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## Our Mouths, Our Health

### Dental Amalgams: Part I

This is going to be an ongoing topic for a while, as there is much to cover. Amalgams, or the "silver" fillings found in our mouths are 50% mercury. If you have amalgams, every time you chew, drink a hot beverage or grind your teeth, mercury vapor is released into your body. Mercury is the most toxic, natural, non-radioactive substance on the planet. It is regulated in every industry except the dental industry (huh?). Mercury can cause or contribute to every disease or health condition. The amount of toxicity you experience is going to be dependant on several factors. Here is a short list:

- \* How many amalgams you have
- \* How long you have had them
- \* How often they were stimulated
- \* Exposure to other sources of mercury (fish) and other heavy metals
- \* Your overall state of health/constitution
- \* Effectiveness of your body's detoxifying mechanisms and anti-oxidant levels

I will be going into more detail about mercury, how it specifically impacts our bodies, symptoms of toxicity, testing and detoxification methods in the future.

It is clear to me through my research that if you have dental amalgams, the question is not if you are mercury toxic, it is how mercury toxic are you and is it impacting your health significantly.

But PLEASE, before you run out and get your amalgams removed, make sure that the dentist performing the procedure recognizes the issue with mercury and aware of its health impact. If he or she is

not- run! Really! Improper removal can cause even more mercury to be released. Also, do not assume that once the amalgams are removed, that you are in the clear. The majority of people will still have a high body burden of mercury, even after the amalgams have been removed.

The following are guidelines from the [International Academy of Oral Medicine and Toxicology \(IAOMT\)](#) that you can ask to ensure that the dentist has your safety in mind.

1. Do they utilize an efficient suction system in the mouth with a special tip or its equivalent to contain amalgam particles and mercury vapors?
2. Do they use a vacuum system at maximum efficiency?
3. Are they applying copious (lots of ☺) amounts of water to the filling during removal?
4. Do they remove the amalgam in large segments to minimize the generation of mercury vapor and amalgam particulate?
5. Are they using a dental dam to isolate the tooth from the rest of the mouth?
6. Do they provide the patient and dental staff with a mercury-free source of air?

Hopefully, they will say yes to all of the above. To find a mercury-free dentist near you, go to [www.dentalwellness4u.com](http://www.dentalwellness4u.com), an excellent site for information run by Tom McGuire, DDS, author and dental health advocate. Or to the [IAOMT](#) site.

Of course, if you are in the Bay Area, come see us at the [Transcendentist](#) where I see patients with a focus on mercury and heavy metal detox, and naturopathic support for dental health issues.