Warning About Silver Fillings

Silver fillings contain more than 50% mercury which is the most toxic metal on the planet. Dr. Hal A. Huggins DDS, MS (1937-2014), was the world's most controversial dentist because of his stand on trying to convince dentistry to stop the use of mercury in fillings. Huggin’s book: It's All In Your Head: The Link Between Mercury Amalgams and Illness (2003) is an excellent source of information.

Here’s the text of a review I wrote for the 2nd edition of Dr. Simon Yu’s book, Accidental Cure (for the Recommended Reading section):

Dr. Hal A. Huggins’ book It’s All in Your Head: The Link Between Mercury Amalgams and Illness is worth its weight in gold. The book contains paradigm-shifting information and step-by-step solutions for mercury toxicity from dental amalgams that have been thwarted by special interests for many years. The key to this crime appears on the book’s last page:

As of this writing (1993), in all states except California, dentists are threatened with the loss of their license to practice if they so much as mention to a patient that mercury might be hazardous.

The expression “hindsight is better than foresight” is a proverb that is supposed to express a simple truth, but what if hindsight is deliberately blocked by controlling interests for over 170 years? Dr. Huggins was first introduced to the dangers of mercury by Dr. Olympio Pinto of Rio de Janeiro in 1973 and soon learned that mercury had been debated in dental circles since the 1830s with a voracity that he characterized as Amalgam Wars One, Two, and Three.

In the nineteenth century, the National Association of Dental Surgeons became a casualty of Amalgam War One when they banned, as unethical, any dentist who used mercury. Amalgam War Two was led by a German chemist named Dr. Alfred Stock who published over thirty articles condemning the use of amalgam. Although Stock’s research gained recognition in Europe, he was discredited by the dental community and lost his records in a bombing during World War II. Dr. Huggins says he started Amalgam War Three after Dr. Pinto briefed him about his own research. Pinto had compiled the largest bibliography on mercury toxicity while working on a master’s degree at Georgetown University, but the National Institute of Dental Research (NIDR) forced Georgetown to have Pinto stopped. Huggins’ stories about what followed are so horrific it’s amazing that he had the stamina to persevere. Dr. Robert Atkins, who wrote the book’s foreword, calls Huggins a “pioneer courageous enough to charge full tilt at the fortified ramparts of conventional medical care.”

In spite of a very difficult path, Huggins’ accomplishments and research are beautifully chronicled in this amazing book. Milestones include:

• Measurement of electrical current in the mouth and the health- threatening consequences of negative current
• Discovery of toxic vapor emitted from mercury amalgams with a Bacharach mercury detector borrowed from the Department of Health

• Use of immunological reactivity testing to mercury that Huggins first carried out for his master’s degree that he completed at age fifty-two

• Identification of methyl mercury, a compound formed in the mouth that is one hundred times more toxic than elemental mercury

• Recognition that methylation, the chemical process in the mouth that produces methyl mercury, is accelerated in negative current

• Acknowledgment that Dr. Olympio Pinto (Mexico City, 1973) is correct about mercury’s threat to sulfhydryl groups in the body’s proteins, including blood serum proteins

• Establishment of a laboratory where physicians and dentists all over the world can have dental materials tested

• Classification of medical diseases that occur as a result of dental amalgam that span five categories (neurological, cardiovascular, collagen, immunological, and miscellaneous)

• Success with incapacitating neurological diseases such as MS, ALS, Alzheimer’s, and Lupus

• Discovery of positive ALS patient response when cavitations are opened and the periodontal ligament is removed

• Identification of measurable parameters in blood chemistry that constitute early warning signs of mercury toxicity

• Use of urine porphyrin testing as a test for toxicities from mercury, braces, root canals, chrome crowns, nickel crowns, and amalgams

• Realization that cholesterol is an important constituent in cell membranes and hormones, in addition to the fact that mercury can interfere with the production of succinic acid, a building block for cholesterol

• Creation of a total protein (albumin and globulin)-to-globulin ratio used to determine the speed of patient recovery (patients with a ratio below 2.6 respond slowly)

• Discovery that Vitamin A, minerals, and digestive enzymes are factors that speed recovery, with Vitamin A as a key factor
• Use of hair analysis as a diagnostic tool for mercury toxicity and deranged mineral disposition that results from exposure to toxic metals

• Identification of elevated blood enzymes alkaline phosphatase (alk phos) and lactic dehydrogenase (LDH) as indicators of mercury toxicity

• Clinical observation that patients with severe MS, epilepsy, or emotional disease usually have six or more negative-current fillings

• Use of sequential amalgam removal as an effective way to remove mercury fillings within a quadrant with the highest negative fillings removed first

• Use of absolute sequential amalgam removal in patients with leukemia or ALS—in descending order from high negative to low positive

• Identification of a 7-14-21-day immune cycle as a predictor of low-immune defense days during patient recovery

• Discovery of low body temperature in patients whose thyroid hormone has mercury attached at iodine activation sites

• Recognition of black streaks in retinas of mercury toxic patients

• Dietary supplementation determination through blood test results

• Use of a bubble operatory design that reduces mercury vapor during active procedures from 880 micrograms per cubic meter to zero

**What To Do If You Have Silver Fillings**

Silver fillings need to be removed by a biological dentist who has been trained to safely remove mercury. The International Academy of Oral Medicine and Toxicology trains dentists and they have a directory on their Web site at iaomt.org.