

# Save Your Teeth, Save Your Life: The Dangers of Mercury in Dental Fillings and How to Protect Yourself



## The Good Dentist: Save Your Teeth, Save Your Life With Mercury-Free, Systemic Dentistry by Erwan Le Corre

★★★★★ 5 out of 5

Language : English  
File size : 25399 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 266 pages  
Screen Reader : Supported



Mercury is a toxic metal that has been used in dental fillings for over a century. However, there is growing evidence that mercury fillings can pose a serious health risk.

Mercury is released from dental fillings in small amounts over time. This mercury can be absorbed into the bloodstream and can accumulate in the body's tissues. Mercury can damage the brain, kidneys, and other organs. It can also cause a variety of health problems, including:

\* Fatigue \* Headaches \* Muscle weakness \* Memory loss \* Mood swings \* Skin rashes \* Gastrointestinal problems \* Immune system dysfunction

## The Dangers of Mercury Fillings

Mercury fillings are the most common type of dental filling in the United States. They are made of a mixture of mercury, silver, copper, and tin. Mercury is the only toxic ingredient in dental fillings.

The amount of mercury released from dental fillings varies depending on the size of the filling and the type of metal used. However, even small amounts of mercury can be harmful.

A study published in the journal JAMA Internal Medicine found that people with mercury fillings had higher levels of mercury in their blood than people without mercury fillings. The study also found that people with higher levels of mercury in their blood were more likely to have health problems, such as fatigue, headaches, and muscle weakness.

Another study, published in the journal Environmental Health Perspectives, found that children with mercury fillings had lower IQ scores than children without mercury fillings. The study also found that children with higher levels of mercury in their blood were more likely to have behavioral problems, such as hyperactivity and attention deficit disorder.

## **Mercury-Free Dentistry**

Mercury-free dentistry is a type of dentistry that does not use mercury fillings. Instead, mercury-free dentists use alternative materials, such as composite resin, porcelain, and gold.

Mercury-free dentistry is a safer alternative to traditional dentistry. It can help to reduce your exposure to mercury and protect your health.

## **How to Find a Mercury-Free Dentist**

If you are concerned about the health risks of mercury fillings, you can find a mercury-free dentist in your area. The International Academy of Oral Medicine and Toxicology (IAOMT) is a non-profit organization that provides a directory of mercury-free dentists.

You can also ask your regular dentist if they offer mercury-free dentistry.

Mercury fillings are a serious health hazard. They can release mercury into the bloodstream and can cause a variety of health problems. Mercury-free dentistry is a safer alternative to traditional dentistry. It can help to reduce your exposure to mercury and protect your health.

If you have mercury fillings, talk to your dentist about having them removed. Mercury-free fillings are a safe and effective way to protect your teeth and your health.



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