or sleeping hours, called "bruxism," also releases mercury vapor.

Compression of the filling from chewing releases mercury into the mouth. The electrical charge on a filling gives a hint as to how fast mercury, copper and other metals are being released. The higher the current measured, the faster the mercury release. The total amount of mercury released would be difficult to measure, but suffice it to say that the current measurements are adequate to contribute significantly to disease processes, and the actual total mercury release in a living human being with saliva (which has a much higher electrical potential with dissimilar metals than water), with acidic foods, bruxism, chewing gum, eating foods and several hundred bacterial strains is greater than any of today's estimates.

Where does all of this mercury go? Into your body. Absorption of mercury from the area under your tongue and the insides of your cheeks are the fastest absorption. These areas, of course, are in close proximity to the mercury fillings, so efficiency of absorption is great. From these tissues, the mercury can destroy adjacent tissues, or travel to the lymphatic drainage system and directly into the blood stream. From the blood stream, mercury can travel to any cell in the body, where it can either disable or destroy the tissues. Mercury can also travel directly from the fillings into the lungs, into the blood stream and, every cell in the body becomes a valid target.

Mercury and its compounds are adept at traveling through the "lipid soluble" cells membranes. Cell membranes contain roughly 60% protein and 40% fat. Nerve cells are an exception, containing nearly 75% fat. These fat-rich membranes determine what enters the cell and what does not. Methyl mercury is oxidized into the "ionic" form of mercury. This is a very destructive form of mercury. (Its problem is that it cannot travel very far.) Methyl mercury is the most dangerous form due to its ability to travel great distances and enter all cells. After the trip, methyl mercury is converted into ionic form. The ionic form is what actually disrupts internal structures and metabolic pathways that keep a cell alive and producing proteins, enzymes, hormones, whatever, that are the purpose of the existence of the cell.

All of this travel and destruction is what defines mercury toxicity. It may favor nerve tissue for a destruction target, but the kidney is high up on its list of tissues to destroy. After these two areas, it can wreak havoc in any tissue that might get in its way. For this reason, it is difficult to devise a change in the normal chemistry of the body, called a test, which would "prove" mercury toxicity. It can alter almost anything in the body; therefore, mercury should not be allowed to enter for any reason.

Mercury changes forms. It has different costumes. It ducks into phone booths as organic, and comes out as inorganic, and then darts into a dark cell to do its damage leaving someone else's fingerprints. It did take scientists a long time to determine how mercury changes faces so fast. Each form attacks a different aspect of the cell membrane, or your DNA or your enzymes. Mercury atoms can attach to any cell in the body rendering it abnormal, and subject to destruction by the immune system. This condition is collectively referred to as "auto immune disease".

## Autoimmune Disease - What Is It?

Bottom line answer is that your body is destroying your body. The word auto means self. Immune refers to your white blood cells, which are assigned to defend your body by eliminating harmful materials. Just how does your body determine whether something is harmful or not?

If your body manufactured it, then it has a special code (called the major histocompatibility complex, or MHC) stamped on it. This is like your own license plate number or social security number. It belongs to you and you alone. Your body has a special surveillance team that checks out every cell in your body several times each day. It has only two responses, kill, or let it alone. It has only two things that it looks for in determining this decision. Is the object under examination "self" or "non-self?" If the object is, say, a liver cell, then it will have a MHC code that identifies it as "self," or made by you. If no code, or an altered code exists, then the object is identified as "non-self," and a flag is implanted on its surface that says to the killing immune cells, "Kill this object; it is not one of us." Should the object be a splinter, there is no MHC on it, and white blood cells will create an infection around it and destroy it.

Now, how does the body become non-self? If a normal cell that has undergone dozens of investigations and been pronounced self each time is suddenly invaded by mercury, there is a change. Should mercury become attached to the outside of a cell, the I.D. number is changed from self to self-plus-mercury. To the immune system, anything except pure self is automatically non-self. This normal cell with mercury on its membrane is thus flagged for destruction by your own immune system, and an autoimmune disease has started. Should that tissue be kidney, the disease might be glomerular nephritis, or autoimmune disease of the kidney.

Should mercury attach to a nerve cell, the disease response could be called Multiple Sclerosis, Lou Gehrig's disease, seizures or several other things. If mercury attaches to an antibody in a nerve cell, it could result in Lupus. If mercury attaches to a nerve fiber and causes the Tau protein to disassemble and curl up in "neurofibrillar tangles," then the resultant autoimmune disease would be called diabetes. The list is actually quite long, but the process is similar for all autoimmune diseases. A proper interpretation by your immune system of a minor defect results in destruction of your normal tissue, resulting in a disease process that you may have "caught" in a dental office.

There are a variety of symptoms that frequently accompany autoimmune diseases, thus confusing the diagnosis process. Many people with autoimmune diseases, even in the early "prior to diagnosis" stages, may experience chronic fatigue, depression, changes in sleeping habits, recurring headaches, memory loss and anxiety. Low back pain occurs in a high percentage of patients. Because it goes away quickly upon proper dental revision treatment, there appears to be an "association" between the autoimmune process and the symptom, but no direct connection has been offered yet.

Some of these more common dental-related autoimmune diseases are:

- **Multiple Sclerosis**
- **Lou Gehrig's Disease (otherwise known as Amyotrophic Lateral Sclerosis, or ALS for short)**
- **Lupus**
- **Arthritis**
- **Diabetes**
- **Alzheimer's Disease**
- **Parkinson's Disease**
- **Leukemia**
- **Seizures**
- **Gulf War Syndrome**
- **Birth Defects**

## Digestive Disturbances

For over two decades we have noted improvements in people's digestive problems after their dental work was corrected. The word "indigestion" is sort of a generic term. It can encompass everything from one's occasional overdone appetite preferences to the ability to break down carbohydrates, proteins and fats. It can also refer to how one absorbs these molecules after they are broken down, and to results of incomplete digestion that leads to diarrhea and constipation. All of these functions can be influenced by mercury.

Where do digestive problems come from? Let's start in the mouth. The act of chewing stimulates the release of saliva, which contains certain enzymes that initiate carbohydrate metabolism. "The better you chew, the better your digestion," is a common statement, and it is true --- except when you have amalgam in your mouth. As chewing stimulates the release of salivary enzymes, it simultaneously stimulates the release of mercury from your fillings. Mercury mixes with the food and goes down the digestive tract with it.

In the stomach, mercury from fillings can mix with hydrochloric acid and produce mercuric chloride. This chemical can damage the stomach lining, paving the way for nervous stomach and ulcers in those people genetically predisposed to those conditions.

There are multiple types of bacteria in the stomach and intestinal tract that aid in our digestion. These are frequently called "friendly bacteria." These are the bacteria we try to fortify in our system when we eat buttermilk, yogurt, and take probiotics. Mercury can kill many of these bacteria just by touching them. That does not eliminate the mercury, for it can move on and kill other bacteria. Probably worse, mercury can cause a change in the bacteria, called a pleomorphic change, in which the form and function of the bacteria is altered. This may perform a good deed, or bad deed, depending upon the result. Most often it is a bad deed, for the body had taken some time in creating the balance of bacterial flora that it felt was needed for your particular eating and dining habits.

When the number of altered bacteria exceeds the normal bacteria, the body can initiate action against them. This is called diarrhea. Its purpose is to eliminate the bad bugs and recolonize. With mercury still present, this is impossible, for there is a minute-by-minute supply of mercury in the saliva, and big doses when eating or gum chewing is taking place. After several years of trying to correct, the situation becomes overwhelming, and the result is constipation. In many people there is a time of intermittent diarrhea and constipation.

## Chronic Fatigue

What's up this week? Many folks tell me it's anything but energy. Why do so many people suffer from chronic fatigue? Don't we get enough sleep? Let's look at the example of the woman who gets 10 hours of sleep per night, goes to bed exhausted, and wakes up (only to a lengthy alarm) feeling exhausted. I use the female example because we saw a high predominance of females with this problem. There was a scenario that followed.

When women are fatigued for a few years, they are much easier to beat up. And there is a pattern of treatment. I saw this pattern hundreds of times. It may seem familiar to some of you reading, for either you have experienced it, or had a wife or mother who experienced it. You may note a hint of sarcasm on occasion, for it really irritates me to see women treated in this manner.

**H** stands for husband, **W** for wife, and **D** for doctor.

**H.** Why don't you see a doctor? You aren't the same person I married 10 years ago. You were so cheerful, active, fun to be around, and now look at you.

**W.** Hummmm. Dear, would you set the alarm for just 5 more minutes?

**H.** You have already been asleep for 10 hours. The bus will be here for the kids in 20 minutes and I can't find Jenny's left shoe. She won't wear any color but red today. And where is my paisley tie? I have a meeting with the boss today, and I've got to look my best. I'll call for an appointment for you. What kind of doctor do you need, anyway?

**W.** Ten minutes....just ten more min....

Doctors must get tired too. Tired of seeing the same woman with the same problems several times every day. Different name each time, but it's still always the same.

**D.** What's your name, age, problem, how long have you thought you were tired? Married? [now the routine really get monotonous] There are only two possible answers. Yes or no. If yes, how long? You and your husband get along OK? To himself: denial, just like all the others. Simple, really. If you are married, the husband is the problem, if not, that is the problem. Now on to the next series:

**D.** Do you have children? Again, two possible answers. If you do, they are the problem. Copping out. If not, again, simple, you feel inadequate. Treatment: Blood test to determine if anemic. If anemic it is expected because you are female, and females do that thing once a month that is so bizarre. They lose blood. Of course they are anemic. Men don't do it, so it is abnormal. Give iron, and see me next month. If the blood test is OK, one choice. Shrink.

The blood test is usually normal, in fact, many times what is called high normal. Aside from confirming that you need a shrink, what does this blood test mean?

Most of the time, this blood test is a Complete Blood Count, or CBC for short. It includes a count of your red and white blood cells. Let's focus on the reds for today. The red blood cells can be counted so you know how many cells there are per cubic millimeter of blood. Hemoglobin tells how much hemoglobin, or potential oxygen carrying capacity you have. And the hematocrit is a measurement of the percentage of blood that is composed of cells that contain hemoglobin. There are other breakdowns of counts that refer to the size, volume, etc. of the cells, but the hemoglobin and hematocrit will tell us the story we need to understand.

Silver-mercury fillings are constantly giving off mercury atoms into the mouth which can be inhaled into the lungs and from there go into the blood stream, or swallowed, go into the stomach, on to the intestines, and into the blood stream -- which ever way, mercury can end up in your blood. Being a highly reactive atom, mercury immediately starts looking for a binding site with which to set up a permanent relationship. The binding sites on hemoglobin look ideal, so mercury tends to bind to the hemoglobin.

There is one big difference though. When oxygen binds, it is for a short period of time. When mercury binds, it may be forever. Out of the four available binding sites, if one mercury atom attaches, then you have lost 25% of the oxygen carrying capacity of that molecule. If two attach, you have lost 50%. You can see that it really doesn't take much contamination to eventually have an effect on your energy level. Sleeping doesn't help this problem either.

To confirm this, we have tested the "oxyhemoglobin" levels in the blood. This test tells of your "oxygen saturation", or how much oxygen you are transporting relative to how much you really could be transporting. If all your hemoglobin was contaminated with two atoms of mercury on each molecule, your level would be 50%.

Now we have an explanation. Many of our female patients had high hemoglobin levels. Why? Because the body was aware of the mercury contamination, and COMPENSATED by forming additional red blood cells, giving more hemoglobin, and a higher hematocrit. These gals all looked like olympic athletes from their high cell counts, but without an oxyhemoglobin level to see how much oxygen was really there, your wimpy attitude confirmed the "It's All in Your Head" diagnosis.

Granted, mercury may also be altering thyroid, cell membrane permeability, and a bunch more things that contribute to chronic fatigue -- not to mention foods, and digestion, but we are facing a primary problem with constant mercury contamination. None of the other avenues of treatment are going to be nearly as effective as long as you have amalgam spewing out mercury vapor into your blood stream. Amalgam removal with the most protection you can find, and reducing your constant daily exposure is the best treatment.

*One of my clients sent me this link on You Tube of mercury vapor outgassing from an amalgam dental filling presented by the International Academy of Oral Medicine and Toxicology (IAOMT). I encourage each person to watch this short video and to forward this newsletter on to your family and friends so people can become more informed of the numerous dangers that incorrect dental work can have on their health.*

*Link: <http://www.youtube.com/watch?v=9ylnQ-T7oiA>*

GINSENG GIVES ME MORE ENERGY SO I CAN BRUSH MY TEETH LONGER. GINKGO HELPS ME REMEMBER TO FLOSS. AND ST. JOHN'S WORT PUTS ME IN A GOOD MOOD SO I CAN ACTUALLY LAUGH AT MY DENTIST'S JOKES.



Once your amalgams have been properly removed, ALWC can help in your recovery by offering safe and natural dental detox protocols and by using the dental protocol in BioSET. Call for more information.

ALWC offers hair analysis that will determine not only if you have heavy metals in your body but also if you are detoxing properly. You can read more about this service in this year's September newsletter on our website.

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