

Dental *focus*

Holistic dentistry for total health

So-called "silver fillings" contain very little silver. In fact they contain 50% mercury, a metal that is more toxic than lead, cadmium, or arsenic.

MERCURY FILLINGS 101: Amalgam and Its Toxicity

What is a mercury-amalgam filling?

Mercury-amalgam is the material most often used by conventional dentists to fill cavities caused by tooth decay. But the terms "mercury-amalgam filling" and "dental amalgam filling" might not be familiar to you. You most likely know them as "silver fillings," but that name is VERY misleading.

Though silver in color, these fillings contain TWICE as much mercury as silver!

A mercury-amalgam filling is composed of two equal parts: elemental liquid mercury and an alloy powder

containing silver, tin, copper, zinc, and possibly other metals. (Each manufacturer has a slightly different formula, so the amounts of other metals vary.)

The mercury is essential in making the amalgam harden and adhere to the tooth. Each filling contains approximately 750 mg of mercury. So, they should more properly be called mercury fillings. But that would be a much harder sell than "silver" fillings, don't you think?

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Dr. Garcia Shows How to Open a Fresh Coconut



Dr. Garcia is a huge proponent of eating raw foods and healthy fats. Many of you have heard about the wonderful recipes she makes with fresh coconut, and the fact that she uses a machete-like knife to open coconuts. In a new YouTube video ("How to Open a Fresh Coconut"), Dr. Garcia demonstrates her technique to open a fresh, young coconut. Fresh coconuts are rich in healthy, raw saturated fats (which have an antioxidative effect), and Dr. Garcia uses the meat and water in fresh smoothies and custards.

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Patient Spotlight

Monika Merryman Authentic German Baker

Monika started baking bread because she wanted to eat healthy, organic breads – she was not a fan of the squishy, white breads that dominate super-market shelves. Her goal was to make an authentic German loaf of bread, like the ones she grew up with in Germany.

Monika came to the States 13 years ago, and last year, she and her grandmother’s cousin in Pennsylvania started talking about how much they missed the breads from their hometown. Monika pieced together a recipe from her German friends and relatives, and her sourdough rye bread is “very much like the one I remember.” Each loaf takes four days from start to finish, because sourdough needs time to develop.

Although Monika has been baking bread for a while now, Dr. Garcia was her first customer. *If you are interested in some fresh, organic, low-gluten bread, contact Monika at 815-761-5793 or monika@merryman.us.*



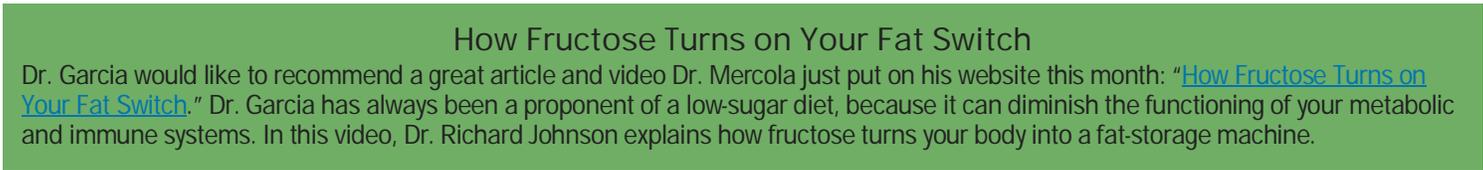
From Our Kitchen to Yours...

In honor of Dr. Garcia’s new YouTube video on how to open a fresh coconut, we have a delicious coconut drink recipe for you. The coconut provide a healthy fat, and the pineapple is full of vitamins and minerals that are essential to optimum health, like Vitamins A, C, and B-complex.

Coconut Pineapple Juice

- 1 c. fresh coconut water
- ½ c. tender coconut meat
- 2 c. diced fresh pineapple

Combine ingredients in a blender and blend until smooth. Pour into two glasses and serve immediately.



How Fructose Turns on Your Fat Switch

Dr. Garcia would like to recommend a great article and video Dr. Mercola just put on his website this month: “[How Fructose Turns on Your Fat Switch](#).” Dr. Garcia has always been a proponent of a low-sugar diet, because it can diminish the functioning of your metabolic and immune systems. In this video, Dr. Richard Johnson explains how fructose turns your body into a fat-storage machine.

Amalgams: Toxic Mercury Vapors Continuously Released

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What is mercury? Mercury (Hg) is a very toxic metal – more toxic than lead, cadmium, or arsenic. It exists in three forms: elemental metallic mercury (liquid mercury), inorganic mercury (mercury salts), and organic mercury (a compound of inorganic mercury and organic agents; for example, the methylmercury found in seafood or the thimerosal found in vaccines).

The form of mercury greatly influences how it is distributed within the body and its health effects. Elemental mercury, the form used in dental amalgams (as well some thermometers, fluorescent light bulbs, and electrical equipment), is a heavy, odorless, silver-colored liquid that vaporizes into a highly poisonous gas at room temperature.

Inhalation of these invisible, odorless mercury vapors is the main source of elemental mercury toxicity, because mercury vapor is extremely well-absorbed by the lungs. Approximately 80% of an inhaled mercury vapor dose is absorbed by the lungs, enters the bloodstream, and is deposited into your

Mercury vapor is continually released from amalgam fillings. Activities such as chewing, grinding, brushing, and drinking hot beverages increases the amount of toxic vapor released.

various organs. (Organic mercury, on the other hand, is rapidly absorbed through the skin and is generally ingested.)

Though mercury is a naturally-occurring heavy metal, about half of the mercury released into the environment comes from human activity. It is emitted from the combustion of fuels and waste, used in various manufacturing processes, and secreted from dental sources. (This includes emissions from dental offices, crematory emissions, and mercury released from household sewage, since some mercury that is absorbed by the body is later excreted.)

The toxic effects of mercury on human health has led to global efforts to reduce the discharge of this poisonous material.



Here we see a “smoking tooth” - mercury vapors escaping an amalgam filling. From www.iaomt.org.

In the United States, the Environmental Protection Agency (EPA), the Occupational Safety and Health Administration (OSHA), and the Food and Drug Administration (FDA) are the federal government agencies primarily responsible for regulating mercury in the environment, in the workplace and in healthcare, respectively. Yet no regulatory steps have been taken to reduce human exposure to mercury in the context of dental care. ■