

Elimination of Symptoms by Removal of Dental Amalgam from Mercury Poisoned Patients, as Compared with a Control Group of Average Patients

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Abstract

The findings presented here suggest a correlation between many health complaints and mercury amalgam fillings. Removal of amalgam fillings results in significant improvement of these symptoms. These same symptoms which are improved or eliminated in amalgam-removal patients are present but undiagnosed in the general population.

Introduction

Evidence associating dental-related mercury intoxication and general health complaints has been accumulating over the last 60 years. Removal of amalgam fillings has been shown to greatly improve these complaints. When seeking medical help, patients are usually offered treatment only for symptoms. Adequate concern on the part of the medical establishment to find and eliminate the source of their complaints is often lacking.

A control group of 100 patients filled out a questionnaire listing a variety of symptoms. This group consisted of patients visiting my clinic during a two-week period for routine check-ups. Since 1984 the same questionnaire has been completed by patients before and after amalgam removal with the following symptoms added: "skin problems"; "watering of the eyes", "tension in face and jaw muscles".

Method and Materials

One hundred and twenty patients suffering from many symptoms that are classically associated with chronic mercury intoxication elected to have all their amalgam fillings replaced with plastic. In addition, some of these patients also had their other metal dental work removed and replaced with composite plastic materials suitable for molars.

Treatment of the 120 patients took place in the period 1985-90. The ordinary amalgam removal took place over a period of 1 to 6 months. The number and size of each patient's amalgam fillings varied greatly. The patients, 97 women and 23 men, varied in aged from 25 to 72 years, averaging 48.

My knowledge and experience in this five year period has increased enormously.^{17,20,21,23} My choice of dental materials is more extensive. I have more sophisticated ways to strengthen the immune system before, during and after amalgam removal. Protection from mercury toxicity and follow-up with detoxification therapy is now much more closely attuned to each patient's individual needs. This investigation does not take into account the recent advances in the field of dental materials but discusses the group as a whole during the five year period.

All 120 patients completed a questionnaire regarding progression of symptoms one year after the completion of their amalgam removal.

In this investigation composite plastic has been the only replacement material used. At the beginning of this period it was primarily Heliomolar Radiopaque, later Herculite XR and Occlusion, Opalux and then Adaptic II. Since February 1989 many patients have had biocompatibility tests performed on frozen blood serum samples shipped frozen to a lab in Colorado Springs, USA. Biocompatibility tests ensure that each patient gets replacement fillings composed of the material that he or she can best tolerate, most often Posterior Composite II and Herculite XR.

All 120 patients completed a questionnaire before removal, which lists 32 symptoms and complaints. According to the study, 36% (43 out of 120 patients) suffered from allergy, compared to 21% in the control group. Fifty-one percent (62 of 120) had tender teeth.

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Fifty-seven percent suffered from headache and 35% had joint pain (see Figure 1).

Responses after removal are given in the right-hand column, showing which symptoms were unchanged, which were better and which were eliminated.

Results

Seventy percent of patients suffering from allergies improved, with 19% completely free of symptoms. One hundred percent of those with tender teeth found their teeth were now less tender or not tender at all. Bleeding gums were improved or eliminated in 93% of the cases. Eighty-seven percent of the patients who suffered from headaches no longer had headaches or had them much less frequently. Joint pains were similarly affected; 85% had greatly decreased or no pain.

The tendency was the same for all symptoms and complaints. The group "better" plus the group "eliminated" varied between 75% and 100%.

The number of symptoms varied in each patient from one to 28 before removal. The 120 patients had an average of 10 symptoms and complaints. Following amalgam removal, an average of four symptoms or complaints were eliminated, five were improved and one was unchanged. No one responded that their symptoms had gotten worse. When asked for their opinions regarding composite fillings as alternative material to silver amalgam, 119 thought they were good, one that they were reasonable, and none thought they were bad.

Discussion

The findings presented here strongly suggest that many irritating symptoms and illnesses improve or disappear after removal of amalgam fillings. Many other investigations have since supported this conclusion.^{1-7,23}

Placebo effect can be disregarded because the questionnaire was answered one year after treatment.

Many of the patients have had plastic in their teeth for over five years. A recent survey of these patients has shown decisively that the group which described their symptoms as "better" has decreased while those who describe their symptoms as "eliminated" has increased.

It is cause for a certain alarm that a "normal" group of patients exhibits as many symptoms as shown in the interview investigation of the

control group. For example, 23% complained of joint pains and 33% complained of fatigue. These widespread complaints caused me to begin removing amalgam fillings in some patients. Their symptoms appeared to be associated with mercury intoxication and they had not had success in treating them within the conventional medical establishment.⁸⁻

14,16,24,25

After discussing alternative fillings with me, they chose to have their amalgam fillings removed. In my five years of amalgam removal, technology has become more sophisticated, resulting in more comprehensive protection arrangements and the right choice of materials for the individual patient. It appears that patients whose amalgam was removed after 1988 get better results.

Patients who are ill get a biocompatibility test for metals and other dental materials. This group includes those suffering from many serious symptoms and complaints of unknown origin, for example allergies, multiple sclerosis, fibromyalgia, and heart and circulatory disorders.^{15,18,19,22,27} They are given full protection for mercury vapor, by inhaling oxygen or compressed air during drilling, and for mercury ingestion by the use of rubber dam and carbon tablets. Treatment of these patients is always in cooperation with a medical doctor who is a specialist in detoxification. Correct diet and supplements are important parts of the treatment, and are individually determined by hair and blood analysis.

It has been established by individual serum tests that many people react strongly to copper and aluminum and other metals used in dentistry. In particular, indium and molybdenum which are very commonly used in crowns, bridges and partial dentures, cause reactions in many people. In some cases all metal and porcelain must be removed before the symptoms improve or disappear.

Summary

Replacement of amalgam, and sometimes removal of gold crowns, bridges and metallic porcelain crowns and replacement with one of the patient's biocompatible plastic materials has significant positive effect on the symptoms and complaints of most patients. On average, 88% of the symptoms specified in this investigation either disappear or improve,

The questionnaire study of 100 healthy patients, 1984
 % of symptoms, illness and complaints before amalgam removal
 Number of symptoms, illness and complaints before amalgam removal

Figure 1

| | | | Symptoms - Illness - Complaints | Number No Change | Number Improved | Number Elimin. | % | % improved + Eliminated |
|----|----|-----|---|---------------------|--------------------|-------------------|----|----------------------------|
| 21 | 36 | 43 | Allergy | 5 | 30 | 8 | 19 | 88 |
| — | 33 | 40 | Skin Disturbances | 10 | 19 | 11 | 27 | 75 |
| 9 | 51 | 61 | Bleeding Gums | 4 | 28 | 29 | 47 | 93 |
| 10 | 52 | 62 | Tender Teeth | 0 | 25 | 37 | 60 | 100 |
| 15 | 30 | 36 | Bad Breath | 3 | 14 | 19 | 53 | 91 |
| 13 | 58 | 69 | Metallic Taste | 0 | 2 | 67 | 97 | 100 |
| 9 | 38 | 46 | Blister and Sores in Oral Cavity | 3 | 19 | 24 | 52 | 93 |
| — | 30 | 36 | Watery Eyes | 4 | 14 | 18 | 50 | 88 |
| 9 | 34 | 41 | Sore or Irritated Throat | 8 | 19 | 14 | 34 | 80 |
| — | 43 | 52 | Tension in Face and Jaw Muscles | 5 | 32 | 15 | 29 | 90 |
| 14 | 33 | 40 | Diverticulosis | 8 | 20 | 12 | 30 | 80 |
| 9 | 8 | 10 | Stomach Cramps | 1 | 3 | 6 | 60 | 90 |
| 39 | 44 | 50 | Bloating | 11 | 30 | 12 | 23 | 79 |
| 2 | 10 | 12 | Loss of Appetite | 0 | 6 | 6 | 50 | 100 |
| 14 | 31 | 38 | Diarrhea and Constipation | 3 | 25 | 10 | 26 | 92 |
| 9 | 17 | 21 | Intestinal Cramps and Pains | 5 | 7 | 9 | 43 | 76 |
| 23 | 58 | 69 | Headache | 9 | 32 | 28 | 40 | 87 |
| 33 | 56 | 67 | Fatigue | 13 | 39 | 15 | 22 | 80 |
| 15 | 44 | 53 | Lack of Concentration | 7 | 40 | 6 | 11 | 87 |
| 14 | 18 | 22 | Fear | 2 | 15 | 5 | 23 | 91 |
| 20 | 35 | 42 | Irritability | 3 | 29 | 10 | 24 | 93 |
| 18 | 22 | 26 | Depression | 1 | 16 | 9 | 35 | 96 |
| 30 | 26 | 31 | Insomnia | 4 | 20 | 7 | 22 | 87 |
| 13 | 31 | 37 | Dizziness | 5 | 16 | 16 | 43 | 86 |
| 25 | 33 | 40 | Muscles Tire Easily | 9 | 24 | 7 | 18 | 77 |
| 7 | 22 | 27 | Muscle Tremor | 2 | 14 | 11 | 41 | 92 |
| 15 | 27 | 32 | Schiatic Pains | 6 | 19 | 7 | 22 | 81 |
| 4 | 17 | 20 | Chest Pains | 1 | 9 | 10 | 50 | 95 |
| 20 | 37 | 45 | Leg Cramps | 10 | 14 | 21 | 47 | 77 |
| 23 | 35 | 42 | Joint Pains | 6 | 23 | 13 | 31 | 85 |
| 14 | 22 | 26 | Cold Hands and Feet | 4 | 13 | 9 | 35 | 84 |
| 8 | 13 | 16 | Tachycardia | 4 | 6 | 6 | 37 | 75 |
| | | 255 | Total Number of Symptoms - Illness - Complaints | 156 | 622 | 477 | 38 | 88 |

Average percentage "eliminated" —————
 Average percentage "eliminated" plus "improved" —————

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as indicated by responses taken at least one year after amalgam removal.

All 120 patients continue to come for check-ups in the clinic and will continue to fill out questionnaires every few years.

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