

Amalgam Fillings: Release Vapors that Cause Disease

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Do mercury-amalgam fillings release mercury vapor?

YES! This fact has been proven time and again. Despite the American Dental Association's insistence that mercury-amalgam is a "stable" substance, it is clear that mercury is NOT locked into an amalgam filling. Instead, low levels of mercury are continuously released as a colorless, odorless, tasteless vapor and inhaled into the lungs. (Even the FDA, in its 2009 reclassification of mercury amalgam fillings, confirmed that dental amalgams discharge mercury vapor.) Furthermore, certain activities increase the amount of mercury vapor released: chewing food or gum, grinding your teeth, brushing your teeth, and drinking hot beverages (since heat increases chemical reactions). On average, 80% of that mercury vapor is then absorbed into the bloodstream and deposited throughout the body. The brain, central nervous system, and kidneys are target organs that are particularly sensitive to mercury vapor. And in addition to crossing the blood-brain barrier, mercury vapor is also able to cross the placenta and reach the fetal brain.

Can enough mercury escape from a filling to cause disease?

YES! The heart of the mercury-amalgam controversy is whether the low levels of mercury exposure from amalgam fillings are enough to harm you. The real danger lies in the fact that health problems from low-level mercury exposure don't arise overnight. It is the retention and accumulation of mercury in the different organs of the body – especially the brain – that causes illness.



**FROM OUR
KITCHEN TO
YOURS**

Citrus Smoothie

- 1/2 tbs raw cream
- 1/4 cup raw milk
- 2 raw eggs
- 1 orange, freshly squeezed
- 6 organic strawberries
- 1 tsp organic vanilla extract
- 1 pinch Stevia

If you have a milk sensitivity, you may replace milk with Coconut cream.

Blend together and enjoy!

Mercury exposure has been implicated in a wide range of systemic diseases and neurological problems. For example, it has been linked to kidney dysfunction, seizures, autism, multiple sclerosis, diabetes, heart disease, and fibromyalgia. Most of us are exposed to multiple sources of mercury, from fish, our jobs, or other sources, and we have varying levels of sensitivity to mercury. (Some people are extremely sensitive to mercury, and they can get sick very quickly.) This is why all mercury exposure must be eliminated.



Healthy Eating Can Boost Your Child's IQ

Dr. Garcia has long been an advocate of fresh, raw, organic foods and eating right for your metabolic type. Healthy tooth development in children is highly dependent on both a mother's diet while pregnant and breastfeeding, and on children's eating habits as they grow. A diet high in sugars (whether natural or processed) and processed foods can lead to tooth decay in even our youngest patients, so nutritious choices are a must.

Poor nutrition can also be damaging to your child's IQ! A new study in the *Journal of Epidemiology and Community Health* suggests a link between a diet high in processed foods and a slightly lower IQ, even when taking into account factors such as the mother's level of education and social class.

Researchers at the University of Bristol (UK) recorded the eating habits of almost 4,000 children at the ages of three, four, seven, and eight and a half. Three basic diets emerged:

- processed diets high in fat and sugar;
- traditional diets of meat, potatoes, and vegetables;
- and health conscious diets of fish, salads, and fruit.

When the children were eight and a half, they all took IQ tests. The researchers found that children with diets high in processed food at the age of three had a slightly lower IQ at the age of eight and a half. Not only does this suggest that poor nutrition may affect brain development, but that early eating habits can have a long-term impact. This makes a lot of sense, since the brain develops much faster in the early years, while it does most of its growing. So be sure to nourish that brain with healthy foods!

For more information, visit [BBC News: Health](#) or [The Avon Longitudinal Study of Parents and Children](#).

Join us in the battle for... FOOD FREEDOM

Real food is hard to find these days. With small farms going under, and healthy foods being criminalized, what's left to eat? Let's take back our health and our food. If you're interested in pure food directly from small family farms, send an email to

feelgoodfoodscoop@gmail.com or love4freedom@gmail.com

and help us save our food supply. Some of our other resources for healthier foods include local farmer's markets.

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