

Article:

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Are You Being Poisoned?

When Sara came to see me, she had frequent headaches, depression, low energy levels, and severe bloating. But her biggest concern at the time was her skin rashes that were getting worse by the day. They would appear mainly on her feet, preventing her from wearing shoes and walking comfortably. She tried many lotions and remedies, and even cortisone creams and antibiotics. But nothing worked. I told her I suspected she was poisoned. "By what?" she exclaimed. "By the mercury amalgam fillings in your teeth," I said. She thought it was a ridiculous idea. After all, what do headaches, skin rashes and fatigue have to do with our teeth?*

Chewing on poison

Silver amalgam teeth fillings contain 50% mercury. Mercury is the second most toxic element in nature (more toxic than arsenic) and many of us are chewing on it on a daily basis. It can seep into your body through the vapour produced when you chew on it or when you have hot drinks; it can also get into your body if your fillings leak or chip off, which happens very often.

If it's toxic, why are they putting it in your teeth? In the past, many experts believed that mercury is only toxic when it is in liquid form, but research over the past few decades proved that it is also toxic when solid in the teeth.

That makes perfect sense, doesn't it? After all, mercury is a well-known toxin that must be handled very carefully and even disposed of as toxic waste. If you break a mercury thermometer, you must take very careful steps to avoid touching or inhaling it and you must dispose of it a certain way. In some countries, there are even laws against cremating people who have mercury fillings because of the risk of toxic hazard.

What's your reason?

When I ask why it's still used, the most common answer I get is that mercury lasts the longest in teeth, while white fillings fall out quicker. But is it a good thing that it lasts longer? Some adults have mercury fillings that date back to kindergarten; would you chew on toxic gum for that long?

The other common explanation is that it's cheaper to use than any other teeth filling material. Why the dental industry is putting people's lives in danger mainly for time and cost benefits is beyond me. But part of the blame also goes on the patients themselves. It's time people took their health into their own hands and did their own research, especially when it involves inserting a foreign toxic substance into their mouth.

What is it doing to you?

Mild mercury toxicity can cause fatigue, loss of concentration, depression, and headaches. But as mercury levels increase in the body, symptoms can grow to include menstrual irregularities, digestive problems, hair loss, and low immunity. It can affect the balance of minerals in the body, often showing up as white spots on the nails which mark a deficiency in zinc. A severe mercury toxicity can cause muscle aches and joint pains, memory loss, higher susceptibility to skin problems, severe depression and even insanity (as with the mad hatters disease). Mercury levels

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can even pass on from mother to child during pregnancy and cause learning delays such as attention deficit, speech problems, and even autism.

Do you have it in your body?

If you have mercury fillings in your teeth, you probably have mercury in your body. The older the fillings, the higher the risk of toxicity due to the higher chance of leakage. But you can also get mercury from eating contaminated fish, such as tuna, or from taking mercury-preserved vaccines.

A hair test is a good way of measuring mercury levels in the body. It is a painless, non-invasive test that helps identify levels of toxic metals and mineral imbalances.

When Sara did the hair test, she discovered that her mercury levels were flying off the charts. So she rushed to her dentist. It turns out, she had nine fillings, many of which were leaking. In spite of that, her dentist told her that her fillings were 'fine' and that her health problems were 'stress-related.' Furious, I recommended another dentist who was more familiar with the effects of mercury and agreed to have them all replaced with white fillings. To everyone's delight, Sara's skin rashes started to recede almost immediately, and she was able to walk comfortably on her feet again. Two weeks later, she reported feeling much happier, less bloated, and her headaches were a thing of the past. Today, her health continues to improve and she uses diet and supplements to boost her liver and detoxification system to speed up mercury removal from her body.

For a detailed detoxification programme or to do a Hair Test, call 17 611 891 to set up your one-on-one consultation.

* name changed for privacy