

## **Amalgam Fillings and Health Implications – One Person’s Life Story.**

I had my first amalgam filling at the age of eight years old and from then on I had regular fillings as my mother, being conscientious and caring, took me for check-ups every six months. By my teenage years I had a mouth full of amalgam fillings.

Prior to the age of eight I was known for my energy and fun of life but after the age of eight I started to bite my nails, suffer from rhinitis, lose my confidence and became somewhat anxious. At the age of ten/eleven I remember the most difficult year of my life - which I now realise must have been the result of the toxic load entering my body from the amalgam fillings. Without my caring piano teacher, love of music and prayer that sustained and focused my attention, I may never have passed beyond teenage years.

I became a primary school teacher, married and gave birth to three beautiful children. The first was hyperactive, the second had severe eczema and asthma and the third insomnia. I realise now that all these conditions can be the result of mercury passing through the placenta.

I breast fed each child for over two years and if my research is correct, mercury from amalgam fillings that has accumulated in the mother’s body is released through breast milk - thereby giving my children an extra load of mercury to compromise their health.

In February 2001 I fell and hit my nose. This seemed to affect my teeth and general health. I visited either my dentist or doctor once a month and was prescribed five lots of antibiotics without getting any better. I also developed tinnitus that began to irritate and even frighten me, especially at night.

I became tired and minor tasks such as changing the bed sheets and carrying small amounts of shopping became major tasks – I bought a trolley bag even for my hand bag.

I started taking thyroxin tablets and noticed a slight improvement in my energy levels. I went to a consultant regarding my tinnitus. I was told that I had to learn to live with it.

Finally, I went to 'specialist' dentists who removed all my amalgam fillings and three teeth. The work took one week after which I felt so much better – it was if a huge weight had been lifted off my shoulders; a great relief and my tinnitus disappeared overnight. I soon noticed that my nails became strong – not prone to splitting and breaking and I could read while travelling in a car.

Prior to the treatment, of removal of all my amalgam fillings, I stopped taking thyroxin tablets, for this treatment alone can allow the body to positively re-adjust itself. Slowly, my energy levels increased to levels that I cannot remember experiencing since being a very young child. Instead of giving up everything, I took more on and began to really enjoy life.

It is my firm opinion from my experience and research, that my amalgam fillings leaked mercury into my body, thereby severely compromising my quality of life and the health of my children.

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