

WHY USE “SILVER” MERCURY (TOXIC) DENTAL FILLINGS?

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Hello, my name is Kathleen Nelson and I have traveled from Austin, Texas. I am 54 years old, a mother of 2 sons, a grandmother of 4 beautiful grandsons and a federal civil servant. I am a survivor of mercury amalgam poisoning. But before I share my personal experience, I would like to sincerely thank the FDA for having the courage to hold these hearings. But I must say I am terribly saddened that these hearings are even a reality.

This question to use mercury or not to use mercury in dental products is simply absurd to me. The question defies simple common sense. It does not take a doctorate in chemistry or toxicology to understand that mercury is a known neurotoxin and degrades our health. It does not take a panel of “experts” to argue with dueling, biased medical studies to determine whether or not mercury should be placed in our bodies. The scientific evidence about the hazards of mercury is not new. History has documented that fact for us over and over. The basic understanding of mercury toxicity is indisputable. This notion to prove this or that nuance only serves to cloud this issue thus distorting the truth.

The truth is we can not see the forest through the trees unless we are truly willing to attack this problem from a different angle, a paradigm shift of thinking, thus a dramatic change of heart. There is no doubt that every single one of us here today acknowledges mercury itself is a neurotoxin and harmful to our health. **This ultimate truth is our common ground.** Where we disagree is why we keep using mercury.

So, I ask this question, why are mercury fillings still being used in America knowing full well the hazards of mercury to our health & to our environment? There is no denying that not one single scientific or medical case can be made to ethically support the **intentional** use of toxic materials over the ethical, economical, and safer non heavy metal alternatives available today.

The FDA's mission is clear, to protect public health. The mercury industry's mission is equally as clear. Make more money. Follow the government money trail and you will understand why corporate profiteers continue to pour mega bucks into keeping Americans in the dark or at best confused. **This is a profit versus health issue and nothing, absolutely nothing more than that. The truth is that simple.**

In 1989, the EPA declared mercury to be a hazardous, toxic waste material. In 1991 Sweden banned mercury fillings from being used in the teeth of pregnant women. The Swedish Government even paid for the removal of mercury fillings for any & all of its citizens. Here it is 2006 and still no warning from the FDA. This inaction provokes questions.

I applaud the FDA for warning pregnant women and young children of the harmful effects of eating fish tainted with mercury. But yet, the FDA stays silent when asked to warn the same pregnant women and young children of the toxic effects of mercury amalgam fillings placed in their heads.

On one hand, the FDA warns mercury is not healthy, be careful about eating mercury tainted fish. But on the other hand, the FDA continues to support the use of mercury amalgam fillings by not warning Americans about the toxic effects. It's bad for your health to eat mercury in fish but somehow it's ok to directly put mercury fillings in your living teeth.

FDA, you can not have it both ways. Mercury is either toxic or it isn't no matter how it's delivered, be it fish, in vaccinations, coal plant emissions or amalgam fillings. The answer is scientifically indisputable. The truth is that simple.

The truth is: mercury is a neurotoxin & causes harm to our lives; our immune systems, to our human embryos, to our babies, to their brains, to our children, to our mothers & fathers and to our very existence. The more frequent the exposure one has to mercury, the more mercury burden the body carries.

Mercury crosses the blood/brain barrier putting in motion all kinds of neurological disorders and diseases. This is an indisputable scientific & medical truth.

My own personal experience with mercury amalgam poisoning & misdiagnosis came to a head a couple years ago. For years I suffered with chronic sinus and ear problems, hypothyroidism, allergy symptoms, dry itchy, burning skin, severe headaches, dizziness, extreme fatigue and flu like symptoms. After years of symptoms that became increasingly worse with time, I became very ill. The doctors checked for brain tumors, aneurysms, MS, West Nile, Lymes, lupus, Meniere's and other disorders and diseases. Per the doctors, the cause of my illness was most likely an unknown virus. I waited for over a year for this mysterious virus to pass. I barely functioned from day to day. And when I was at work, I could not perform the analytical tasks my job required, let alone speak a full sentence or recall what I had just said a couple hours before. Living day to day was hell.

A year later & much sicker, information by the grace of God came to me through my manager at work who had gone to church with a lady who had experienced similar health problems. She encouraged me to see Dr Kendal Stewart in Austin, Texas. I thank God everyday I was able see this man. The truth is my mercury poisoning by "silver" mercury amalgam fillings has been scientifically & medically documented. The truth is Blue Cross & Blue Shield of Texas paid for my medical expenses caused by mercury amalgam poisoning.

My peak illness symptoms were: Vertigo, vomiting, nausea, dizziness, peripheral & nervous system disorders, ear aches & tinnitus, burning & itchy skin and burning brain sensations, imbalance, severe fatigue, severe muscle aches, over sensitive nervous system, inability to focus, drooping eye and mouth, sensitivity to light & sound, difficulty speaking, anger, lack of focus, forgetfulness, metal taste in mouth, severe headaches and more. **Through scientific testing,** Dr Stewart confirmed I had high levels of mercury in my body. Dr. Stewart recommended the immediate removal of all **7 of my 36 year old mercury fillings.** Dr. Stewart placed me on oral chelation & support protocol for about 10 months.

Little by little, the mercury was being excreted out of my body, out of my brain. Chelation was very difficult but thank God, I recovered from this mercury amalgam poisoning. I am healthy now and I have no mercury amalgam fillings. This is not a coincidence. I am now working with full vigor. **I can not emphasize enough that my health was returned to me simply by removing the toxic source, the 7 mercury amalgam fillings, and chelating the toxic mercury out of my body.** The truth is this simple. I have no allergies or fatigue. The symptoms mentioned above virtually gone. My body's need for thyroid medication has been reduced by 33% since the removal of my 7, 36 year old mercury fillings and chelation. My prescription for my lenses has twice been reduced within a year of treatment. All of this and more is scientifically and medically documented.

Mercury poisoning by mercury amalgam fillings is an epidemic created by the unwillingness of the industry to stop the madness. They purport that short term studies prove mercury fillings are safe ignoring studies that prove the longer you are exposed to mercury, the higher the body burden, thus more prone to illness and disease. They purport certain levels of mercury are somehow tolerable and normal. They purport since people don't generally die immediately after receiving toxic mercury fillings that their subsequent health problems must be caused by something other than mercury poisoning.

In fact, the later statement is what the opposition is counting on to diffuse this issue. **Nothing could be further from the truth.** We all remember the issues surrounding the lead, tobacco and asbestos law suits. Undoubtedly, it appears history has once again repeated itself. The truth about mercury is simple. Mercury is harmful to our bodies. **No amount of mercury should ever be tolerated in dental products. There is no sane, ethical, medical or scientific reason** to use mercury fillings anymore than there is a sane, ethical, medical or scientific reason to use mercury in knee or hip replacements. But yet, somehow it's medically acceptable to put mercury fillings in our heads. Amazing! Just because a dentist placed the mercury filling in the tooth does not make it non toxic.

So I ask the question again; why in God's name do we still use mercury in amalgam fillings? There is only one driver for this unethical behavior. No one here can dispute that if minimal profits were involved with mercury dental products, we would not be having this hearing today. The truth is that simple.

The petitioners & I urge the FDA leadership to carry out its mission statement to warn all Americans of the toxic danger. "Silver" mercury fillings have no place in a progressive society. Ask Sweden? Do they know something about mercury fillings that we don't? Of course not however unlike our American Government, the Swedish Government appears to take their role in protecting public health seriously and advocates for the people, erring on the side of caution, not the special interests. **That, pure & simple is the truth.** For those of us who have been poisoned by mercury and lucky enough to know the truth, the answer is crystal clear. **No more mercury fillings! FDA, be pro health & give Americans a choice by empowering them with the truth. That is your mission.**

Finally, this question to use or not to use mercury in dental products mocks our intelligence. **To argue at what point mercury becomes more harmful than harmful is non productive.**

The fact is, there is no medical or ethical reason to take the neurotoxic risk yet cruel studies funded by the mercury industry and their alter egos, brag of using innocent, trusting children as lab rats to further promote the consumption of mercury products. This behavior is simply heinous and should be condemned by every heart felt American.

The fact is we don't have to poison our children, our military and the poor. The fact is we don't have to poison our earth. The fact is we don't have to poison our future. The ugly truth is, we simply choose to.