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 26 year federal civil servant. I am a survivor of mercury amalgam poisoning. But before I share my personal experience with mercury poisoning, 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, underlying scientific & medical characteristics of mercury toxicity is indisputable. This notion to prove this or that nuance is only designed to cloud the issue thus distorting the truth.

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 is a neurotoxin and harmful to our health. **This ultimate truth is our common ground.** Where we disagree is why we keep using mercury in amalgam fillings.

So, I ask this question, why are mercury fillings still being used in America knowing full well the hazards 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. **Not one medical case.**
All Americans would like to believe that the FDA will use its tax dollars in an ethical & responsible manner. The FDA, like all Government agencies, has a mission statement to uphold. The FDA is responsible for protecting the public health. Unlike the mission of the FDA to protect the public health, the mission statement of multi million dollar mining companies is to make the most profit possible for all stakeholders up and down the mercury food chain. I have read that for every $400.00 of raw mercury, over $40,000 of product is gained at the expense of the health of millions of Americans.

Profits from these products are coveted by the corporate spin doctors and corporate media, hired to perpetuate the veil of ignorance in our country. Thus, for decades, Americans have been deliberately deceived by the best media spin money can buy. The truth is that simple.

The FDA mission is clear, to protect public health. The mercury industry’s mission is equally as clear. Make more money. Follow the 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 worse part is this unethical behavior seemingly governed by greed makes Americans sick. 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 here on earth. The frequency of 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.
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. This is nonsensical and insulting.

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.

In 1989, seventeen long years ago, 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 concerning the ill effects of “silver” mercury fillings. This inaction provokes questions.

All health physicians take the Hippocratic Oath; “do no harm.” It appears this oath doesn’t apply to the American Dental Association. Why does the American Dental Assoc. continue to condone this 150 year old barbaric practice of putting a neurotoxin into our heads? There are other economic, non heavy metal, non toxic materials being used today in lieu of mercury amalgam. The truth is simple.

They may tell you mercury fillings are cheaper and/or more durable than the non toxic material. The truth is they make hefty profits off mercury dental products and mercury mining. (Mercury, as you may or may not know, is a by product of gold mining and is poisoning untold numbers of humans around the world.)
Even if mercury is cheaper and more durable, this absurd reason to use it does not address the ethical question of placing a known neurotoxin into our children’s heads. This practice is simply outrageous and it’s akin to slow generational genocide.

I sincerely welcome the cosmetic dentist practices in America today. Cosmetic dentists have intentionally side stepped the ADA gag rule on mercury amalgam fillings by dedicating their practice to cosmetic dentistry. And if mercury amalgam becomes a thing of the past because they are “ugly”, then so be it. Good rid dens I say. But of course, poor people would not be given this same luxury would they. Are poor children somehow not worthy of not being poisoned by mercury fillings? What about the soldiers in our military? They too are being poisoned by free mercury fillings funded by our Government directly paid for by our tax dollars. The money being made by this long time business arrangement is staggering. In turn the money being made by our health system due to the poisoning effects of mercury fillings is equally as staggering as is the personal cost of misdiagnosis.

**My own personal experience** with misdiagnosis & mercury amalgam fillings came to a head a couple years ago. For years prior to this point, I suffered with chronic sinus and ear problems, hypothyroidism, allergy symptoms, dry itchy, burning skin, severe headaches, dizziness, extreme fatigue and flu like symptoms. I took drugs prescribed by my doctors to manage my symptoms, but never knew their cause until recently. After years of symptoms that became increasingly worse with time, I became very ill, to the point of seriously thinking about having to take disability retirement. 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. Trusting the advice of these reputable doctors, I waited for over a year for this mysterious virus to pass. I barely functioned from day to day. I ended up having to take much leave from work as I just couldn’t move out of bed.
And when I was at work, I could not perform the analytical tasks my job required, let alone speak full sentence or recall what I had just said a couple hours before. I would literally fall asleep at my desk by 10a.m. each morning. While driving home on my 25 minute commute, I would nod off, and fall asleep at the wheel momentarily, damn lucky not to have caused an accident. When I arrived at home, I flopped onto the couch unable to muster the energy to make supper for myself. Living day to day was hell.

A year later, word of mouth 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. Blue Cross & Blue Shield of Texas covered 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, sensitive teeth and gums, sinus problems, severe headaches, rashes, hypothyroidism, weight gain and gastric digestive problems.

With additional neurological tests, blood tests and a urine challenge test for heavy metals and other toxins, Dr Stewart confirmed medically & scientifically that I had high levels of mercury in my body.

Dr. Stewart recommended immediate removal of all of my mercury fillings. The 7 mercury fillings in my mouth were 36 years old placed in my teeth as a teenager. I had them immediately removed.
Dr. Stewart placed me on oral chelation & support protocol for about 10 months after the removal of all 7 toxic fillings. 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. 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 experienced 36 years of mercury exposure directly from 7 mercury amalgam fillings. Now that my mercury fillings are gone, my current mercury levels are now low. More importantly, I feel healthy. I have no allergies. I have no fatigue. The symptoms mentioned above virtually gone. My body’s need for thyroid medication supplement has been reduced by 33% since the removal of my 7 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. More importantly, I don’t have to take disability retirement.

I am one of the lucky ones. Many hundreds of thousands of Americans are not so lucky and are in fact misdiagnosed just as I had been. Did you know that the brain of a person diagnosed with Alzheimer’s has 4 times as much mercury than a person’s brain without the disease? This too is not a coincidence. The truth is simple.

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, to convince Americans that since they didn’t immediately get sick or die from mercury fillings, there is nothing wrong with using a known neurotoxin to fill teeth. **Nothing could be further from the truth.** We all remember the issues surrounding the lead, tobacco and asbestos law suits. The same deceitful media spin tactics were used to keep corporate profits flowing totally disregarding catastrophic damage to human life. 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.**

I know many people who have experienced very similar symptoms with long term exposure to mercury amalgam fillings. The worse part is that deliberate misinformation continues to distract Americans and many medical practitioners from the truth. Why is autism on the rise? Why is MS, Parkinson’s, Alzheimer’s, peripheral and nervous system disorders, chronic fatigue and Meniere like symptoms on the rise? The truth is simple. **We are being poisoned!**

An undisputable fact is that a healthy immune system protects us from diseases and disorders. A weakened immune system makes us vulnerable to viruses & bacteria that cause illness. Our bodies are capable of miraculous feats when the immune system functions properly. This intentional degrading of our immune system through mercury exposure sets us up for all kinds diseases and disorders. You can not have health and have a compromised immune system. The truth is that simple.

**FDA, you must protect public health.** That is your responsibility. It’s your soul. The mercury industry’s special interest groups do not lobby for the hundreds of millions of Americans already toxic with mercury. They do not lobby for the thousands of poor children unable to function normally because of mercury poisoning, and they do not lobby for the untold numbers of elderly who have been misdiagnosed and sentenced to needlessly live out their lives in utter misery.
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. There are scientific & medical reasons why the medical establishment does not use mercury for knee and 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. On the other hand, a neurosurgeon would never ever place mercury in the head of her patient would she? Absolutely not! Why, because mercury is a neurotoxin. The truth is that simple.

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. Sadly, it is money. No one here can dispute that if minimal profits were involved with mercury dental products & mercury mining, we would not be having this hearing today. The truth is that simple.

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 those countries that have banned them or are in process of doing so. Ask Sweden why it pays for the removal of all “silver” mercury amalgam fillings from the teeth of all its citizens. Are Swedish lives somehow more worthy than Americans? 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, not the special interests. That, pure & simple is the difference. It is simply unconscionable to allow this toxic epidemic to continue. Granted, the truth of it all is very painful and unsettling but the consequences of continuing this falsehood is a human tragedy equal to any epidemic or war in our history. This apparent indifference and disconnect to the future health of human life is abhorrent. I know first hand what it feels like to be poisoned by mercury fillings.
I know what it feels like to be healthy after the removal of mercury fillings. My health is not a coincidence nor is it an anomaly.

There are hundreds of thousands of people who have gone through this very same nightmare. For those of us who have been poisoned by mercury, and lucky enough to know the truth, the answer is crystal clear. Therefore, I invite every naysayer to walk a mile in our shoes.

The good news is every one of us has the power to change the outcome of mercury poisoning. This ethical legacy is in our hands right now. **FDA, be pro health and give Americans a choice by empowering them with the truth.** That is your mission, your civil responsibility.

Finally, this question to use or not to use mercury in dental products is indeed absurd and mocks our intelligence. To argue at what point mercury becomes more harmful is immaterial. This argument at best is simply a diversion, thus insuring that the mercury gravy train continues.

**The fact is, there is no medical or ethical reason to take the 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.**

**The fact is, we don’t have to poison our children. We don’t have to poison our earth. We don’t have to poison our future. The awful truth is however, we simply choose to.**