

A Story of Mercury Poisoning – Michele Payne

As a child I was terrified of the dentist – 4 amalgam fillings by the age of 8 probably didn't help me. It was around that time that I developed chronic catarrh, became short-sighted and was put on phenobarbitone as I became "highly strung". I also developed some learning difficulties at school, having previously been considered to be a very bright child.

I avoided the dentist from the age of 8 to 21. Within a year of graduating from University a bad bout of toothache led me reluctantly back to the dentist. Unfortunately 8 amalgam fillings and a gold crown were the result. A diary that I started at the same time would later reveal how my health was affected each time I visited the dentist.

Those 8 fillings were the beginning of the slow deterioration in my health. Within months I had become anxious, depressed and lacking in confidence. My premenstrual tension and irritable bowel got much worse and I began to feel tired all the time. Further amalgam fillings, root canal fillings, and palladium crowns all followed – as did the steady decline in my health.

Fast-forward 14 years and I had a breakdown at the age of 36 due, I believed at the time, entirely to work related stress. I thought that a couple of weeks away from that stress would sort me out. Unfortunately things only got worse – not helped by a further amalgam filling and a porcelain/metal crown.

Despite 18 months away from what I thought was the major source of my problem, my job, and doing the rounds of community psychiatric nurses, neurologists, psychologists, psychiatrists, anti-depressants, tranquillisers, and even 2 days per week for 9 months as a day patient at a Priory psychiatric hospital, I really wasn't very much further forward! As I kept saying to my psychiatrist "there is something else going on", and what was going on was mercury poisoning. I realised that I had to get to the root of my ill health myself, and through reading numerous books and articles on the Internet I believed that I had found the answer. Tests undertaken by a toxicologist confirmed this. The "Kelmer Test" produced a 1417% increase of mercury in my urine. "All" I then had to do was find a safe way of removing these lethal fillings. Removing the poisons is a highly specialised process (mercury is 5000 times more toxic than lead).

Going to a conventional Dentist will be very dangerous to your health. My life was given back to me in one week's treatment with a combination of safe dental procedures using IAOMT protocol and massive doses of intravenous vitamin C at the Munro-Hall Clinic. Following removal of my amalgam fillings, other metal crowns and posts, and root fillings from my mouth in September 2000, the improvement in my health has been almost miraculous. What you see below is not an abbreviated medical dictionary but a list of my symptoms, which disappeared following a complete dental revision and detox.

My Symptoms of Chronic Mercury Toxicity:

Before Amalgam Removal & Detox	After Amalgam Removal & Detox
Anxiety	
Aggression	
Balance problems	
Blood – thick and dark red	Blood – thin and bright red
Brain fog	
Candida	
Chest pains	
Depression	
Dizziness (75% of each day)	
Fatigue	
Food cravings (carbohydrates)	
Food intolerances (wheat & dairy)	Food intolerances (wheat & dairy)
Headaches	
Hearing loss	
Insomnia	
Irritable Bowel Syndrome	Irritable Bowel Syndrome
Irritability	
Learning difficulties (post graduation!)	
Low blood sugar & sugar crashes	
Mastitis & benign breast lumps	
Muscle weakness	
Memory loss & poor concentration	
Menstrual problems (heavy, painful periods)	
Mood swings	
Neck pain	
Obsessive compulsive behaviour	
Palpitations and heart arrhythmia	
PMT (severe)	
Pallor – grey colour to skin	
Panic attacks	
Poor temperature control (hot and cold)	
Restless legs	
Sinus congestion & catarrh	
Tingling and numbness in fingers	
Uncanny ability to catch every cold and bug going due to impaired immune system!	

I am one of the alleged 3% of the UK population (1.75 million people!) that are hypersensitive to mercury. A fact publicly accepted by the British Dental Association in 1997. (The same BDA that until 1997 denied that these fillings continually leaked mercury vapour) Even if the figure of 3% is correct, and I vehemently disagree, in the 21st century does the Department of Health consider it acceptable for this vast swathe of the population to have their lives innocently blighted by this poison? What about the massive cost to the NHS of unsuccessfully treating these people?

So what about the rest of the population then? My husband, who has a background in chemical engineering, decided to have his 15 amalgam fillings removed, by the same Dentists for, he thought, preventative reasons. He thought he was pretty healthy, "Mr Average" health-wise and 38 at the time. So he was shocked and amazed at the improvement in his short-term memory, concentration, energy levels, and irritability after he had his fillings removed. However, we now know that these improvements are well documented and typical of someone who is recovering from low-level mercury poisoning.

It is difficult to know which of these 2 stories is the more disturbing. We have discovered that a devastating public health scandal is being played out on the British public and the truth mustn't be hidden any longer. Our aim in writing this article is to enable people to judge for themselves. The authorities have shown astonishing professional arrogance in the face of overwhelming evidence. They refuse to even debate the issue. The social, political and financial consequences are massive.

Many of today's 20th Century diseases, such as Alzheimer's, Parkinson's, Multiple Sclerosis, ME/Chronic Fatigue Syndrome and Autism have shown strong connections with low-level mercury poisoning. The victims of Alzheimer's disease get younger by the year and scientists at the Universities of Kentucky and Calgary believe dental mercury amalgam to be one of the primary causes of Alzheimer's. If it is so safe, why did the BDA in 1997 recommend that these fillings should not be implanted or removed in pregnant or breast-feeding women? It has been shown that mothers with amalgam fillings concentrate mercury in the unborn child via the placenta and breast milk. The American Autism Society believes that the massive explosion of Autism over the last 20 years is due to mercury from dental amalgam fillings and thimerosal, a mercury based preservative in vaccines. The same thimerosal that the UK Government announced it was removing from the DPT vaccine in September 2004. (The same thimerosal that used to be contained in the MMR vaccine) www.safeminds.org has unearthed evidence of a meeting in June 2000 between the CDC (a US Government agency) and pharmaceutical companies, where the relationship between mercury and Autism and other disorders was accepted. Indeed a participant commented "we are in a bad position from the standpoint of defending lawsuits if they were initiated and I am concerned". How can it be that here the Food Standards Agency advises us to restrict our intake of oily fish, because of concerns of mercury contamination, while the Department of Health quietly removes mercury from vaccines, yet insists that we can all walk around with

leaking mercury stored in our teeth, inches from our brains. The EU expresses concern about the environmental impact of dental amalgam in terms of discharge into waste water and into the atmosphere from crematoria. The World Health Organisation accepts that humans get most of their mercury from amalgam fillings. With all this scientific evidence how can the Dental authorities defend themselves against the utterly indefensible?