

## Did you know?

Mercury is a known environmental and biologic toxic. For many years, it has been used as a component in dental fillings.



The World Health Organization has concluded that dental fillings contribute more mercury to a person's body than all other sources of mercury combined. Mercury is a powerful poison. Published research demonstrates that mercury is more toxic than lead, cadmium or arsenic.\*

For our health and the health of our clients,  
**it is our policy not to offer mercury-containing fillings.**

To further the well-being of our patients, we remove and replace mercury amalgam (silver) fillings using a **specific safety process**, minimizing your exposure to mercury vapors.

\*International Academy of Oral Medicine & Toxicology,  
[www.IAOMT.org](http://www.IAOMT.org)

## Safe Amalgam Removal and Mercury Detoxification



Visit us online to learn more about our practice and our team.

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*Quality Care  
Focused on the Well-Being  
of You and Your Family*

# Our Process

Our Experience and research utilizing this detoxification program with Vitamin C administration has proven successful since 1986.

We partner with **Pat Hayes, RN with Hayes Nursing Services** to provide IV Vitamin C during the amalgam removal process.



**The Detoxification Program** requires the following:

## Before Amalgam Removal

1. It is important to undergo a thorough physical examination by your medical doctor.
2. Follow the recommended dietary and nutritional program as recommended by your physician.
3. Request the administration of intravenous vitamin C by our nurse during the amalgam replacement procedure. Your doctor will write a prescription for the IV Vitamin C.
4. Schedule for replacement of amalgam fillings with our experienced dentist who will protect you, themselves, and the staff from mercury released during replacement.

## Day of Amalgam Removal

1. Avoid taking vitamin C orally 24 hours prior to appointment
2. Eat a high protein meal as suggested 2 hours prior to appointment
3. Empty your bladder prior to office check in.
4. Alternative materials, such as composite fillings, will replace toxic materials.

## After Amalgam Replacement

1. Do not eat or chew until mouth tissues are no longer numb.
2. Plan to take extra rest time for 24 hours after your visit.
3. Follow this detoxification program to open elimination channels of your body so mercury can exit:
  - Drink 6-8 glasses of pure water per day
  - Ensure a thorough bowel cleansing daily. Use extra fiber, herbal cleansers, enemas or colon irrigation if needed.
  - Promote lymphatic and skin cleansing.
  - Avoid products which contain mercury.

## Detoxification Before & After

We strongly recommend a detoxification program during and after amalgam removal. Otherwise, the additional mercury spilled during amalgam removal may cause problems. If your physician does not have a nutritional program, follow our suggested program.

**Homeopathic formulas are also available for metal detoxification.**

## We Also Provide:

- Use of one or more protective devices including, low and high volume suction, rubber dam, CleanUp®, and Isolite® in your mouth.
- Use of large amounts of water and high vacuum suction over teeth with amalgam.
- Good office ventilation and air filtration.
- Protective eyeglasses and clothing drape.
- Techniques to prevent mercury “mist” such as cutting amalgam chunks rather than grinding it to powder.
- Inhalation of oxygen during amalgam removal.

## Information about the Benefits IV Vitamin C

This detoxification program in combination with intravenous infusion of vitamin C achieves the following important health objectives:

1. Assists in breaking mercury loose from cellular binding sites.
2. Reduces mercury’s affinity for binding to other cells while it is being excreted.
3. Helps protect body cells from harmful free radical damage mercury might cause while being excreted.
4. Helps reactivate and correct blocked enzyme functions critical for energy metabolism
5. Promotes healing and repair of damaged cells, tissues, and organ systems including the delicate endocrine (hormone) glands and nervous systems.
6. Helps open elimination channels (kidney, intestines, skin) by which mercury must exit the body.

Chronic or highly allergic conditions may require an **additional** infusion of vitamin C, 36 hours after amalgam replacement. If you are ill, discuss with your doctor about additional vitamin C infusions or taking chelating agents.

IV Vitamin C is not administered in the following conditions:

- Diabetes (insulin-dependent)
- Kidney Disease
- Kidney Stones (current or past history)
- Urinary Tract Infection
- G6PD Deficiency

