

DETOXIFICATION OF HEAVY METALS

The purpose of *removing certain types of fillings, crowns, bridges, and root canals* from the mouth is to remove a potentially significant **source** of toxic elements from the body. The purpose of *heavy metal detoxification* is to remove potentially harmful toxins from your body's **cells** where it is potentially causing biologic dysfunction. Be clear that detoxification is a separate medical issue from removing a potential source of heavy metal and bacterial toxins to the body, which means that dentists are not legally qualified to specifically treat patients for detoxification.

Detoxification is considered important not only before and during dental treatment, but after dental treatment as well. If detoxification is needed but is not utilized, a person likely will not experience any significant improvement in their health! Generally, supplements are used to displace mercury and other toxins from its cellular binding sites, augment the excretion of mercury, restore depleted nutrients, protect cell membranes, enhance excretory organ function, and enhance immune function. If you already are on a detoxification program, is it designed specifically for *mercury and other heavy metals*? If not, consider that it might be more beneficial to use one of the heavy metal protocols, and then resume your *general* nutritional/dietary/lifestyle program 2-12 months after completion of a heavy metal detoxification program. There are numerous detoxification protocols which utilize dietary/nutritional and lifestyle changes. Since I am not an expert on detoxification, and cannot be directly involved with detoxification as a dentist, I can only pass along information about protocols that have been reported to be effective. Understand that I do not recommend or endorse any particular protocol. Any supplements you choose to take should be based on a consultation with an appropriate healthcare professional knowledgeable about heavy metal detoxification because of the complex inter-relationship between nutrients and physiology.

There are universal protocols and there are customized protocols, the choice is yours. Obviously, there are benefits and risks associated with each.

- Booklet: *The IV-C Mercury Tox Program* by H.L. "Sam" Queen, CCN, CNS, Phone: 719-598-4968, Web site: www.healthrealities.org
- Booklet: *Dental Mercury Detoxification* by Michael Ziff, DDS, Phone: 800-282-9670, e-mail: bpinfo@bioprobe.com, Web site: www.bioprobe.com
- Book: *Amalgam Illness: Diagnosis and Treatment* by Andrew Hall Cutler, PhD, PE, Phone: 425-557-8299, Web site: www.noamalgam.com
- Product: *Oral Chelation* by Extended Health, Phone: 800-300-6712, e-mail: info@extendedhealth.com, Web site: www.extendedhealth.com
- Product: *NDF* by BioRay, Inc, Phone: 310-395-1131, Web site: www.BioRay2000.com
- Product: *Defense & Replenish* by CFS Nutrition, Phone: 888-801-2376, Web site: www.cfsn.com
- Product: *Metal-Free* by Body Health, Phone: 877-804-3258, Web site: www.metal-free.com
- Product: *PCA-Rx* by Maxam Nutraceuticals, Phone: 800-800-9119, Web site: maxamlabs.com
- Product: *CyChroMax P-450 and Cilantro Extract* by Nature's Balance, Phone: 800-858-5198, Web site: www.natures-balance.com

Other therapies that have been used are:

- Intravenous chelation - Vitamin C, DMPS, DMSA, D-penicillinase, others
- Low heat saunas, followed by a shower
- Epsom salt baths, followed by a shower
- Exercise that induces sweat, followed by a shower
- Diet
- Constitutional homeopathy
- Feldenkreis therapy
- Colonics
- Cranial-sacral therapy
- Acupressure

Because of dental license limitations, I am unable by training and law to directly involve myself in the treatment of heavy metal detoxification. However, on the other side are names of practitioners who are knowledgeable in the field of heavy metal detoxification. Understand that by providing these names, my only intent is to enable you in contacting other people who may be able to help you with detoxification.

I do not endorse or recommend any particular product or practitioner because I strongly believe that it is in the patient's best interest to understand their unique health problems in order to choose the most appropriate practitioner and treatment (or no treatment) for them at that particular moment in time, and because some treatments are considered controversial and not the standard-of-care in conventional dentistry and medicine. Although this list contains names of people I have met and/or talked to about this subject, this list is not meant to be an exclusive list because it is not possible for me to know of everyone experienced in this area of healthcare and their qualifications. Although I have categorized these practitioners by test, be aware that many practitioners actually utilize more than one test to determine which of the many detoxification therapies that likely should be most effective. It is your responsibility to call these practitioners and ask questions.

A. **Laboratory assessment** (blood, hair, urine, and fecal testing):

- Scientific Health Solutions, Colorado Springs, CO, Phone: 800-331-2303
- The Institute for Health Realities, Colorado Springs, CO, Phone: 719-598-4968

B. **Kinesiology**:

- Lea Casperson, D.C., Eagan, MN, Phone: 651-452-3900
- Gary Hulin, D.C., D.D.S., Minnetonka, MN, Phone: 952-833-3038
- Jed Krauss, D.C., Minnetonka, MN, Phone: 952-933-8089
- Carol Lipschultz, D.C., St. Paul, MN, Phone: 651-644-9691
- Richard Mayfield, D.C., Bloomington, MN, Phone: 952-885-0822
- Marcie New, D.C., Edina, MN, Phone: 952-830-1019
- Virginia Shapiro, D.C., Duluth, MN, Phone: 218-722-4845

C. **Electrodermal Screening**:

- Peg Bauwens, St. Paul, MN, Phone: 651-645-5084
- David Eide, N.D., Edina, MN, Phone: 952-941-1919
- Michael P. Kelly, St. Louis Park, MN, Phone: 952-920-0044
- Daryl Metcalf, D.C., Edina, MN, Phone: 952-835-0096

D. **Intuitive**:

- Beth Gustafson, Braham, MN, Phone: 320-396-0328
- Warren King, CAc, Minnetonka, MN, Phone: 952-930-3575
- Jane Staley, Chicago, IL, Phone: 630-497-1458

E. **"Medical"**:

- Rob Bruley, M.D., D.C., Minneapolis, MN, Phone: 612-455-0444
- Michael Dole, M.D., St. Louis Park, MN, Phone: 952-924-1053
- Mark Hoch, M.D., Minneapolis, MN, Phone: 612-727-2989
- Paul Klebs, N.D., St. Cloud, MN, Phone: 320-761-5383
- Mae Beth Lindstrom, D.C., Slayton, MN, Phone: 507-836-8911
- Jody Nyquist, N.H.D., N.D., Hastings, MN, Phone: 651-480-8244
- Adiel Tel-Oren, D.C., Minneapolis, MN, Phone: 612-870-2974
- Susan Wahl, N.D., Hudson, WI, Phone: 800-801-0922

This information is provided for educational purposes only, and should not be considered a recommendation for any particular treatment, product, or philosophy. You have the sole responsibility to examine the benefits and risks of available options and decide what treatment, if any, is to be rendered. The First Amendment of the U.S. Constitution grants the right to discuss openly and freely all matters of public concern, and to express viewpoints no matter how controversial or unaccepted they may be.