



**MORE ON
MERCURY TOXICITY**

*by Peter J. Muran, MD
Longevity Healthcare Center*



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The American Academy of Pediatrics, the U.S. Food and Drug Administration, the Center for Disease Control and Prevention, the Canadian Dental Association, the government of France, the International Academy of Oral Medicine and Toxicology, and the Dental Board of California is just the short list of those who agree that mercury is toxic. Not only is mercury recognized worldwide as a serious environmental pollutant, but it pollutes our bodies as well.

The extreme toxicity of mercury can be seen from documented effects on wildlife - fish and bird in particular - by very low levels of mercury exposure. But, did you know that the average amalgam (silver) dental filling contains more than 1/2 gram of mercury. Only 1/2 gram of this heavy metal is required to contaminate the ecosystem of a 10 acre lake to the extent that a health warning would be issued by the government not to eat the fish.

Mercury exposure is associated with a list of neuro-toxicity diseases including depression, irritability, memory impairment,

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**REMOVING MERCURY
AMALGAM FILLINGS**

*By E. John Moreno, DMD
Center for Advanced & Biological Dentistry*

In my practice of biological dentistry we realize the importance of not only how systemic imbalances can affect the oral cavity but also how changes in the oral cavity can influence the body as a whole. The most common areas of concern in Biological Dentistry are (1) toxicity or sensitivity of dental materials, (2) hidden or residual infection and (3) electrogalvanism. The traditional dental procedures that could potentially cause problems are root canal therapy, crowns made from non-precious metals, denture materials containing acrylics, vinyl containing cadmium, metals made from stainless steel and chromium-cobalt, and mercury amalgam fillings.

The use of mercury in dental amalgams has been debated ever since its introduction to dentistry over 150 years ago. If you are like most Americans you most likely have mercury and or other metal fillings in your mouth. Mercury fillings are the most common fillings in the world and are also known as "amalgam fillings" or "silver fillings". These are called "silver" because of their

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WE'RE ON TV ...
**The Longevity
 Healthcare Hour**
 Thursday, Sept. 11, 11:30AM
 KSBY - TV 6

DR. MURAN'S GUEST:
 E. John Moreno, D.M.D

THIS MONTH'S TOPIC:
 Biological Dentistry

MERCURY TOXICITY *Continued from page 1*

learning disabilities, autism, hair loss, chronic fatigue, poor memory and cognitive function, emotional instability, peripheral numbness or tingling, decreases sense of touch, hearing, and vision, hypersensitivity, allergies, persistent infections including chronic yeast over-growth, compromised immune function, cardiovascular disease and Alzheimer's disease.

Sources of exposure to mercury include childhood immunizations, paint, fungicides, some seafood, industrial air pollution and dental amalgam (silver fillings).

Even though mercury is readily incorporated into the cells of our body and is not easily excreted, it can be removed. In last month's newsletter I discussed the protocols utilized at the Longevity Healthcare Center to remove mercury from the cells of the body and the brain. This month, Dr. Moreno discusses Biological Dentistry, how mercury can safely be removed from your teeth and how holistic dental care can add to your over all health.

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AMALGAM FILLINGS *Continued from page 1*

color; they actually contain 45% to 52% MERCURY, 35% silver, 9% tin, 6% copper and trace amounts of zinc to make up the remaining volume.

The safety of mercury amalgam fillings has initiated controversy throughout its 150 year history. Are Mercury amalgams safe? The answer is yes or no depending on the research you accept as valid. The issue is not if mercury is a toxin, both sides agree to that. Where the controversy begins is if the amount of mercury released from mercury amalgam fillings is enough to be toxic and contribute to illness in humans. The American Dental Association and a majority of dentist believe that the amount of mercury that leaches out from mercury amalgams over a person's lifetime does not pose a health risk, except in rare instances.

There are a growing number of researchers and dentists like myself who believe that mercury amalgams do in fact leach out a significant amount of mercury vapor over a patients lifetime to cause an unrecognized health risk to many people. The Environmental Protection Agency, in 1988, classified dental amalgam scraps as hazardous material. According to the law, a dental office must follow detailed guidelines for the specific handling of toxic or hazardous waste. There are hefty fines for allowing scrap to go down the drain or into a solid waste stream. But it's supposedly okay to store it in your mouth? That is for you to decide.

Whether an individual is having their mercury fillings replaced due to amalgam failure, cosmetics or because the patient refuses to have mercury based filling material in their mouth, there are two extremely important factors a person must consider before replacing their amalgam fillings.

Is Chelation Therapy Right for You?



Heart Disease? Poor Circulation? Diabetes?

Free Educational Seminar

Presented by: Peter J. Muran, MD



Thursday, September 18
10:30am until Noon
For Reservations, Call 949-472-3717

23521 Paseo de Valencia, Suite 204
(Taj Mahal Building) Laguna Hills
Across from Mother's Market

Limited Seating

- The proper and safest removal of existing fillings should always be performed and there are specific protocols that should be followed.
- A new durable and safe restorative material must be used to restore the tooth back to proper form and function.

The safe removal of mercury amalgam fillings can not be over emphasized. Removing and replacing amalgam is a delicate procedure that requires special education and training, especially for patients with heavy metal sensitivities. Following careful protocols is required to prevent mercury from being dumped from your fillings into your body; a process that some patients have reported made them quite ill.

As member of the International Academy of Oral Medicine and Toxicology, we use one of the safest protocols for amalgam removal. It is essential that any patient suspecting a potential health problem or contemplating amalgam removal for suspected toxic effects should consult with a physician knowledgeable about mercury removal. These professionals are specially trained to recognize, test, and treat patients undergoing metal removal.

In the past and even today, most dentists do not think about dental materials and treatments as they relate to the whole body. Materials like mercury amalgam have been used for over 150 years primarily because they are inexpensive and easy to use. It is unfortunate that today, insurance companies consider mercury amalgam fillings the standard for treatment. Why do they continue to dictate your treatment? Amalgam fillings have been known to be inferior because of

their poor adhesion properties, they do not naturally stick, bond or re-enforce the tooth. They have always been prone to leakage, cracking and other structural problems, which invariably lead to much larger fillings, crowns and in many cases root canals.

Research and development over the last 3 to 4 years have produced state of the art dental materials that are not only more biologically compatible than the traditional dental amalgam, but are stronger and can actually reinforce the tooth internally. These can actually aid in preventing further damage and need for future dentistry.

The use of state of the art restorative materials is essential. There are over 100 different types of composite, ceramic, glass-ceramic and ceramic polymers to choose from and there are but a small handful that are truly superior to the older restorative materials in terms of strength, function and bio-compatible properties.

Technique is also essential. New state of the art fusion techniques using lasers and high intensity light of specific wave lengths have finally made it possible to laminate and fuse bio-compatible materials to the tooth in a way that can duplicate the strength of the natural tooth itself.

Biological dentistry is one more avenue for you to enhance your health and preserve your quality of life.

*The Center for Advanced Biological Dentistry is located at
34207 Pacific Coast Highway, Dana Point.
For more information, call 949-487-9220.*

WE'RE ON TV

Join Dr. Muran and his guest, Dr. John Moreno, as they discuss Biological Dentistry. Biological Dentistry can be categorized as dentistry with a moral conscience, as the practice stresses the use of biocompatible restorative dental materials and focuses on the unrecognized impact that dental toxins and hidden infection may have on overall health. Learn about this emerging practice in dentistry and how it can impact your health, Thursday, September 11, at 11:30am on KSBY.



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