Sinking our teeth into the debate

The debate continues over the possible negative health effects of mercury dental fillings. It has raged on and on for years and currently shows no sign of reaching any definitive end. But what is fact and what is fiction?

**FICTION 1:** MY FILLINGS ARE MADE OF SILVER, NOT MERCURY.

**THE FACTS:** Silver comprises only about 35 percent of the restorative material (amalgam) used to fill your teeth. Fifty percent of silver-coloured dental amalgam is elemental mercury.

**FICTION 2:** WE GET MORE MERCURY FROM EATING FISH THAN WE DO FROM OUR DENTAL FILLINGS

**THE FACTS:** Mercury from dental fillings is the primary source of mercury exposure for humans. Mercury is released from dental amalgam, exposing the individual to elemental mercury vapour. According to the World Health Organization, eating fish exposes us to 2.34 mcg daily, whereas chewing on mercury fillings exposes us to between 3 and 17 mcg every day, depending on the number of fillings in the mouth.

**FICTION 3:** MERCURY IS LOCKED INTO TOOTH FILLINGS AND CANNOT LEACH INTO THE BODY.

**THE FACTS:** Mercury is released from fillings. Researchers observed that after chewing, people with mercury fillings had almost 20 times more mercury vapour in their mouths than those without mercury fillings.

**FICTION 4:** ANY MERCURY VAPOUR THAT IS RELEASED FROM TOOTH FILLINGS MAY ENTER THE BODY, BUT IT JUST PASSES THROUGH.

**THE FACTS:** Mercury vapour does indeed pass from the fillings and into our organs. Furthermore, it passes from a pregnant mother into her fetus.
Researchers at the University of Calgary "tagged" mercury with radioactive Hg isotopes so that it could be tracked and unmistakably traced back to tooth fillings. Researchers placed these tagged mercury fillings into pregnant sheep and investigated where in the body the mercury travelled. Their results were telling. All tissues examined in both mother and fetus (brain, heart, kidney, liver, muscle, stomach, and colon) collected tagged mercury.

**FICTION 5: DRILLING OUT MERCURY FILLINGS WILL RID THE BODY OF MERCURY.**

**THE FACTS:** Taking a drill to the mercury fillings and replacing them with white fillings will not eliminate mercury in the body. Swedish researchers found that drilling out fillings had a statistically significant impact on the mercury levels found in blood and urine. Research published in 2004 in the journal *Toxicological Sciences* investigated whether mice that were given low levels of mercury vapour similar to what humans receive from mercury fillings would experience neuro-behavioural effects after six months. Researchers found that mice that did not have the protective metal-binding protein (metallothionein) exhibited significantly higher incidence of anxiolital behaviours and poorer learning and memory function.

Fortunately, humans have access to large quantities of protective metallothionein, provided that we consume adequate levels of the dietary minerals zinc, copper, and selenium and the amino acids histidine and cysteine.

**THOUGHTS TO CHEW OVER**

My hearing problems came gradually - without me noticing!

**I FELT LEFT OUT...**

"My husband started to notice that I did not answer when he asked me something. I did not like to ask him to repeat his questions. So instead, I tried to find an answer which would fit into the conversation and I was soon revealed, of course."

**FELT I HAD A PLUG IN MY EAR**

"It grew worse with time and I felt as if I had "plugs" in my ears - all sounds were muted. It felt worse when several people were talking around me. Then I just shut off my mind - it was too exhausting to try to sort out what the different people were saying. It became such a burden that I stopped seeing our friends and made up excuses. I was too afraid of saying something stupid when we met."

**SO HAPPY AGAIN!**

"After having used Tone™ for about 7 weeks I felt the "plugs" had gone! I am so happy to finally be part of the conversations again. My husband and I are back to going out with our friends again, like before."

**FACTS ABOUT TONE**

Hearing is one of the senses that is affected by normal degeneration of the body as we grow old. But hearing loss due to ageing is not a disease and there are ways in which you can help your ears stay vital long into old age.

New Nordic’s laboratories have developed a new natural pill called Tone™, based on the studies of how herbs and vital nutrients can work together to supply the organs of the ears the proper environment to regenerate ear tissue.

The plant extracts in Tone are complementary, balancing prevention of inflammation, allergies and infections, with provoking hypo-tension, vasodilatation and strengthening of the ears microvascular system.

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has had many fillings since then. That's more than 44 years of mercury exposure. We have yet to determine the behaviour and learning changes after 10, 20, 30, or more years of exposure to mercury amalgam. More research needs to be done.

I firmly believe it is the responsibility of health care professionals to stay the scientific course and not take extreme positions either for or against mercury. This element is not an evil villain intent on spreading toxicity to the masses. It has uses in mining, the battery industry, and in refining gold. But, should it be in our teeth?

That decision is up to you. 

Ali Farahani, DDS, is an accredited member of the International Academy of Oral Medicine and Toxicology (IAOMT). His dental practice, Front Street Dental, is located in Stratford, Ontario.

Mulberry regulates my blood sugar!

For years, Ray had difficulties keeping his blood sugar under control, despite taking prescription tablets for it. His doctor advised that high blood sugar levels are unhealthy and that injections would be the next step. But with Mulberry tablets, Ray found a solution to his problem.

"Initially, I did not know I had this problem. I did not have any real symptoms, other than feeling tired and thirsty! My initial blood sugar levels were only slightly elevated, so my doctor suggested first changing my diet. But it did not work - I have a sweet tooth."

It got worse!

"After 4 years, my blood sugar levels had risen sharply. About at that time, I read an article about mulberry leaves, which lower blood sugar levels naturally. Since I felt I had nothing to lose, I went to my pharmacy and bought a package."

The effect was unexpectedly quick!

"Already the next morning, my blood sugar level was lower than it had been for 10 years and soon I began feeling much better. Now I have been taking Mulberry for 2 months. I measure my blood sugar each morning and it is always well under control at normal levels."

Mulberry - A BREAKTHROUGH!

In Japan, mulberry leaves have been used for centuries for their curative properties and for regulating blood sugar levels. Today, scientific studies have shown that mulberry leaf extracts effectively lower blood sugar levels by inhibiting the breakdown of carbohydrates in the intestines. Uncontrolled sugars simply pass through your intestines, instead of entering the blood.

New Nordic, a Scandinavian manufacturer of natural health products, now introduces Mulberry Zuccar® in Canada. The product delivers the highest quality mulberry extract. Simply take one tablet, about one half hour before every main meal, to lower blood sugar levels after meals.

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