Making Alzheimer’s Only a Memory

SHINY, DEADLY MERCURY

Everyone knows lead poisoning can kill you, but did you know mercury is many times more neurotoxic than lead? Various reports estimate the harm mercury does to the nervous system ranges from 10 to 1000 times greater than lead.

So why do so few people know about the risks of mercury? There are three main reasons: First, doctors rarely test for mercury levels because they’re not trained to be aware of how important it is to do so. Second, when symptoms appear, there’s seldom an obvious connection with mercury; it’s only those few trained in heavy metal poisoning and dementia/Alzheimer’s who are likely to recognize the signs of mercury poisoning. Third, powerful and well-funded interests (ADA-American Dental Association) dispute the harm mercury does.

What kind of symptoms does mercury cause?

Mercury is the most toxic substance on the planet after radioactive plutonium. According to neurosurgeon Russell Blaylock, MD, mercury inflicts very serious damage done by mercury during those years.

DIFFERENCE BETWEEN ALZHEIMER’S & DEMENTIA

Dementia is a group of symptoms caused by gradual death of brain cells. The loss of cognitive abilities that occurs with dementia leads to impairments in memory, attention, short- and long-term recall, recognition, orientation, language, reasoning, planning, and behavior.

Alzheimer’s Disease is one type of dementia. The term refers to a condition that includes two kinds of lesions—neurofibrillary tangles and beta-amyloid plaques—which are thought to either cause or accompany brain cell death.

THE LOWDOWN ON AMALGAM FILLINGS

Mercury was first widely introduced as a filling material in the early 1800s. And responsible physicians have been opposing the use of mercury amalgams to fill cavities ever since. The American Society of Dental Surgeons, which preceded the American Dental Association, made its members pledge not to use mercury because of its known neurotoxicity. More recently, government officials, scientists, dentists, consumers, and many others have raised serious concerns about the documented damage done by dental mercury to humans and to the environment at large.

A number of people diagnosed with dementia and Alzheimer’s have reclaimed their memories and lives by: (1) eliminating further exposure to mercury; (2) ridding the body of mercury and other heavy metals accumulated over the years; and (3) pursuing other strategies to reverse damage done by mercury during those years.

SHINY, DEADLY MERCURY presents some compelling evidence of the connection between mercury and Alzheimer’s. The Lowdown on Amalgam Fillings provides details on dental amalgams, the largest contributor to mercury poisoning the world over.

We continue to research information, especially on detoxification techniques, and as we find better and better approaches, we will be keeping you informed.

For those of you who are new to Sharp Again Naturally, thank you for your interest in Making Alzheimer’s Only a Memory. Here is a brief summary of who we are and what we’ve been up to since our founding almost 2 years ago.

Based on our research, we recommend testing for all these. Reversing those that test positive can make a huge difference.

1. Mercury, lead, and heavy metal toxins
2. Low T3, even when thyroid tests are normal
3. Nutritional imbalances-vitamin and mineral deficiencies and excess sugars and/or the wrong fats in the diet
4. Neurological side effects from prescription medications
5. Toxins in our food, water, air, & work/home environment
6. Inflammation from low-level infections, food allergies, etc.
7. Stress and related factors

We don’t know what percentage of dementia cases are caused by mercury—no one does. But we have identified a few. Statistics and logic suggest there are many and we want to help.

A brief summary of who we are and what we’ve been doing for the past two years.

Thanks Office Depot for being our printing partner
SHINY, DEADLY MERCURY:  Cont’d from cover

damages and is related to a wide range of neurological pathologies. For example, mercury:
1. Poisons enzymes that are important for energy production
2. Interrupts the process by which growing nerves develop protective covering (myelin sheath)
3. Activates immune-excitotoxicity, which:
   • Dramatically increases the generation of free radicals
   • Accelerates atherosclerosis (hardening of the arteries)
   • Generally depresses the immune system
   • Damages and kills nerve cells by increasing inflammation
   • Lowers levels of glutathione (the good stuff)
   • Raises glutamate (the bad stuff) to toxic levels
   • Severely damages the endothelia (lining), especially of blood vessels, which contributes to diabetes mellitus, hypertension, rheumatoid arthritis, and coronary artery disease (which can lead to vascular dementia).

All this activity in the vascular system limits blood flow advance preparation, first to clear the liver and kidneys, and then to begin some level of detoxification before beginning to remove your amalgam fillings. In addition, some practitioners suggest taking charcoal orally on the day the amalgams are removed.

What are protocols for removing amalgam fillings safely?

Safety protocols, such as dental dams, protective clothing, and independent air supplies, are designed to protect both dental workers and patients from inhaling, ingesting, or absorbing mercury transdermally. The International Academy of Oral Medicine and Toxicology (IAOMT) makes these protocols available online. Visit www.iaomt.org for more info.

Special thanks for the technical assistance go to Dr. Howard G. Hindin, DDS, of the Hindin Center for Whole Health Dentistry, and also to Anita Kverumian of DANS (Dental Amalgam Mercury Solutions) International, Inc. For more info: www.amalgam.org & www.flex.com/hindina.html.

For more info:
www.amalgam.org

Solutions) International, Inc.

WE WISH TO THANK ALL OF OUR SPONSORS
FOR THEIR CONTINUING SUPPORT AND
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FOR BEING OUR PRINTING PARTNER

Contributions given to Sharp Again’s work represent an important investment in the future. We, along with other progressive and far-seeing nonprofits, are working to transform healthcare in our country, to return medical practice to its roots, in which the first order of the day was to do no harm. Our success can only spell good news for every individual, every family, every village, town, and city.

ACKNOWLEDGMENTS
Sharp Again Naturally would not exist were it not for the far-seeing and generous investments and assistance from these donors. We are deeply grateful for your support: Vicki & Si Ford | Gotham Networking Group | Houston Family Foundation | Kathy Bishop | Barry E. Faulkner

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THANK YOU Sharp Again Naturally for your community service
Denial and fear are undoubtedly at work within the dental profession. Imagine realizing that one has inserted thousands of fillings into people’s mouths that are now creating toxic, even lethal effects. Resistance to acknowledging the realities of mercury hazards is not new. For many years the ADA stated that mercury was stable and did not leak from fillings. When that statement was disproved, the ADA stated that although mercury did leak, it didn’t get into the body. That was also disproved. Now the claim is that although mercury does get into the body, the link between the mercury from dental amalgams and any disease remains “scientifically unproven.” Are you willing to wait for this latest statement to be disproven before taking action to protect yourself and your family?

And here’s a question from a reasonable person: If mercury does not cause Alzheimer’s, why did Tom Warren and so many others experience relief from their Alzheimer’s symptoms when they removed the mercury (replacing their silver dental fillings with composite fillings) and detoxed their heavy metals?

If amalgam fillings are so dangerous, why do some people with 20 amalgam fillings have no symptoms and others with only one, two, or three amalgam fillings have symptoms?

Everyone’s body is unique and some people’s bodies are much better at excreting mercury than others. For example, those having at least one APO-e4 gene are more mercury susceptible and must minimize their mercury levels.

LOWDOWN ON AMALGAM

Cont’d from p.9

Mercury has a strong affinity for the brain and cells of the nervous system. As you can see from the table below, mercury can produce the same major symptoms as Alzheimer’s. The two lists are identical. To see the original chart from which this information was adapted, visit the International Academy of Oral Medicine and Toxicology (IAOMT) website, which can be found at http://iaomt.org/wp-content/uploads/docs/mercury-induced-dementia-v02.jpg

- MERCURY POISONING
  - Behavioral and cognitive symptoms
    - Anxiety
    - Depression
    - Irritability
    - Memory loss
    - Physical/verbal outbursts
    - Sleep disturbances
  - Physical and biochemical features
    - Neurofibrillary tangles (NFTs)
    - Beta-amyloid plaques
    - Insoluble brain tubulin
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- What are the major sources of mercury poisoning?
  - Many people know mercury is found in the fish we eat, in vaccines, and in atmospheric pollution emitted from power plants, especially coal plants. Not as many people know that according to the World Health Organization (1993), the most common cause of mercury poisoning worldwide by far is dental amalgam fillings, known more commonly as “silver fillings.” All “silver amalgam” fillings are approximately 50% mercury, and even the American Dental Association admits they all leach mercury into both the digestive system and the bloodstream.

Are vaccinations safe?

Many vaccinations contain Thimerosal, which contains minute amounts of mercury. Your doctors may well say they are safe, but though minute in quantity, the form of mercury in the vaccine is the most toxic form of mercury in existence. If you are concerned about your health, it would be wise to research the subject for yourself and avoid any unnecessary vaccinations, especially the flu, pneumonia, and shingles vaccines.

Can mercury cause Alzheimer’s disease?

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Does that mean Alzheimer’s and mercury poisoning are the same thing? We don’t know, but given these commonalities, it’s certainly a question worth investigating. We are exposed to many sources of mercury daily and most of us accumulate it faster than we can remove it. Diet, lifestyle, and other environmental exposures play roles in determining if we will become toxic, how soon, and to what extent.

Do the new fluorescent bulbs still have mercury?

Absolutely. The new high-efficiency Compact Fluorescent Light (CFL) bulbs (the ones that look like they have a twisted tube in them), contain mercury, and the directions for taking care of them if they break cover four single-spaced pages. In some areas, regulations call for bringing in a HazMat (Hazardous Materials) team for a cleanup. There is even some debate over how much mercury they leach into the environment before they break. We prefer
How do we know mercury might cause Alzheimer’s/dementia? Apart from the indications in the comparison chart, above, and numerous studies from elsewhere in the world, two other pieces of evidence points to mercury as a cause of Alzheimer’s:

**Observations of mercury destroying a neuron.** The graphic below is taken from a video of an in vitro experiment done by the University of Calgary in Canada. Notice that the mercury isn’t even touching the neuron; it’s just in the vicinity.

![Graphic showing mercury and neuron](image1.png)

- **Documented cases of patients diagnosed with Alzheimer’s or dementia whose cognitive function returned upon removing the source of contamination and destroying mercury.** Despite the anecdotal nature of such cases, it seems to us illogical to pretend they have no significance whatsoever. Is a fact invalid simply because no one is there with double blind control groups to prove it wouldn’t have happened in another subject? We don’t think so. Let the research follow to check it out, by all means, if you can find someone to be the control . . . but don’t pretend it didn’t happen.

Sharp Again is helping to fund the completion of a documentary film that features the stories of three such patients. Here is the story of one of them.

Tom Warren was diagnosed at 53 with early Alzheimer’s, first by a Seattle hospital and subsequently the Mayo Clinic. The CT scan showed frontal lobe brain shrinkage. Tom and his wife tried everything—dietary changes, enzymes, supplements, eliminating possible allergens—all to no avail. But then he learned that dental amalgam fillings were 50 percent mercury. He had so many fillings and the process of replacing them would have been so lengthy and onerous that he elected to have all his teeth extracted and replaced by dentures.

Within just one month after the procedure was complete, and delaying initiating, his symptoms had diminished noticeably. Three years later, a follow-up CT scan was entirely normal—his brain shrinkage had been completely reversed. Tom went on to write two books and died 20 years later of unrelated causes.

Do I have mercury in my body? The odds are that you do, whether or not you’ve developed symptoms yet. Recent studies of large populations in the USA, Japan, Eastern Europe, Australia, New Zealand, China, and the UK have shown that most people have mercury levels in their tissues that exceed the safety limits set by the Environmental Protection Agency.

Why should I worry about my levels of mercury, lead, and other heavy metals if I have no symptoms? Mercury and other heavy metals are a ticking time bomb, because they adversely affect every tissue and organ in the body. What can’t be excrated tends to accumulate at different rates in various body tissues where it interferes with major body function, often without anyone knowing about it. Certain genetic types have more difficulty than others excrETING heavy metals.

There is a widespread belief that when the body’s bones, muscles, and organs can no longer accommodate additional toxins, the body reaches its “body burden,” a point beyond which mercury inedged will spill over into the bloodstream, travel through veins and arteries and begin generating symptoms.

However, our Go To Expert, Howard Hindin, DDS, explains that serious effects can show up much earlier than the body burden point because of the way the body absorbs mercury. Mercury is absorbed by fatty tissues, including the nerve linings, the brain, and the cell membranes that line every cell. At the cell membrane level, mercury blocks receptor sites, restricting cell nutrition and function—this is especially damaging for people who are on poor diets to begin with. In addition to curtailing nutritional intake, mercury appears to alter cell membranes in such a way that the person’s immune system no longer recognizes those cells as part of them and therefore attacks those cells as foreign, enemy bodies.

Ultimately, Dr. Hindin says, the amount of mercury may be less important than: (1) the time it’s been in the body, (2) where it has settled, and (3) what other factors are at work. For example, a stressed person with highly active nervous and
immune systems and after a long exposure to a small amount of mercury may mount an autoimmune attack and do it sooner than someone with less active nervous/immune systems who has had twice as much mercury in the body for only a short time. This impact of mercury over time is disquieting news, since the CDC has recently published news that the incidence of toxic mercury blood levels in the U.S. rose from 2 percent of the population in 1999 to a whopping 30 percent in 2006, just 7 years later. And that was 7 years ago, which would suggest it’s a lot higher today.

Why don’t doctors test every Alzheimer’s/dementia patient for heavy metals?

Doctors simply aren’t aware that heavy metals are a problem. The education of medical doctors in the United States and Canada focuses on pharmacological solutions to illness. They receive little to no training in nutrition, vitamin supplementation, measuring environmental toxins, or the best ways to detoxify the body. Since the majority of Alzheimer’s patients today are very likely to have had silver amalgam dental fillings at some point in their lives, we believe everyone with dementia should be tested for heavy metals as a possible factor for their dementia.

If I have the Alzheimer’s gene, will I get Alzheimer’s no matter what I do?

Not necessarily, although your chances are higher. The fact is, there is no “Alzheimer’s gene” that carries the disease. The correct label for that gene is “the APO-e44 gene”, and it reduces our ability to excrete mercury and other toxins naturally. But many people with the APO-e44 still do not get Alzheimer’s. In other words, if you avoid mercury and detox mercury and other heavy metals, you can very possibly avoid mercury-related Alzheimer’s. If you have a higher risk, you should practice preventive care even more rigorously.

Cauliflower Rice (The Paleo Diet Cookbook)

Ingredients
- Half a head of cauliflower
- 1 TB coconut, grapeseed, or olive oil
- Half a yellow onion, diced
- 1 clove garlic, minced
- Salt & pepper to taste

Instructions
1. Rinse cauliflower and break it away from the main stem in large chunks. Using a cheese grater or food processor, grate cauliflower to a coarse texture.
2. Heat the oil in a skillet over medium heat. Sauté the onion and garlic for 3-4 minutes or until the onion is relatively translucent.
3. Season with salt and pepper and serve.

Variety TriColor Salad for Two

This fresh, raw salad is crunchy, delicious, and beautiful, combining the deep red of the beets, orange of the carrots, and white of the turnips.

Ingredients
- One medium beet
- One medium carrot
- One medium turnip
- 3 TBSP olive oil
- 1 tsp garlic powder
- 1/2 tsp wheat-free tamari sauce or Bragg’s Liquid Aminos
- Sprouted cress or pea shoots for garnish

Instructions
1. Scrub the beet, carrot, and turnips and cut off roots and top. Julienne all three vegetables using a chef knife and then combine in a single bowl.
2. In a jar, mix olive oil, garlic powder, lemon juice, and wheat-free tamari sauce or Bragg’s Liquid Aminos and shake to test the dressing by dipping a piece of turnip in it. You may want stronger or rebalanced flavors. Adjust to taste.
3. Pour the dressing over the veggies and toss.
4. Garnish and serve.

Variations on the dressing:
- add a TBSP of Kefir or plain yoghurt and dill to taste. Add tsp of lemon with three cherry tomatoes and blend

Can I be tested for mercury, lead, & other heavy metals?

A holistic doctor or dentist can order a heavy metal test for you. (If they don’t normally do that testing, you can use DoctorsData.com or another reputable lab.) One of the most reliable tests to start with is a 6- or 24-hour heavy metal urine DMSA “challenge” test. The cost of this test ranges from $50 to $165. Other tests for heavy metals include blood, hair, or nail tests to start with is a 6- or 24-hour heavy metal urine DMSA “challenge” test. The cost of this test ranges from $50 to $165. Other tests for heavy metals include blood, hair, or nail tests...
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saliva, and stool, but these generally provide less accurate indications of true mercury levels (see dentalwellness4u.com). The thing to remember here is that interpretation of these tests is neither simple nor obvious, so you need a knowledgeable person to interpret them. The same numerical outcome can mean 2 or 3 different conditions.

For information, including lists of peer-reviewed journal articles relating mercury to Alzheimer’s and other diseases, see the IAOMT detailed position paper: http://iaomt.org/wp-content/uploads/IAOMT-2013-Position-Statement.pdf

For further information and names of dental and detoxing experts, visit the following websites:

FunctionalMedicine.org • The Institute for Functional Medicine
IAOMT.org • International Academy of Oral Medicine & Toxicology
ACAM.org • American College for Advancement in Medicine

VOLUNTEER OPPORTUNITIES
AVAILABLE IMMEDIATELY
NO EXPERIENCE NECESSARY
JoinTheTeam@SharpAgain.org

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A potent neurotoxin too dangerous for thermometers, but contained in every CFL Bulb.

“When a CFL breaks in your home, it releases mercury vapor.”

For clean up, The EPA instructs:
- Seal off the room & turn off HVAC
- Don’t Vacuum (mercury will spread)
- Follow 3 pages of detailed instructions. www.epa.gov/cfl/clineqrep.pdf

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ACAM.org  •  American College for Advancement in Medicine

BOOK REVIEW

GRAIN BRAIN: THE SURPRISING TRUTH ABOUT WHEAT, CARBS AND SUGAR - YOUR BRAIN’S SILENT KILLERS

by Dr. David Perlmutter, M.D.
with Kristin Loberg

Why are so many people today afflicted with Alzheimer’s Disease (AD) and dementia? We eat low-fat foods, whole grains, plenty of fruit, little or no red meat—even the manufacturers have fallen in line, providing us with all the low-fat foods we could want. We’re following the rules for healthy eating—So what’s the problem?

The problem is the rules, says David Perlmutter. We are starving ourselves of the very substances our brains need to function and we’re flooding our bodies with substances that can only poison us and make us fat and stupid. Simply put, The rules are wrong.

Perlmutter’s new book, GRAIN BRAIN takes what we have come to accept as a healthy diet and turns it on its head. He makes the case that our hi-carb, gluten-rich, low-fat diet(s) is a primary cause of the exponential increase in brain disease. Dr. Perlmutter’s arguments are supported by a recent study by the Mayo clinic found people who eat a carbohydrate-laden diet have an 89% increased risk of developing dementia as compared to those eating a low-carb diet rich in fats. This brings us to the third radical statement.

There’s no substitute for reading the book, which we recommend, but here, vastly simplified, are three of his fundamental and surprising assertions:

1. Gluten, rather than seriously affecting only the small proportion of the population that has celiac disease, may be the hidden “tobacco” of the 21st century, adversely affecting the neurology of most of the population. Why hidden? Gluten doesn’t just affect the gut: rather, it creates widespread inflammation everywhere in the body, especially in the skin and the nervous system and most especially in the brain. One of the world’s foremost authorities on gluten sensitivity and the brain writes “gluten sensitivity can be primarily, and at times, exclusively, a neurological disease.”

2. Complex carbohydrates such as grains and other sugars lead to insulin resistance and diabetes, which, according to studies, leads to “eye-popping” increases in the risk for mild cognitive dementia and Alzheimer’s, as well as other neurological diseases. A recent study by the Mayo clinic found people who eat a carbohydrate-laden diet have an 89% increased risk of developing dementia as compared to those eating a low-carb diet rich in fats. This brings us to the third radical statement.

3. Cholesterol and fat are absolutely required for brain health. Stains, which are prescribed to lower cholesterol, have long been linked to problems with cognitive function. But stains can harm the body in other ways as well, by increasing susceptibility to diabetes as well as lowering the body’s ability to make coQ10, an antioxidant that influences the cell’s energy production.

Grain Brain refers to “the statin epidemic.”

These assertions about the impact of diet on the brain are not surprising in light of Dr. Perlmutter’s background: He is the only doctor in the country who is both a board-certified neurologist and a Fellow of The American Board of Nutrition.

Critics of GRAIN BRAIN argue for balance: no category of foods should be excluded from our diets, they say, and many grains contain no gluten. Whole foods such as fruits can be consumed in moderation with no ill effects. They stress that diet is no more important to maintaining healthy blood sugar than exercise.

But this reviewer plans his protocol and see how the body and brain respond. If the results warrant a mention, you’ll see a follow-up.
immune systems and after a long exposure to a small amount of mercury may mount an autoimmune attack and do it sooner than someone with less active nervous/immune systems who has had twice as much mercury in the body for only a short time. This impact of mercury over time is disquieting news, since if you read the book review of you might be wondering what on earth you’re going to eat from now on, especially if you, like so many of us, consume a diet comprising 50 percent or more of whole grains, oatmeal, pastas, and other baked goods.

Doctors simply aren’t aware that heavy metals are a problem. The education of medical doctors in the United States and Canada focuses on pharmacological solutions to illness. They receive little to no training in nutrition, vitamin supplementation, measuring environmental toxins, or the best ways to detoxify the body. Since the majority of Alzheimer’s patients today are very likely to have had silver amalgam dental fillings at some point in their lives, we believe everyone with dementia should be tested for heavy metals as a possible factor for their dementia.

If I have the Alzheimer’s gene, will I get Alzheimer’s no matter what I do? Not necessarily, although your chances are higher. The fact is, there is no “Alzheimer’s gene” that carries the disease. The correct label for that gene is “the APO-e44 gene”, and it reduces our ability to excrete mercury and other toxins naturally. But many people with the APO-e44 still do not get Alzheimer’s. In other words, if you avoid mercury and detox mercury and other heavy metals, you can very possibly avoid mercury-related Alzheimer’s. If you have a higher risk, you should practice preventive care even more rigorously.

Here’s how this gene works: We inherit one APO-e gene from each parent. If we are lucky enough to receive an APO-e2 from each parent, then we have the highly protective APO-e22 gene and are very unlikely to get mercury-related dementia. If one parent and consequently carry the APO-e44, we are far more likely to get Alzheimer’s at an early age.

Can I be tested for mercury, lead, & other heavy metals? A holistic doctor or dentist can order a heavy metal test for you. (If they don’t normally do that testing, you can use ... tests to start with is a 6- or 24-hour heavy metal urine DMSA “challenge” test. The cost of this test ranges from $50 to $165. Other tests for heavy metals include blood, hair, and...
to use LED lights, which have no mercury, last longer, don’t flicker, and are coming down in price.

How do we know mercury might cause Alzheimer’s/dementia? Apart from the indications in the comparison chart, above, and numerous studies from elsewhere in the world, two other pieces of evidence points to mercury as a cause of Alzheimer’s:

Observations of mercury destroying a neuron. The graphic below is taken from a video of an in vitro experiment done by the University of Calgary in Canada. Notice that the mercury isn’t even touching the neuron, it’s just in the vicinity.

Documented cases of patients diagnosed with Alzheimer’s or dementia whose cognitive function returned upon removing the source of contamination and detoxxing mercury. Despite the anecdotal nature of such cases, it seems illogical to pretend they have no significance whatsoever. Is a fact invalid simply because no one is there with double blind control groups to prove it wouldn’t have happened in another subject? We don’t pretend it didn’t happen.

Sharp Again is helping to fund the completion of a documentary film that features the stories of three such patients. Here is the story of one of them.

Tom Warren was diagnosed at 53 with early Alzheimer’s, first by a Seattle hospital and subsequently the Mayo Clinic. The CT scan showed frontal lobe brain shrinkage. Tom and his wife tried everything—dietary changes, enzymes, supplements, eliminating possible allergens—all to no avail. But then he learned that dental amalgam fillings were 50 percent mercury. He had so many fillings and the process of replacing them would have been so lengthy and onerous that he elected to have all his teeth extracted and replaced by dentures.

Within just one month after the procedure was complete, and detoxing initiated, his symptoms had diminished noticeably. Three years later, a follow-up CT scan was entirely normal—his brain shrinkage had been completely reversed.

Do I have mercury in my body? The odds are that you do, whether or not you’ve developed symptoms yet. Recent studies of large populations in the USA, Japan, Eastern Europe, Australia, New Zealand, China, and the UK have shown that most people have mercury levels in their tissues that exceed the safety limits set by the Environmental Protection Agency.

Why should I worry about my levels of mercury, lead, and other heavy metals if I have no symptoms? Mercury and other heavy metals are a ticking time bomb, because they adversely affect every tissue and organ in the body. What can’t be excreted tends to accumulate at different rates in various body tissues where it interferes with major body function, often without anyone knowing about it. Certain genetic types have more difficulty than others excreting heavy metals.

There is a widespread belief that when the body’s bones, muscles, and organs can no longer accommodate additional toxins, the body has reached its “body burden,” a point beyond which mercury ingested will spill over into the bloodstream, travel through veins and arteries and begin generating symptoms.

However, our Go To Expert, Howard Hindin, DDS, explains that serious effects can show up much earlier than the body burden point because of the way the body absorbs mercury. Mercury is absorbed by fatty tissues, including the nerve linings, the brain, and the cell membranes that line every cell. At the cell membrane level, mercury blocks receptor sites, restricting cell nutrition and function—this is especially damaging for people who are on poor diets to begin with. In addition to curtailing nutritional intake, mercury appears to alter cell membranes in such a way that the person’s immune system no longer recognizes those cells as part of them and therefore attacks those cells as foreign, enemy bodies.

Ultimately, Dr. Hindin says, the amount of mercury may be less important than: (1) the time it’s been in the body, (2) where it has settled, and (3) what other factors are at work. For example, a stressed person with highly active nervous and low down on amalgam}

Other countries have taken this information seriously. The governments of Norway, Sweden, and Denmark have banned the use of mercury amalgam fillings in dentistry, France has recommended that alternative mercury-free dental materials be used for pregnant women, and Germany, Finland, Austria, and Canada have worked to reduce the use of dental mercury amalgam fillings for pregnant women, children, and patients with kidney problems.

In the U.S., however, many people are unaware of important issues concerning amalgam fillings, and so we address the following questions to help fill in the blanks.

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Is it true once an amalgam filling is removed it is considered hazardous waste? Yes. The Environmental Protection Agency, regulating the disposal of hazardous waste materials, requires dentists to put them in an in-house separator, which extracts the mercury so it can be safely disposed of as hazardous waste.

Why does my dentist tell me my amalgams are safe, stable, and do not leach? It is entirely possible your dentist is unaware of the risks, and may resist requests to take mercury-free precautons in removing amalgams from your teeth. In fact, nearly half of all American dentists are still inserting mercury into people’s teeth. Why? Because dentists are subjected to a barrage of information from the American Dental Association (ADA), dental schools, training programs, literature, and conferences that dental amalgam fillings are safe, stable, and do not leach. This is simply not true.

Even the ADA’s own literature shows that mercury leaches from amalgam fillings, so much so that eighty percent of the mercury is gone from the filling after 25 years. There is no place for it to go except to migrate into the digestive or respiratory systems. Here is a photograph of an extracted tooth showing a mercury amalgam filling off-gassing mercury vapor.

Quackbust activist Dr. James LaRide, MD posted a comment online disputing this evidence, asserting that it must be water vapor because mercury atoms would be too heavy to rise.

Sharp Again spoke with the scientists involved in the original experiment, and they explained the fallacy behind LaRide’s comment this way: (1) the lamp used to illuminate the gas was a spectrophotometer and set at 254nm to illuminate mercury and mercury only; and 254nm light can’t...
Denied and fear are undoubtedly at work within the dental profession. Imagine realizing that one has inserted thousands of fillings into people’s mouths that are now creating toxic, even lethal effects. Resistance to acknowledging the realities of mercury hazards is not new. For many years the ADA stated that mercury was stable and did not leak from fillings. That statement was disproved. Now the claim is that although mercury does get into the body, the link between the mercury from dental amalgams and any disease remains “scientifically unproven.” Are you willing to wait for others with only one, two, or three amalgam fillings to have symptoms?

If amalgam fillings are so dangerous, why do some people with 20 amalgam fillings have no symptoms and others with only one, two, or three amalgam fillings have symptoms?

Everyone’s body is unique and some people’s bodies are much better at excreting mercury than others. For example, those having at least one APO-e4 gene are more susceptible to mercury fillings and might experience symptoms, while those with the neuro-protective APO-e2 gene might excrete mercury from amalgam fillings. And there are many other factors at work here. What this suggests is that those who are most susceptible must minimize their mercury levels.

Can my regular dentist remove my amalgam fillings?

Alzheimer’s. The two lists are identical. To see the original content, visit the International Academy of Oral Medicine and Toxicology (IAOMT) website, which can be found at http://iaomt.org/wp-content/uploads/infogfx-mercury-induced-dementia-v02.jpg

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LOWDOWN ON AMALGAM

Many times the studies measure blood serum levels of mercury to test the link for Alzheimer’s. Our experience is that blood serum levels don’t tell us much about the amount of mercury in the brain or about lifetime exposure to mercury.

Sometimes the science used in the study is not good science. For example, in an often-cited study of 129 nuns, upon autopsy they looked at the nuns with Alzheimer’s and the number of amalgam fillings they had at death. So they did not look at dental history. If a nun had Alzheimer’s but only had three teeth left and none of them had amalgam fillings, she was in the non-amalgam group. She could have had a mouth full of mercury for most of her life and have ingested enormous levels of it and the scientists wouldn’t know it. As you can see this makes the study worthless.

Sometimes the studies are flawed because guidelines for grouping participants are confusing. For example, people can have neurofilibrital tangles and beta-amyloid plaques of Alzheimer’s upon autopsy, yet not exhibit any Alzheimer’s symptoms. Are these people put in the Alzheimer’s group or the non-Alzheimer’s group? The amyloid plaques of Alzheimer’s begin developing in the brain 20 years before a person exhibits outward symptoms, this is problematic.

Can regular dentist remove my amalgam fillings?

If your dentist doesn’t have mercury-safe training already but is open and willing, put them in touch with the International Academy of Oral Medicine and Toxicology (www.IAOMT.org) and ask them to get certified—everybody wins that way. If he or she is not willing, we recommend refusing all future mercury fillings and finding a mercury-safe dentist to handle the removals—especially if you already have some symptoms.

Should I have my amalgam fillings replaced?

Most holistic practitioners advise having mercury/silver amalgam fillings removed by a trained mercury-safe dentist. Mercury removal is more than just a dental matter, because how the mercury that’s already lodged in your body gets removed depends on a number of medical factors your dentist isn’t trained in assessing. Savvy dentists may send you to a medical practitioner for some to all organs and tissues of the body (including the brain), which diminishes both the nourishment and the natural daily housekeeping (detoxing) functions the bloodstream makes possible. For all but a few, mercury accumulates in the human body over time, where it interferes with function, maintenance, and repair, leading to heart disease, liver disease, kidney disease, skin rashes, neurological diseases and a host of others. From this point forward, we will limit our discussion in this article to Alzheimer’s.

What are the major sources of mercury poisoning?

Many people know mercury is found in the fish we eat, in vaccines, and in atmospheric pollution emitted from power plants, especially coal plants. Not as many people know that according to the World Health Organization (1993), the most common cause of mercury poisoning worldwide by far is dental amalgam fillings, known more commonly as “silver” fillings. All “silver amalgam” fillings are approximately 50% mercury, and even the American Dental Association admits they all leach mercury into both the digestive system and the bloodstream.

Are vaccinations safe?

Many vaccinations contain Thimerisol, which contains minute amounts of mercury. Your doctors may well say they are safe, but though minute in quantity, the form of mercury in the vaccine is the most toxic form of mercury in existence. If you are concerned about your health, it would be wise to research the subject for yourself and avoid any unnecessary vaccinations, especially the flu, pneumonia, and shingles vaccines.

Can mercury cause Alzheimer’s disease?

Mercury has a strong affinity for the brain and cells of the nervous system. As you can see from the table below, mercury can produce the same major symptoms as Alzheimer’s. The two lists are identical. To see the original chart from which this information was adapted, visit the International Academy of Oral Medicine and Toxicology (IAOMT) website, which can be found at http://iaomt.org/wp-content/uploads/infogfx-mercury-induced-dementia-v02.jpg

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Does that mean Alzheimer’s and mercury poisoning are the same thing? We don’t know, but given these commonalities, it’s certainly a question worth investigating.

We are exposed to many sources of mercury daily and most of us accumulate it faster than we can remove it. Diet, lifestyle, and other environmental exposures play roles in determining if we will become toxic, how soon, and to what extent.

Do the new fluorescent bulbs still have mercury?

Absolutely. The new high-efficiency Compact Fluorescent Light (CFL) bulbs (the ones that look like they have a twisted tube in them), contain mercury, and the directions for taking care of them if they break cover four single-spaced pages. In some areas, regulations call for bringing in a HazMat (Hazardous Materials) team for a cleanup. There is even some debate over how much mercury they leach into the environment before they break. We prefer

Denial and fear are undoubtedly at work within the dental profession. Imagine realizing that one has inserted thousands of fillings into people’s mouths that are now creating toxic, even lethal effects. Resistance to acknowledging the realities of mercury hazards is not new. For many years the ADA stated that mercury was stable and did not leak from fillings. That statement was disproved. Now the claim is that although mercury did leak, it didn’t get into the body. That was also disproved. Now the claim is that although mercury does get into the body, the link between the mercury from dental amalgams and any disease remains “scientifically unproven.” Are you willing to wait for others with only one, two, or three amalgam fillings to have symptoms? Everyone’s body is unique and some people’s bodies are much better at excreting mercury than others. For example, those having at least one APO-e4 gene are more sensitive to mercury fillings and might experience symptoms, while those with the neuro-protective APO-e2 gene might excrete mercury from amalgam fillings. And there are many other factors at work here. What this suggests is that those who are most susceptible must minimize their mercury levels.
SHINY, DEADLY MERCURY: In this issue...

What are protocols for removing amalgam fillings safely? Safety protocols, such as dental dams, protective clothing, and independent air supplies, are designed to protect both dental workers and patients from inhaling, ingesting, or absorbing mercury transdermally. The International Academy of Oral Medicine and Toxicology (IAOMT) makes these protocols available online. Visit www.iaomt.org for more info.

1. Select a dentist and a healthcare professional qualified to address that. Congratulations.
2. See a physician to make sure there are no contra-indications. Is your body ready to handle the detoxing process? (Do you have good GI, kidney and bowel function?) Are you taking supplements that are mercury toxicants? What is your diet free of sugar? Are you taking supplements and are they the right ones? Are you eating enough alkaline foods? Are you drinking plenty of pure water?
3. Have a dental evaluation by a mercury-safe dentist. (Is there another work that needs to be done to minimize mercury exposure? (e.g., teeth that need crowns or root canals)? What other metals are present in your mouth that might exacerbate the effects of the mercury toxicity? What will the treatment cost? Does the dentist use mercury-safe protocols (e.g., a rubber dam and independent air supply)? What will be used to replace the mercury fillings?

In the meantime, we hope 2014 is a year of kindness, fun, accomplishment, gratitude, and love, full of lasting memories.

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如果没有你们的慷慨支持，Sharp Again Naturally就不会存在。我们对你们的支持深表感激。

GETTING READY TO HAVE MERCURY FILINGS REPLACED

If you're like most of us, your immune and detox systems are compromised by years of accumulated mercury and other heavy metals in your body. But if you're reading this, you've decided to address that. Congratulations.

The most important thing to remember about removing and detoxing mercury fillings is it involves both medical and dental questions. Here are important steps for preparing for the best results:

1. Select a dentist and a healthcare professional qualified to assess and manage whatever detoxing process might be necessary. Has this person worked successfully with other detox patients? What methods does the person use? Does he or she understand how to interpret urine and blood mercury tests?
2. See a physician to make sure there are no contra-indications. Is your body ready to handle the detoxing process? (Do you have good GI, kidney and bowel function?) Are you taking supplements that are mercury toxicants? What is your diet free of sugar? Are you taking supplements and are they the right ones? Are you eating enough alkaline foods? Are you drinking plenty of pure water?
3. Have a dental evaluation by a mercury-safe dentist. (Is there another work that needs to be done to minimize mercury exposure? (e.g., teeth that need crowns or root canals)? What other metals are present in your mouth that might exacerbate the effects of the mercury toxicity? What will the treatment cost? Does the dentist use mercury-safe protocols (e.g., a rubber dam and independent air supply)? What will be used to replace the mercury fillings?
4. Remember to skip supplements the morning of the day of the removal; especially Vitamin C.

Mercury and other heavy metal detoxing can make a huge difference in your personal health. Learn all you can, ask questions, and remember if others have succeeded before you, so can you.
In thanks for the life of Jeanne S. Bishop  
1923 - 2010  

Silent partner in manifesting Sharp Again Naturally’s vision:  
A world free of unnecessary suffering from reversible causes of dementia

SHINY, DEADLY MERCURY  

Everyone knows lead poisoning can kill you, but did you know mercury is many times more neurotoxic than lead? Various reports estimate the harm mercury does to the nervous system ranges from 10 to 1000 times greater than lead. So why do so few people know about the risks of mercury? There are three main reasons: First, doctors rarely test for mercury levels because they’re not trained to be aware of how important it is to do so. Second, when symptoms appear, there’s seldom an obvious connection with mercury; it’s only those few trained in heavy metal poisoning and dementia/Alzheimer’s who are likely to recognize the signs of mercury poisoning. Third, powerful and well-funded interests (ADA-American Dental Association) dispute the harm mercury does.

What kind of symptoms does mercury cause? Mercury is the most toxic substance on the planet after radioactive plutonium. According to neurosurgeon Russell Blaylock, MD, mercury inflicts very serious damage to the nervous system. 

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7 Reversible Causes of Dementia to Test for  

Based on our research, we recommend testing for all these. Reversing those that test positive can make a huge difference.

1. Mercury, lead, and heavy metal toxins  
2. Low T3, even when thyroid tests are normal  
3. Nutritional imbalances-vitamin and mineral deficiencies and excess sugars and/or the wrong fats in the diet  
4. Neurological side effects from prescription medications  
5. Toxins in our food, water, air, & work/home environment  
6. Inflammation from low-level infections, food allergies, etc.  
7. Stress and related factors

THE LOWDOWN ON AMALGAM FILLINGS

Mercury was first widely introduced as a filling material in the early 1800s. And responsible physicians have been opposing the use of mercury amalgams to fill cavities ever since. The American Society of Dental Surgeons, which preceded the American Dental Association, made its members pledge not to use mercury because of its known neurotoxicity. More recently, government officials, scientists, dentists, consumers, and many others have raised serious concerns about the documented damage done by dental mercury to humans and to the environment at large.