

Mercury Toxicity. Why it is bad for your Health?

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Mercury Toxicity, Why it is bad for
your Health!



Mercury in any Form is BAD for your Health!

- The purpose tonight is to share with you my concerns about Mercury Toxicity.
- Leave no doubt as to why this (*heavy metal*) toxicity is so harmful.
- What effects it has on our nervous system.
- What effects it has on our physiology.
- How do you know you have Hg toxicity?
- Ways to measure it clinically & neurologically.
- What health issues will be present.
- What to do about it.

Mercury Toxicity

- **The number one source of Hg (mercury) toxicity is from mercury filling according to the World Health Organization.**
- **Primary environmental sources are:**
 1. ***Crematoriums & _____.***
 2. **Coal burning power plants.**
- **Mercury & Gold mining.**
- **Contaminated Food (fish).**
- **Thimersol in vaccines.**

State asked to allow mercury in flu shots

Vaccine shortage prompts medical groups to call California to temporarily lift ban on thimerosal

By Sandy Kleffman
TIMES STAFF WRITER

Concerned about a lack of flu vaccine for young children, four leading medical groups have asked California to temporarily lift its new mercury-free requirement.

This year marks the first flu

season the state has banned a mercury-based preservative known as thimerosal from vaccines given to pregnant women and children younger than 3.

But pediatricians say they cannot get enough of the thimerosal-free version, leaving few options for protecting young children as

the flu season approaches.

"We don't want an epidemic of flu that would be dangerous to our kids and kill kids," said Dr. Myles Abbott, an Orinda pediatrician who leads the state branch of the American Academy of Pediatrics.

The academy joined Kaiser Permanente, the California Medical Association and the California Academy of Family Physicians in sending a letter to the

state health secretary last week seeking the temporary waiver.

"We just feel that our patients now are in jeopardy," Abbott said.

The move, prompted by a delay in vaccine production, has upset some groups that fought for the thimerosal ban because they believe the preservative could have serious health effects.

See FLU, Page 12

A12 • C W E • THURSDAY, NOVEMBER 2, 2006

FROM PAGE ONE

Flu

FROM PAGE 1

"What is happening here in America where we can't supply our infants and children with mercury-free vaccines?" asked Bobbie Manning, a board member of Advocates for Children's Health Affected by Mercury Poisoning.

Manning noted that the thimerosal ban passed in 2004 but did not take effect until this year, giving people time to gear up for the change.

"The governor needs to ask some very hard questions as to why this exemption is necessary when we have had a long time to prepare for this," she said.

The state health department is reviewing the waiver request, said spokesman Mike Bowman.

Thimerosal, a compound that is 49.6 percent ethylmercury by weight, has been used as a preservative in some vaccines and other pharmaceutical products since the 1930s. Its purpose is to prevent fungal and bacterial contamination in multidose vials.

In 1999, as a precautionary measure, the American Academy of Pediatrics and the U.S. Public Health Service urged drug companies to voluntarily remove thimerosal from children's vaccines.



KRISTOPHER SKOENEN/TIMES

HEIDI ROSE comforts her son Wyatt, 2, while certified medical assistant Beth Smith prepares a flu shot Wednesday at the offices of the East Bay Pediatric Group in Orinda.

tection Agency guidelines.

Today, most childhood vaccines contain only trace amounts of the preservative. The one exception is the flu shot, which is available with and without thimerosal.

Sanofi pasteur is the only company that produces thimerosal-free flu vaccine for young children in the United States.

One of the viral strains in its child and adult flu vaccine grew poorly this year, slowing pro-

duction, Tomsy said.

A recent survey of more than 200 California pediatricians revealed that most have not received their full allotment of the thimerosal-free vaccine and have had to turn children away without shots, Abbott said.

More than 70 percent of the pediatricians said that if the waiver is approved, they have children's vaccine containing thimerosal available.

Dr. Randy Bergen, chief of pediatrics at Kaiser Permanente Medical Center in Walnut Creek, said he supports the waiver request. He argued that it could be dangerous to wait until the thimerosal-free version arrives.

The situation is especially urgent for young children because they need two flu shots, one month apart, the first time they are immunized for the disease, Bergen added.

"The problem is that it's always uncertain when the flu season will hit," he said. "This is a real public health emergency, in my opinion."

In some years the flu season

1. **Elemental mercury** i.e. from amalgams is an extremely heavy, odorless, silver colored liquid. Mercury exists as a natural element in the earth's crust. Elemental mercury is also known as metallic mercury, liquid mercury, liquid silver and quicksilver. Inhalation of elemental mercury vapors is the main cause of toxicity, as mercury is well absorbed by the lungs.
2. **Inorganic mercury compounds are known as "mercuric salts."** Some of the mercuric salts include: mercuric chloride, mercuric iodide, mercuric nitrate, mercuric sulfide, yellow mercuric oxide, red mercuric oxide, ammoniated mercury, mercurous chloride and mercurous acetate. Effects primarily kidneys
3. **Organic mercury aka methyl mercury or ethyl mercury (thimersol).** Also very toxic. Organic mercury compounds are found in a variety of foods & products. They are used medically as fungicides and antibacterials. The most common organic mercury compounds in the home may well be mercurochrome (merbromin) and merthiolate (thimerosal), two common antiseptics. Methyl-mercury, usually from contaminated food, is very dangerous to pregnant women. Methyl-mercury causes profound mental retardation, cerebral palsy, seizures, spasticity, tremors, and in coordination, along with eye and hearing damage in the unborn baby as a result of the mother's exposure. **Organic mercury passes into the breast milk as well.**

Mercury exposure through dental fillings appears to be a major factor in Chronic Fatigue Syndrome(CFS) through its effects on ATP and the immune system(lymphocyte reactivity, neutrophil activity, effects on T-cells and B-cells), as well as its promotion of growth of candida albicans in the body, and the methylation of inorganic mercury by candida and intestinal bacteria, to the extremely toxic methyl mercury form, which like mercury vapor crosses the blood-brain barrier, and also damages and weakens the immune system

■ *Mercury (especially mercury vapor) rapidly crosses the blood brain barrier and is stored preferentially in the pituitary gland, hypothalamus, thyroid gland, adrenal gland, and occipital cortex in direct proportion to the number and extent of amalgam surfaces).*

California Poison Action Line: (800) 222-1222 <http://www.calpoison.org/home.html>

March 19-26, 2006 is National Poison Prevention Week!

Important New Information.

Mercury and its Many Forms

Broken thermometers are the cause of numerous calls to the Poison Center. Thermometers with a silver line contain elemental mercury. **Thermometers with a red or blue liquid do NOT contain mercury.** There is much misinformation about mercury, its various forms and its dangers. Three different types of mercury exist, varying in their levels of toxicity.

They are elemental mercury, inorganic mercury and organic mercury.

Elemental mercury

Mercury is an extremely heavy, odorless, silver colored liquid. Mercury exists as a natural element in the earth's crust. Elemental mercury is also known as metallic mercury, liquid mercury, liquid silver and quicksilver.

What are sources of exposure to elemental mercury?

Sources of elemental mercury in the home include broken mercury thermometers, broken fluorescent light bulbs, dental amalgam fillings, mercury containing latex paints, extraction of gold from ore using mercury, and contaminated clothing from workers in thermometer making plants. Elemental mercury is also used as a Mexican folk medicine to treat "empacho," a chronic stomach disorder.

How toxic is elemental mercury?

Of all the forms of mercury, elemental mercury is the most commonly swallowed form of mercury, usually from a broken thermometer. Fortunately, elemental mercury from a thermometer is not absorbed from the stomach and will not cause any poisoning in a healthy person. In a healthy person, the slippery swallowed mercury will roll into the stomach, out in to the bowels and will be quickly eliminated without causing any symptoms. A person with severe inflammatory bowel disease or those with a fistula (hole or opening) in their gut may have problems with mercury if it is not all cleared out, resulting in prolonged exposure. Handling liquid mercury for a very short period of time usually does not result in any problems. An allergic rash is possible, though. Mercury is not well absorbed across the skin so skin contact is not likely to cause mercury poisoning, especially with a brief one-time exposure. Even if a person has cuts in their skin, mercury is too heavy to be contained by a cut. Merely washing the wound well will wash the mercury out of the wound.

Mercury is a highly toxic metal associated with damage to the kidneys and central nervous system. Mercury vapour is emitted from volcanoes, coal-burning power stations, and municipal incinerators and returns to the earth through rain contaminated with metallic mercury. Metallic mercury is methylated to methyl mercury in oceans and lakes and enters the food chain via fish and other seafood. Long-lived predator fish such as shark, swordfish, tilefish, king mackerel, and pike and bass in fresh water are the main sources of methyl mercury. Dental amalgams are an important source of mercury vapour and the vaccine preservative thimerosal is a significant source of ethyl mercury.

Researchers at the University of Rochester School of Medicine recently published a review of what is currently known about mercury toxicity. Among the highlights:

Mercury vapour, methyl mercury and ethyl mercury all target the central nervous system and mercury vapour and ethyl mercury also target the kidneys. Inorganic (metallic) mercury primarily targets the kidneys and stomach.

Chelators such as DMSA are effective in removing all forms of mercury from the body, but cannot reverse central nervous system damage.

The allowable or safe intake of mercury has recently been reduced to 0.1 microgram/day per kilogram of body weight.

The concentration of mercury in the brain, blood and urine correlates with the number of amalgam fillings in one's mouth. The concentration increases markedly with increased chewing. Long-term use of nicotine gum by people with amalgam (silver) fillings may increase levels by a factor of 10, thus approaching occupational safety limits.

There is concern, but no clear evidence, that mercury emitted from amalgam fillings may cause or worsen degenerative diseases such as ALS, Alzheimer's disease, multiple sclerosis, and Parkinson's disease.

Ethyl mercury (thimerosal) is used as a preservative in vaccines. Recent concerns about its toxicity have caused US authorities to take steps to remove it by switching from multi-dose vials to single-dose vials that do not require a preservative.

A recent move by power companies to replace mercury containing pressure-control devices for domestic gas supplies has led to numerous spills of mercury in homes. Some 200,000 homes were affected in one recent incident. The liquid mercury is difficult to remove and gives off highly toxic vapours, which are particularly harmful to infants and children.

Several studies have found an association between mercury exposure and cardiovascular disease, but other studies have failed to confirm the connection.

Clarkson, Thomas W., et al. The toxicology of mercury – current exposures and clinical manifestations. New England Journal of Medicine, Vol. 349, October 30, 2003, pp. 1731-37

Editor's comment:

The review makes it clear that exposure to mercury is detrimental, but hard to avoid. Nevertheless, avoiding the placement of new amalgam dental fillings and gradually replacing old ones with composite fillings, avoiding gum chewing if amalgam fillings are present, and limiting the intake of fish with high mercury levels are all steps that can be taken by everyone. It is important to realize that consuming just one 7 oz (198 grams) can of tuna per week translates into a mercury intake of 0.1 microgram/day of mercury per kilogram of body weight – equivalent to the currently recommended maximum daily intake.

ADA fighting the mercury battle

GAITHERSBURG, MARYLAND. The American Dental Association (ADA) has launched an advertising campaign to discourage patients from having their amalgam (silver) fillings removed. Many patients and sometimes even their physicians believe that mercury, the main component of amalgams, plays a role in promoting such varied diseases as Alzheimer's, multiple sclerosis, and autism. The ADA says the evidence is not there and their Code of Ethics forbids dentists from advising their patients that there could be a link. Scientists at the University of Milan disagree with the ADA and point out that several studies have confirmed that mercury from amalgam dental fillings does enter tissues and that the mercury content of brain, thyroid, kidney, and pituitary gland tissue is proportional to the number of amalgam fillings. They conclude that the health effects of amalgam fillings are not at all clear and need further investigation. German researchers point out that some of the composite materials used in the replacement of amalgam fillings may in themselves be toxic.

Larkin, M. Don't remove amalgam fillings, urges American Dental Association. The Lancet, Vol. 360, August 3, 2002, p. 393

Guzzi, G, et al. Should amalgam fillings be removed? The Lancet, Vol. 360, December 21/28, 2002, p. 2081

Editor's comment: Mercury and removed amalgam fillings are classified as hazardous materials and require extreme caution in disposal. Why they would be hazardous outside the mouth, but not inside defies comprehension. It is also a scientifically proven fact that the blood level of mercury is twice as high in dentists as in non-dentists. This fact and the fact that savvy patients don't want mercury in their mouths is no doubt what is leading many dentists to put a, albeit discrete, sign in their waiting rooms "Mercury-free practice"!

How Should Silver Amalgam Fillings be disposed of in the dental office?

- **Hazardous Waste?**

- **Biological Waste?**

How Should Silver Amalgam Fillings be disposed of in the dental office?

Wrong

- Biological waste is incinerated releasing large amounts of mercury gases in the atmosphere ...as well as from crematoriums!

Correct

- Hazardous waste should be contained and stored in a hazardous waste dump site.

MERCURY CONTAMINATION AND DETOXIFICATION

Mercury is a neuro and immuno-toxin, heavy metal that appear in the body through inhalation with the lungs, absorption through the skin, and/or ingestion in the stomach.

There are 3 types of mercury, varying in their levels of toxicity. These include elemental, inorganic, and organic mercury.

Elemental Mercury

Sources include thermometers, fluorescent light bulbs, dental amalgam fillings, and mercury containing latex paints.

Toxicity from elemental mercury is commonly due to inhalation of mercury vapors. This can occur as a one-time, large exposure or a long-term exposure over time. Elemental mercury accumulates in the brain, kidneys, lungs, and fatty tissues.

Inorganic Mercury - Sources appear as "mercuric salts"

Inorganic Mercury compounds are corrosive to the skin, eyes, and mucus membranes. Sources include products containing compounds: Calomel and cinnabar.

Sources also include a number of traditional remedies including:

Traditional Chinese Medicines:

- An Gong Niu Huang Wan
- Da Huo Luo Wan
- Dendrobium Moniliforme Night Sight Pills
- Niu Huang Chiang Hsin Wan
- Ta Huo Lo Tan
- Tsai Tsao Wan

Traditional Indian and Mexican Medicines:

- Crème de Belleza-Manning
- Tainan
- Ping-Tong
- Sin-chu

Agents used for Detoxification

CHELATION THERAPY

Agents are substances which can chemically bond with, or chelate heavy metals, minerals, or chemical toxins from the body. The chelating agent encircles a mineral or metal ion and carries it from the body via the urine and feces

Oral Chelation Therapy

Oral doses of DMSA bind to heavy metals, chemical toxins, mineral deposits, and fatty plaques (as in the arteries; the agent binds to the calcium in the plaques

Active chelating agents in combination with DMSA administered orally:

- R- lipoic acid
- certain bioflavonoids
- chlorella
- coenzyme Q10
- garlic
- L-cysteine
- methionine
- selenium
- sodium alginate
- zinc gluconate

Organic Mercury

Sources include medical products and practices that include two common antiseptics: mercurochrome (merbromin) and merthiolate (thimerosal). The former is found in various fungicides and antibacterials. The latter is a preservative found in many vaccinations including hepatitis B and haemophilus influenza, diphtheria, tetanus, and pertussis.

Sources of organic mercury also include seafoods. Toxicity in seafood is due to bioaccumulation, as a result of air pollution from industry, including medical waste. Pregnant women and children are at the highest risk for organic mercury toxicity.

Symptoms of Mercury Toxicity

determined by blood, hair, urine analysis

Nerve and muscle problems

- fainting
- blurred vision
- hyperactivity
- headache
- dizziness

General physical problems

- fatigue
- loss of former energy
- weakness
- edema
- pallor
- inappropriate chilliness or excessive warmth
- excessive perspiration without fever
- unexplained fears

Mood changes

- unexplained anxiety
- unwarranted excitability
- unexplained irritability
- hostility
- aggression
- insomnia
- restlessness
- difficulty concentrating
- difficulty thinking
- mental confusion
- grogginess
- decreased reading comprehension
- forgetfulness
- difficulty recalling words
- depression
- loss of interest in work
- crying spells
- tendency for fixed ideas
- antisocial behavior
- suicidal thoughts

Iodine Status

Total body iodide/iodine status must be checked.
Proper levels will enhance excretion of heavy metals.

DETOXIFICATION AGENTS

Nutriceutical supplementation

- N-Acetyl-L-Cysteine (NAC)
- Silymarin (bioflavonoid found in Milk Thistle)
- MSM
- Selenium
- Vitamin B1
- Vitamin B6
- Zinc
- Molybdenum
- Vitamin C
- Garlic Extract
- Microactivated algae
- Probiotics
- Activated Charcoal

Nutrition / diet

- Avoid high risk seafood: tilefish, King mackerel, shark, swordfish, tuna, shellfish (especially crabs)
- Eat organic whole, fresh foods and meats
- Avoid refined sugars and flours
- Drink up to 1/2 oz. per pound of body weight of non-flouridinated water daily

Mercury Fast Facts

- 1/10 women have levels of mercury high enough to cause neurological effects in their offspring
- Dental amalgams are the single most significant source of systemic mercury toxicity in humans
- Vaccinations are the second!
- Diseases such as Autism and Alzheimer's have

International Association of Oral Medicine and Toxicology

IAOMT
Symposium
2004



Dr. Boyd Haley, PhD.

- Chairman
- Dept of
- Chemistry
- University of
- Kentucky

Mitchell: Thanks for the encouraging email. We are in agreement, but the American Dental Association fights anyone that mentions heavy metal toxicity as being causal for any disease or illness. I don't think mercury is the cause of every neurological illness but since we have not been able to define the cause of many of these it seems logical that this possibility should be looked at. There is so much data where mercury can mimic the effects seen in the Alzheimer's diseased brain that it is impossible to dismiss off hand if you think at all. Why NIH avoids all research on heavy metals causing neurological problems is baffling to me. If you are ever in Lexington please let me know, I would be happy to buy you dinner and show you around also. Boyd Haley

At 06:33 PM 3/8/2005, you wrote:
Dear Dr. Haley:

I recently obtained a (DVD) presentation of your Lecture on "mercury toxicity and its relationship to neurological disorders" presented at IOMT probably in 2004.

In my 25 years of clinical practice in Berkeley CA, it has been my opinion that the number one cause of chronic neurological disorders, language processing problems and most immune compromising conditions to be heavy metal /mercury toxicity. I have found few, if anyone with the same opinion. I constantly fight with local dentists when I send my patients there for amalgam removal.

I am thoroughly thrilled to hear you speak on the same topic with such strong beliefs and conviction. If I ever find my self in Kentucky I will certain stop by. On the other hand, if you ever find yourself in northern California I would be my absolute pleasure to meet you at the airport be your chauffer for a day as well as treat you (and family) to a wonderful diner at your favorite restaurant of your choosing or mine.

>Sincerely,

>

>Dr. Mitchell Corwin
Chiropractic Kinesiologist

Additional Written material available

- Andrew Cutler, PhD
- Info on how to obtain this book in your hand out.

Amalgam Illness

diagnosis and treatment

What you can do to get better
How your doctor can help

Andrew Hall Cutler PhD PE

Do you or someone you know suffer from:

Allergies	Manic depressive disorder
Asthma	Rheumatoid arthritis
Autoimmune diseases	Juvenile arthritis
Amylotrophic lateral schlerosis	Lupus erythromatosus
Ankylosing spondylitis	Multiple chemical sensitivities
Myasthenia gravis	Environmental illness
Parkinson's disease	Chronic fatigue
Alzheimers' disease	Fibromyalgia
Schizophrenia spectrum disorders	Sciatica
Borderline personality disorder	Gastritits
Anxiety	Irritable bowel syndrome
Panic attacks	Colitis
Attention deficit hyperactivity disorder	Crohn's disease
Learning disabilities	Sleep disorders
Endocrine problems	Anorexia nervosa
Depression	Bulimia
Obsessive-compulsive disorder	Yeast syndrome

Or other life limiting problems your doctor can't do much about?

Have you heard about the controversy surrounding mercury from dental fillings and other sources? Did you know you might actually be mercury poisoned? Would you like to find out? Let a highly qualified research scientist explain:

- why we know millions of people have undiagnosed mercury poisoning
- why conventional medicine is slow to accept this
- how you can find out if your problems are actually due to mercury
- how to cure mercury poisoning and get rid of your health problems

Methods to determine if you have HMT

There is NO TEST that can show the TOTAL BODY BURDEN of Heavy Metals

There is no way to accurately measure the mercury load in the CNS!

- Hair Analysis
- Provocative / Urine Challenge Test.
- Kinesiological Testing

Sierra Club

\$25
Screening
test now
available



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 find out about issues that
 matter to you

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Select a Place

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mercury

Mercury Is Toxic. Get Tested!

For the non-profit rate of \$25, you can order a testing kit to find out how much mercury you have in your body.

>> [Order your test kit today!](#)

The Sierra Club is co-sponsoring a project to raise awareness about the dangers of mercury pollution. For the non-profit rate of \$25, you can order a testing kit to find out how much mercury you have in your body. We can offer these kits at such a low rate because we charge only enough to cover the cost of materials and the lab-processing fees.



The test involves snipping a small sample of your hair and sending it to an academic laboratory, the Environmental Quality Institute at the University of North Carolina-Asheville, which will process the results. The kit includes a cardboard scale to measure your hair sample size, plastic gloves, postage-paid and pre-addressed envelopes to submit the sample, and detailed instructions that help guide you through the testing process. Your data will also be added anonymously to a UNC research study, which will have the largest sample size of any study to date, on the effects of mercury in the U.S. population.

When you receive your results, you will also get information about what you can do to reduce your exposure to mercury.

Interim test results from this largest ever hair sampling project [released in February](#) found mercury levels exceeding the EPA's recommended limit of one microgram of mercury per gram of hair in one in five women of childbearing age tested.

>> [Order your test kit today!](#)

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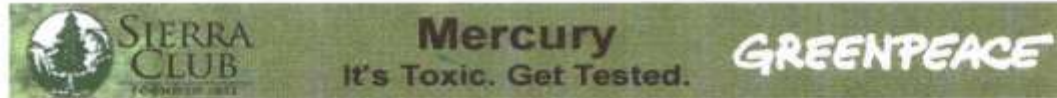
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Join the Sierra Club

Why become a member?





\$25 per kit (for residents of US and Canada only)

Welcome members and friends of Sierra Club! Thank you for taking part in the hair sampling project. With your help, Greenpeace and Sierra Club are working together to get mercury out of our environment and out of our food supply.

[Frequently asked questions](#)

Why get tested?

1. Choose number of kits to purchase:

Why get tested?

Mercury is a highly toxic substance that has found its way into our food chain and can cause health problems for people who are exposed to it. Emissions from dirty energy sources like coal-fired power plants account for the largest single source of mercury emissions in the United States approximately 42 percent.

Who is affected by mercury pollution?

Elevated levels of mercury are harmful to everyone. Women of childbearing age are especially at risk because the unborn and infants are vulnerable to mercury contamination. Mercury adversely affects fetal development of the brain and central nervous system and infants can be further exposed to mercury from their mother's breast milk. Exposures at these early stages are particularly dangerous and can affect the development of memory, attention and language skills.

According to the Environmental Protection Agency (EPA) and the Center for Disease Control and Prevention (CDC), one in six (around 630,000) American children are born with potentially unsafe levels of mercury in their blood every year.

Why should I participate in Greenpeace's National Hair Sampling Project for Mercury Exposure?

We are encouraging you to participate because we have reason to believe that current and proposed governmental regulations for mercury are not adequate to protect the public health. You have an opportunity to ascertain for yourself whether you have an abnormal level of mercury in your system. Should you find that you do have these high levels, you can take corrective action to protect your health.

Sierra Club

\$25

Screening
test now
available

How do I know if I have Mercury Toxicity?

- If you have one or more amalgam fillings in your mouth ...you have some degree of Mercury Toxicity.
- If that is so, why doesn't everybody have some form of mercury toxicity?

What Can You Do About HMT

- Obtain amalgam free dentistry.
- Never ever let a friend or family member (*especially a Child*) get a silver amalgam filling.
- Remove your silver amalgam fillings NOW!
- Prepare your body first then do an appropriate detox!

INSTRUCTIONS FOR SCHOOL OR CHILD CARE STAFF

1. Complete child's name and address information section, or ask parent or guardian to complete this section only. (This form is not to be sent home or given to parents to complete.)
2. School or child care personnel then fill in date (month/day/year) of each immunization the student has received from the Immunization Record presented by the parent or guardian. (If the date consists only of month and year for some doses, fill in month/xx/year; however, if either measles, rubella or mumps (or MMR) was received in the month of the first birthday, month/day/year is required.)
3. Determine if immunization requirements have been met, using the California "Immunization Requirements for Grades K-12," or "Immunization Requirements for Child Care," (available from Immunization Coordinators in local health departments), or other requirements guide.
4. Complete the Documentation and Status of Requirements box.
 - A. Fill in date and your signature as the staff member who reviewed and transcribed the immunization record presented by the parent or guardian. Check which type of record was presented.
 - B. If the child has met all immunization requirements, check box A and write in date.
 - C. If the child has not met all requirements, check box B. Child can be admitted only if up-to-date, e.g., no immunizations due currently. The child must be followed up as indicated in the "Guide to Immunization Requirements."
 - D. If a child is to be exempted for medical reasons, a doctor's written statement is required; the statement must include which immunization(s) is to be exempted and the specific nature and probable duration of the medical condition. If the medical exemption is permanent, the requirement for the designated immunization(s) is met; check box A and box C.* If the medical exemption is temporary, check box B and box D; this child must be followed up.*
 - E. If a child is to be exempted for reasons of personal beliefs, the parent or guardian must sign and date the affidavit below. No other parents should sign this affidavit. All requirements are met; check box A and box E.*

PERSONAL BELIEFS AFFIDAVIT TO BE SIGNED BY PARENT OR GUARDIAN—IMMUNIZATION

I hereby request exemption of the child, named on the front, from the immunization requirements for school/child care entry because all or some immunizations are contrary to my beliefs. I understand that in case of an outbreak of any one of these diseases, the child may be temporarily excluded from attending for his/her protection.

CREENCIAS PERSONALES: ESTA DECLARACIÓN JURADA DEBE SER FIRMADA POR EL PADRE O LA MADRE O EL GUARDIÁN

Solicito por la presente la dispensa de mi hijo, nombrado en el reverso, de los requisitos para vacunas de la entrada a la escuela/guardería ya que algunas o todas de las vacunas son opuestas a mis creencias. Comprendo que en caso de un brote en la comunidad de alguna de estas enfermedades, mi hijo puede ser excluido temporalmente de la escuela/guardería por su propia protección.

Signature (Firma) _____ Date (Fecha) _____

Applicable only in those jurisdictions where the Tuberculosis Assessment is required for school entry

Personal Beliefs Affidavit to be Signed by Parent or Guardian—Tuberculosis

I hereby request exemption of the child named on the front from the tuberculosis assessment requirement for school/child care center entry because this procedure(s) is contrary to my beliefs. I understand that should there be cause to believe that my child is infected with active tuberculosis or should there be a tuberculosis outbreak, my child may be temporarily excluded from school.

Creencias Personales: Declaración Jurada Debe ser Firmada por el Padre o la Madre o el Guardián

Solicito por la presente la dispensa de mi hijo, nombrado en el reverso, de los requisitos para la evaluación de la tuberculosis (tisis) de la entrada a la escuela ya que esta evaluación es opuesta a mis creencias. Comprendo que si hay razón para sospechar que mi hijo sufra de la tuberculosis activa o si hay un brote de la tuberculosis, mi hijo puede ser excluido de la escuela.

Signature (Firma) _____ Date (Fecha) _____

* Names of all children who are exempt should be maintained on an exempt roster for immediate identification in case of disease outbreak in the community.

Clinical Observations:

- Kinesiological Evaluation.
- Finger Opponens Test.
- Predictable muscle weakness patterns.
- Why it should not be overlooked in its effect on the enteric nervous system and resultant digestive disorders.

The problem of Chelation Therapies

PMID:
12870874
[PubMed -
indexed for
MEDLINE]

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[Aposhian HV,](#)

- [Morgan DL,](#)
- [Queen HL,](#)
- [Maiorino RM,](#)

Vitamin C, glutathione, or lipoic acid did not decrease brain or kidney mercury in rats exposed to mercury vapor.

• Some medical practitioners prescribe GSH and vitamin C alone or in combination with DMPS or DMSA for patients with mercury exposure that is primarily due to the mercury vapor emitted by dental amalgams. **HYPOTHESIS:** This study tested the hypothesis that GSH, vitamin C, or lipoic acid alone or in combination with DMPS or DMSA would decrease brain mercury. **METHODS:** Young rats were exposed to elemental mercury by individual nose cone, at the rate of 4.0 mg mercury per m³ air for 2 h per day for 7 consecutive days. After a 7-day equilibrium period, DMPS, DMSA, GSH, vitamin C, lipoic acid alone, or in combination was administered for 7 days and the brain and kidneys of the animals removed and analyzed for mercury by cold vapor atomic absorption. **RESULTS:** None of these regimens reduced the mercury content of the brain. Although DMPS or DMSA was effective in reducing kidney mercury concentrations, GSH, vitamin C, lipoic acid alone, or in combination were not. **CONCLUSION:** One must conclude that the palliative effect, if any, of GSH, vitamin C, or lipoic acid for treatment of mercury toxicity due to mercury vapor exposure does not involve mercury mobilization from the brain and kidney.

Mercury Toxicity, Why it is bad for
your Health!

Common Recommendations of Nutritional Companies - Thorne

Testing to confirm toxin overload

- Serum tests for pesticides and solvents are available through
- AccuChem Labs, Pacific Toxicology and National Medical Services. These tests are best done non-fasting, with cholesterol and triglyceride levels done simultaneously, to get a better idea of adipose-toxin load.
- 6-24-hour provocative urine testing for heavy metals are available
- through Doctor's Data, MetaMetrix Lab, and Great Smokies Lab.
- **Precautions for low temperature sauna use**
- _ Do NOT begin sauna therapy in individuals with chemical sensitivity
- without first reducing the amount of hepatic re-uptake from the bowels.
- _ Do NOT begin sauna therapy in patients with poor adrenal function
- without monitoring aldosterone and electrolytes (especially important

Mercury Toxicity, Why it is bad for

you and

MERCURY HIGH

This individual's urine mercury equals or exceeds twice the maximum expected level. Presentation of symptoms associated with excessive mercury can depend on many factors: the chemical form of absorbed Hg and its transport in body tissues, presence of other synergistic

toxics (Pb, Cd have such effects), presence of disease that depletes or inactivates lymphocytes or is immunosuppressive, organ levels of xenobiotic chemicals and sulphydryl-bearing metabolites (e.g. glutathione), and the concentration of protective nutrients, (e.g. zinc, selenium, vitamin E).

Early signs of mercury contamination include: decreased senses of touch, hearing, vision and taste, metallic taste in mouth, fatigue or lack of physical endurance, and increased salivation. Symptoms may progress with moderate or chronic exposure to include: anorexia, numbness and paresthesias, headaches, hypertension, irritability and excitability, and immune suppression, possibly immune dysregulation. Advanced disease processes from mercury toxicity include: tremors and incoordination, anemia, psychoses, manic behaviors, possibly autoimmune disorders, renal dysfunction or failure.

Mercury is commonly used in: dental amalgams, explosive detonators; in pure liquid form for thermometers, barometers, and laboratory equipment; batteries and electrodes ("calomel"); and in fungicides and pesticides. The fungicide/pesticide use of mercury has declined due to environmental concerns, but mercury residues persist from past use.

Methylmercury, the common, poisonous form, occurs by methylation in aquatic biota or sediments (both freshwater and ocean sediments). Methylmercury accumulates in aquatic animals and fish and is concentrated up the food chain reaching high concentrations in large fish and predatory birds. Except for fish, the human intake of dietary mercury is negligible unless the food is contaminated with one of the previously listed forms/sources. A daily diet of fish can cause 1 to 10 micrograms of mercury/day to be ingested, with about three-quarters of this (typically) as methylmercury.

Depending upon body burden and upon type, duration and dosage of detoxifying agents, elevated urine mercury may occur after administration of: DMPS, DMSA, D-penicillamine, or EDTA. Blood and especially blood cell analyses are only useful for diagnosing very recent or ongoing organic (methyl) mercury exposure.

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Consultation with your very knowledgeable local nutritionist



Mercury Toxicity, Why it is bad for your Health!

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January 27: Healthy Planet, Healthy People,
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July 20-23: Cosmology of Health
Sept. 22: The Heart of the matter
Nov. 10: The Diabetes Dialog

2007

Jan. 12: The Dental Connection
March 19: Fibromyalgia
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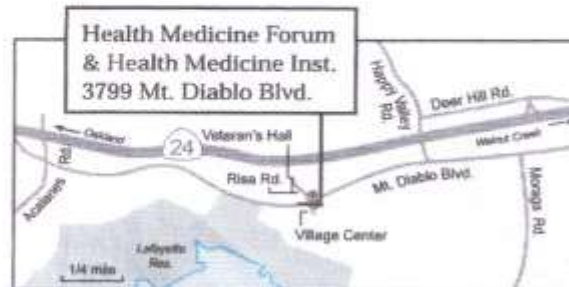
Feb. 21: Healthy Planet, Healthy People,
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April 16: Fibromyalgia
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PHYSICAL
EMOTIONAL
MENTAL
SPIRITUAL

*The Health Medicine Forum serves to
inform, educate and connect those
interested in a holistic and integrative
approach to medicine, one that is focused
on prevention and person-centered care.*

We all have some levels of Mercury and other toxic metals /chemicals in our body tissues.

See
Teleosis
Handout.

Amalgam Free Dentist
My website lists several
Local Dentists.

Don't forget to save \$
and thank your dentist
for their past *toxic*
work!

- First, prepare your body for detox by reducing the ongoing toxic load on the Liver (diet and liver cleanse).
- Second, obtain appropriate chelating agents: (DMPS, DMSA, Chlorella, Selenium, L-cysteine, Lipoic Acid).
- Pre-detox before Amalgam removal.
- Post-detox after Amalgam removal.
- Rebuild the damage to the CNS and Enteric Plexus.
- Don't forget about the Adrenal-Thyroid-Pituitary axis!

**You are welcome to come by
my Office on Saturday
November 18th for continued
discussion and
demonstration.**

Thank you

Dr. Mitchell Corwin

Email: drcorwin@prado.com

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