

Symptoms of Mercury Toxicity

If a person has 7 or more of these symptoms, there is a significantly increased possibility that mercury toxicity is a major contributing factor

- **CENTRAL NERVOUS SYSTEM**
- Irritability
- Anxiety/nervousness, often with difficulty breathing
- Restlessness
- Exaggerated response to stimulation
- Fearfulness
- Emotional instability
 - lack of self-control
 - fits of anger, with violent, irrational behaviour
- Loss of self-confidence
- Indecision
- Shyness or timidity, being easily embarrassed
- Loss of memory
- Inability to concentrate
- Lethargy, drowsiness
- Insomnia
- Mental depression, despondency
- Withdrawal
- Suicidal tendencies
- Manic-depression
- Numbness and tingling of hands, feet, fingers, toes, or lips
- Muscle weakness progressing to paralysis
- Ataxia
- Tremors/trembling of hands, feet, lips, eyelids, or tongue
- Inco-ordination
- Myoneural transmission failure resembling Myasthenia Gravis
- Multiple Sclerosis

- **HEAD, NECK, ORAL CAVITY DISORDERS**

- Bleeding gums
- Alveolar bone loss
- Loosening of teeth
- Excessive salivation
- Foul breath
- Metallic taste
- Burning sensation, with tingling of lips, face
- Tissue pigmentation (amalgam tattoo of gums)
- Leukoplakia
- Stomatitis
- Ulceration of gingiva, palate, tongue
- Dizziness/acute, chronic vertigo
- Ringing in ears
- Hearing difficulties
- Speech and visual impairment
 - Glaucoma
 - Restricted, dim vision

- **GASTROINTESTINAL EFFECTS**

- Food sensitivities, especially to milk and eggs
- Abdominal cramps, colitis, diverticulitis or other G.I. complaints
- Chronic diarrhoea/constipation

- **CARDIOVASCULAR EFFECTS**

- Abnormal heart rhythm
- Characteristic findings on EKG
 - Abnormal changes in the S-T segment and/or lower
 - Broadened P wave
- Unexplained elevated serum triglyceride
- Unexplained elevated cholesterol
- Abnormal blood pressure, either high or low

- **IMMUNOLOGICAL**

- Repeated infections
 - Viral and fungal
 - bacterial
 - Candida and other yeast infections
- Cancer
- Autoimmune disorders
 - Arthritis
 - Lupus erythematosus (LE)
 - Multiple sclerosis (MS)
 - Scleroderma
 - Amyotrophic lateral sclerosis (ALS)
 - Hypothyroidism

- **SYSTEMIC EFFECTS**

- Chronic headaches
- Allergies
- Severe dermatitis
- Unexplained reactivity
- Thyroid disturbance
- Subnormal body temperature
- Cold, clammy skin, especially hands and feet
- Excessive perspiration, with frequent night sweats
- Unexplained sensory symptoms, including pain
- Unexplained numbness or burning sensations
- Unexplained anaemia
 - G-6-PD deficiency
- Chronic kidney disease
 - Nephrotic syndrome
 - Receiving renal dialysis
 - Kidney infection
- Adrenal disease
- General fatigue
- Loss of appetite, with or without weight loss
- Loss of weight
- Hypoglycaemia