

Mercury Toxicity

Do I have it and what are the symptoms?

Mercury has long been known to be a toxic element in the environment and in 1991; the World Health Organization (WHO) determined that the primary source of mercury toxicity in the human body is from silver amalgam fillings in our teeth. Recent studies have also identified that one of the greatest local source of mercury in our environment is from crematoriums (remaining amalgam fillings in the teeth)!

The university of Calgary in conjunction with International Association of Oral Medicine and Toxicology (IAOMT) jointly produced two short videos titled, “Smoking Teeth” and “How mercury toxicity causes brain neuron degeneration.” Please ask our receptionist at HMC for a copy of this DVD from our lending library or email me directly (drcorwin@prado.com).

How do I know if I have mercury toxicity? There is no way to accurately measure the mercury body burden because mercury is hydrophobic (does not like water /blood) and hides in our central nervous system, body tissues, (fat, organs, bones and nerves). The standard blood and urine lab test are 100% inappropriate for identifying this toxicity because mercury will not stay in the blood long enough to be measured because of its hydrophobic properties and nerve tissue biopsy of the brain is just not practical. Special “provocative testing” is required to chemically chelate (*tease out*) these toxins from the body tissues (primarily kidneys) allowing the *methyl mercury* to circulate in the blood long enough for the kidneys to filter *Hg-toxins* measurable in a 6-hour urine sample. Even with this test, it is only an estimate and then one must extrapolate what the central nervous system (CNS) load might be.

To facilitate a diagnosis of heavy metal (*HMT*) or mercury (*Hg*) toxicity, applied kinesiology methods can identify the common organ toxicities associated with this condition as well as measure decreased nerve function (*Hg* causes nerve tissue to degenerate) via a high frequency opponens muscle challenge test. This muscle challenge, tests the strength of the hand (thumb and pinky) following repetitive movements and rest cycles and can be performed quickly as a screening test.

The symptomology associated with *HMT* can vary from person to person depending on several factors, (diet, exercise, emotional well being and genetics). The most common factors are an inability to heal from common injuries swiftly (especially shoulder problems), musculo-skeletal injury pain that appears to be more intense and longer lasting than past episodes. In the central nervous system, the symptoms are brain fog, fatigue and a disruption of hormonal balance primarily the thyroid and secondarily, adrenal and reproductive hormones.

The strategy for a detox therapy depends on whether or not you have *any* remaining silver amalgam fillings. If one does have one or more silver amalgam fillings then a detox program must be coordinated with your dental care and may still require a pre-detox to minimize any potential adverse reaction.

The detox therapy may take the form of one or more different approaches depending on toxicity level, diet, age, ability for liver to detox and for women whether or not one is or planning to get pregnant or lactating. The method I prefer to use is a kinesiological approach of re-educating the immune system and then tagging the organs, tissues, nerves and CNS where the *methyl mercury and other toxins* are hiding and then to facilitate its conversion via glutathione transferase (enzyme reaction) to an inert chemical compound that the liver can pull out of the blood and discard it in the bile. This methodology, although slower than direct pharmaceutical and nutritional chelation, is safer (while amalgam filling are still present) and without side effects. If one would like to optimize this process, consulting with our Nutritionist Geoffrey Marks, i.e. coordinating nutritional adjuncts and diet recommendations can and will facilitate this process.

For additional informational please email Dr. Mitchell Corwin, D.C.: drcorwin@prado.com
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