

Mercury Fillings & Your Health

Most “silver” dental fillings are **45-55% liquid mercury** with the remaining 50% made from powdered silver, tin and copper. It would be more appropriate to call silver fillings, mercury fillings. Mercury is a neurotoxin that has devastating affects on your health. If you currently have mercury fillings, it would be appropriate to have them removed as soon as possible.



Signs and Symptoms of Mercury Exposure:

- loss of vision
- neuropathy of hands, feet and/or mouth
- lack of coordination of movement
- impaired speech, hearing, and/or walking
- muscle weakness
- tremors
- emotional changes (mood swing, constant worry, nervousness, irritability)
- insomnia
- muscle twitch and weakness
- headaches
- cognitive decline/dementia
- skin rashes

Please know that you can have mercury exposure and not experience any of the above symptoms for many, many years.

Recommended Dentist's for Mercury Removal

Dr. Edgar Montano DDS

Calle Ignacio Zaragoza 8964, Zona Este, 22000 Tijuana
bioimplantcenter.com
619-915-0089
bookings@bioimplantcenter.com

Dr. Janette Carroll DDS

2210 Kulshan View Dr. #101
Mt. Vernon, WA 98273
360-424-0123
carrollhealthandhealing.com

If you have mercury fillings, you are **exposed to mercury when you chew** on those teeth.



However, the largest exposure to mercury likely comes when you use your cellphone. This is due to the electrical magnetic radiation produced by cellphones. A 2008 study* found that after an MRI there is **31x more mercury in the bloodstream due to silver fillings**

leaking mercury when exposed to EMF's. The use of cellphones, or being near cellphone towers, will likely increase the amount of free mercury from dental amalgams.

*<https://pubmed.ncbi.nlm.nih.gov/24748001/>

Steps To Take If You Have Mercury Fillings:

-Make your appointment to get the fillings removed and replaced with safe ceramic amalgams.

-10 days BEFORE your appointment, take 1tsp of Perque Ascorbic Acid* (Vitamin C) everyday to help get the vitamin C levels in your blood up.

-Have your fillings removed by a holistic dentist or one of the recommended dentists on this sheet

-10 days AFTER your appointment, take 1tsp of Perque Ascorbic Acid* to help your body detoxify any free mercury that was released during the procedure.

-Schedule an Averio Day of Care to allow your brain and nervous system the best opportunity to respond positively after the removal.

**Perque Ascorbic Acid can be purchased at Averio Health Institute*