



The Hidden Dangers of Dental Fillings

by G. Bossik on September 4th, 2012 at 4:02 pm



Last year, Dr. Joachim Mutter published an [analysis](#) about the dangers of dental amalgam fillings.¹

Dental amalgam is composed of fifty-percent mercury, as well as silver, tin, copper, and zinc, according to the Philadelphia Department of Public Health.²

Mercury is an extremely toxic metal. In fact, David A. Olson, MD says: "Mercury in any form is poisonous, with mercury toxicity most commonly affecting the neurologic, gastrointestinal (GI) and renal organ systems."³

The form used in dental fillings is elemental mercury.

The Environmental Protection Agency (EPA) says that breathing vapor from elemental mercury can cause tremors, emotional changes, insomnia, neuromuscular changes, headaches, disturbances in sensations, and other symptoms.⁴

"Mercury vapor from amalgam penetrate[s] into tissues with great ease....," Dr. Joachim Mutter says in his analysis, "[Is Dental Amalgam Safe for Humans? The Opinion of the Scientific Committee of the European Commission.](#)"⁵

So, where's the proof that dental amalgam fillings emit mercury vapor? It's shown in a video demonstration by the International Academy of Oral Medicine & Toxicology (IAOMT). The video, [Smoking Teeth —Toxic Fillings](#), can be viewed [here](#).

Similarly, Dr. Grant H. Layton, a dentist, demonstrates how a tooth with a dental amalgam filling emits mercury vapor continuously. His video is entitled, [The Smoking Tooth](#).

So, why does exposure to mercury matter? Well Dr. Mutter has found evidence linking mercury exposure to neurological conditions. In [an analysis](#) that he performed with colleagues, he states: "Some autopsy studies found increased mercury levels in brain tissues of AD [Alzheimer's disease] patients."⁶

The controversy surrounding dental amalgam fillings isn't new, though. In the book, [Diagnosis: Mercury: Money, Politics, and Poison](#), author Jane M. Hightower details what she calls the "amalgam war."⁷ She describes it as a war between dentists who opposed the use of amalgam and dentists who supported its use in the 1800s.

The question is what can you *do* if you'd like to remove your amalgam (silver mercury) dental fillings? Dana G. Colson recently provided some answers. In January 2012, she published the study, [A Safe Protocol for Amalgam Removal](#).⁸

The study details the steps that a dentist should take to ensure that the patient doesn't ingest or absorb mercury during amalgam removal.

If you'd like to find a dentist in your state who can safely removal these fillings, visit [MercuryFreeDentists.com](#).

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Sources:

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2. Philadelphia Department of Public Health, "[Information Sheet — Amalgam Dental Fillings Containing Mercury](#)," [Phila.gov](#).
3. David A. Olson, MD, "[Mercury Toxicity](#)," [Medscape.com](#).
4. United States Environmental Protection Agency, "[Mercury: Health Effects](#)," [EPA.gov](#).
5. Joachim Mutter, "[Is Dental Amalgam Safe for Humans? The Opinion of the Scientific Committee of the European Commission.](#)"
6. Mutter J. et al, "Does Inorganic Mercury Play a Role in Alzheimer's disease? A Systematic Review and an Integrated Molecular Mechanism." [Journal of Alzheimer's Disease: JAD](#).
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8. Dana G. Colson, "[A Safe Protocol for Amalgam Removal](#)," [Journal of Environmental and Public Health](#).

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