

An Introduction to

Mercury in Amalgam Fillings

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Health Hazards caused by Mercury

The World Health Organization states:

- Exposure to mercury – even small amounts – may cause serious health problems, and is a threat to the development of the child in utero and early in life.
- Mercury may have toxic effects on the nervous, digestive and immune systems, and on lungs, kidneys, skin and eyes.
- Mercury is considered by WHO as one of the top ten chemicals or groups of chemicals of major public health concern.

<https://www.who.int/news-room/fact-sheets/detail/mercury-and-health>

Some Facts about Mercury in Amalgam Fillings

- Amalgam fillings consist of 50% Hg⁰ (elemental mercury).
- Heat (from food and beverages) and pressure (from chewing and/or clenching) cause mercury vapors to leak from amalgam fillings. Those vapors SIGNIFICANTLY exceed the levels set for food and air.



Mercury Vapors coming out
of an amalgam filling:
www.IAOMT.org

Improvement of Symptoms after Safe Amalgam Removal

To eliminate amalgam fillings as a source of mercury exposure, it is not enough to simply have them removed. The process of drilling causes pressure and heat which - as you already know - creates mercury vapors. As you inhale and absorb them through your mucous membranes, you are left with even higher mercury levels than you had before.

If you want to see improvement of mercury-related symptoms, check out what safety measures are necessary: [International Academy of Oral Medicine and Toxicology](#).

The following is a summary of the subjective reports of 1569 patients who participated in six different surveys of health effects of replacing amalgam fillings.

Symptom Reported	% of patients claiming substantial relief
Allergy	89
Anxiety	93
Bad temper	89
Bloating	88
Blood pressure problems	54
Chest pains	87
Depression	91
Dizziness	88
Fatigue	86
Gastrointestinal problems	83
Gum problems	94
Headaches	87
Migraine	87
Insomnia	78



Symptom Reported	% of patients claiming substantial relief
Irregular heartbeat	87
Irritability	90
Lack of concentration	80
Lack of energy	97
Memory loss	73
Metallic taste	95
Multiple sclerosis	76
Muscle tremor	83
Nervousness	83
Numbness	82
Skin disturbances	81
Sore throat	86
Tachycardia	70
Thyroid problems	79
Oral ulcers	86
Urinary tract problems	76
Vision problems	63

The above table is part of "[The Scientific Case Against Amalgam](#)", © IAOMT, 2002 & 2005, by Stephen M. Koral, DMD

What is in the best interest of your health?

- Let your dentist know that you do not agree to having any new amalgam fillings placed in your mouth!!!
- Before deciding whether you want to have your existing amalgam fillings removed, do more research. Here are a few points to have in mind:
 - Each person is different and therefore will be affected differently by mercury exposure.



- No matter what information you come across **keep your calm**. “Official” sources will reassure you that mercury released from amalgam fillings is of no concern whatsoever. “Holistic” sources will inform you about the tremendous danger of mercury fillings, going all the way to developing colon cancer.
- Many things need to be in place before and as you have amalgam fillings removed, for example:
 - Is your overall health good enough to handle the stress of amalgam removal?
 - Did you find a knowledgeable dentist who can perform the removal in a safe way?
 - Did your dentist advise you of alternative materials, which are compatible for you, to replace the amalgam fillings with?
 - Can you afford to have the procedures done without facing financial fiasco?

More Information

If you have questions about your specific situation, you can contact me at ljuba@ljubalemke.com
While I am legally not allowed to give any health advice, I may be able to share additional points for you to have in mind before making a decision.

DON'T LET ANY INFO FREAK YOU OUT!

**Mental stress harms your immune system
more than mercury vapors do.**

**Keep your calm to avoid making
a rushed decision.**

