

NATURE - the strongest forces of all - controls amalgam-Hg in the body. It programmes non-resistant patients to get chronically ill. Thus the safe claim is nonsense and we get full evidence to ban amalgam immediately.

For generations dentistry has been allowed to poison the patients and orthodox medicine is still not qualified for the subject. It must learn to accept the supremacy of nature and learn why Hg is the clue to the epidemic of chronic diseases, the heavy burden to the West during the latest decennia. Its negligence is scandalous.

ABSTRACT. It is evident, that Nature controls exclusively how Hg moves in the body, its accumulation in essential organs, its basic chemical aggressivity by

- 1) creating pathogenic free radicals,
 - 2) attacking and destroying SH-groups in proteins, e.g. enzymes, DNA, RNA and
 - 3) transform it into methyl-Hg, lipophilic, cytotoxic and penetrating all barriers.
- Other amalgam metals behave similarly, when released e.g. by corrosion from gold.

The question of resistance is complicated. Norwegians have found similar amounts of Hg in healthy amalgam bearers and in sick ones. Prof. Boyd Haley has pointed to Apolipoproteins E2, 3, 4 with 2, 1 and zero cysteine-moieties as the reason for developing AD at different ages.

The correct technique for replacement of amalgam is well-known, but not to orthodox dentistry. Detoxification needs much research.

Medicine has to show genuine interest in the role of vitamins and antioxidants, too. They are - as scientists with a wider vision do know - THE universal gift by providence to keep all living species healthy - plants, animals and humans. We require more when attacked by Hg. In this context it is important to upgrade our food to a more original and valuable quality.

It is astonishing that physicians tolerate their handicap of not being taught the behaviour of heavy metals in our body - so toxic and pathogenic they are.

A. INTRODUCTION. EU informs: 27% of the population are hit by mental ill health. Anxiety and depression are the most frequent disorders and expected to increase. They are also the most prevalent Hg-symptoms. The present costs in EU-15: c. 400 bn € p.a.

The chief aim of Commissioner Kyprianou is to restore Mental Health. Together with wishes brought forward by others, my letters to him and his cabinet (6 times both ways) may have lead him to the "Commission calls on interested parties to submit scientific information on mercury in dental amalgam", 26.4.2007. To be evaluated by a special committee!

Hg moves by the blood and may start its chemical aggressivity anywhere. The dogma of safe amalgam is wrong and due to methological failures there is no grounding for correct diagnoses of chronic diseases induced by Hg, their treatment, medication and scientific research - an enormous waste of resources and sufferings by the victims - to the sole benefit of the drug industry.

Two age groups are identified: The elderly who are the victims of the 1940-50's with up to 24 fillings, 12-16 on the average, depending on country. They may have 5 g Hg outside the teeth, i.e. > 200 mill. Hg-atoms in every single cell! About 1980 copperamalgam was phased in - for convenience, 50 x less stable, a disastrous turning-point: The girls - now fertile - give their methyl-Hg to the babies. The problem stays for the whole century, if we do not learn how to save them from their handicaps.

For more than 150 years dentists have been allowed to poison their patients. Since its use was systematized in the 1940's, it has developed into the largest non-controlled experiment and the most fatal toxification of the Western World.

B. HOW DOES THE BODY HANDLE AMALGAM? Autopsies correlate No. of amalgam surfaces with Hg in pituitary and thyroid glands, cerebral and renal cortices. Suicide cases 3 x as much! It is released through all surfaces of a filling and accumulates in the brain, the rest of CNS, the peripheral nervous system, the lungs, liver, kidneys, pancreas, testes and more. The storing is almost permanent, as half-time in nerve tissues is about 27 years. Hg penetrates the skin. A small amount is excreted.

The chemical attacks are

- 1) oxidative stress by the most powerful hydroxyl radicals splitting anything they hit. Encycl Food Sci 2003, p 282 lists some 50 chronic diseases of this origin. Food chemists know!
- 2) an extreme affinity to SH in cysteine and methionine, e.g. in DNA with unknown severe consequences, and placed exactly in active centres of enzymes. Disulfide in insulin and other hormones etc. binds Hg after reduction to 2 x SH. Selenium in glutathione peroxidase and other enzymes has even greater affinity to Hg.

- 3) Streptococci in plaque form lipophilic, cytotoxic methyl-Hg, penetrating all barriers - cell membranes, blood/brain, blood/retina, placenta and mammary glands. Umbilical blood and mother's milk show up to 8 x as much Hg as her blood, just during the formation of the brain. Poisoned women may get reduced fertility, miscarriages, stillborn and premature babies, with physical defects, reduced IQ or other mental problems, cp. dental assistants.
- 4) Egg, sperm and stem cells may be polluted.
- 5) Has a patient amalgam + gold, the electric element formed will release the less noble Hg 10x faster. Other metals corrode, too, with synergism between them.
- 6) Thiomersal in vaccines may show similar effect.

C. LIST OF SYMPTOMS/DISEASES OF Hg-ORIGIN. Mental symptoms as a result of brain damage are well-known. An incomplete list is:

Depression anxiety shyness suicidal thoughts headache fatigue

tremor muscle and joint pains nervousness vertigo numbness irritability tingling of lips and fingers loss of memory lack of concentration

insomnia visual disorders damaged immune defence -> frequent colds -> sinusitis loss of appetite heavy menstrual pains cold extremities.

Patients are sent from one costly test to the next one; they are not hypochondriacs, they are Hg-poisoned. "Experts" have no explanation.

Biochemical science of high quality has documented that chronically ill in general recover more or less by antioxidant supplementation, supported by amalgam replacement. Together with common sense it backs up that the escalation of the diseases listed below to a high degree is the consequence of Hg-toxicification. Hg promotes the ageing process, too. Senile dementia Parkinson and Alzheimer's dz. MS and ALS schizophrenia fibromyalgia epilepsy migraine tinnitus chronic fatigue cancer atherosclerosis some rheumatic dz. hypercholesterolemia hypertension osteoporosis some allergies: asthma and psoriasis reduced quality of sperm cataract AMD and other age-related eye diseases bacterial resistance to antibiotics.

The mental retardation of many children, reduced IQ, demand for social assistance and special education, DAMP-children, autism, diabetes-2 at school age, hyperactivity, violence and criminality.

Physicians cannot really fight these disorders. Of course, they may have other origin, but chemical aggressivity of Hg (and other heavy metals) is essential and correct amalgam replacement to stop supply of Hg is very favourable.

A series of severe illnesses have been reported to be cured spontaneously upon clearance of amalgam: Leukaemia, epilepsy, fibromyalgia, hypertension, hypercholesterolemia and MS-patients experience great improvements. Their cerebrospinal fluid, the exit of the fluid bathing the brain was cleared of strange proteins within a few days after replacement.

An IDC-heart showed an extremely high amount of Hg.

Prof. M Berlin, former chairman of WHO committee, reported to his Swedish government in 2003: The safety margin does not exist any longer. Hg is a multipotent poison, not suitable for teeth restorations, and satisfactory alternatives exist. Every physician or dentist should consider whether amalgam-Hg is a contributor to non-explainable and autoimmune diseases.

In Oslo at a governmental conference, 29.5.2000: The risks of amalgam are too high. Toxicity and effect on CNS is nasty enough to exclude it.

D. WHAT TO DO? The scandal is so complete and the job to reeducate orthodox medicine to recover as many victims as ever possible so tremendous, that one may ask how many are able to make the total turn-around necessary. They have to update, what they learned about the chemistry of heavy metals at grammar school level and study the chief papers - out of some 20.000 on Hg-toxicification, medical as well as biochemical ones, which have been dropped. The reeducation applies to dentists, too and candidates whose studies were set up by medicine.

It will, however, be difficult to claim ignorance. Asking Google for different diseases induced in animals by injection of Hg, you get 60.000 - 300.000 hits. Even if only a fraction is relevant many, scientists must know, what it is about. It is criminal to consciously induce an illness in a patient, so the questions of blame and indemnity may arise.

Replacement of amalgams requires full protection of patient and staff, incl mask to prevent dust to enter the brains by the olfactory bulb. Do dentists not learn anatomy? The patient gets a plastic sheet to prevent fragments to enter the throat. Fillings must be replaced in right order and at right intervals to avoid aggravation (up to total disablement).

E. MISTAKES DUE TO IGNORANCE OF HEAVY METALS.

- 1) In many experiments scientists equals coincidence and causality. That two things happen parallelly is not interdependence, a priori. Very often both phenomena reported are due to ravaging Hg.
- 2) These days genes belonging to certain diseases are discovered. Do scientists really think that genes developed during 100.000s of years suddenly change in great numbers within a few decennia? There is no gene for Alzheimer's disease; there may be a gene damaged to induce AD. Are scientists hunting Hg-demolished genes?
- 3) Nano-particles of heavy metals in the blood are toxic.
- 4) Are Hg-polluted stem cells of any value?
- 5) Hg and Cu endow bacteria with antibiotic-resistance.
- 6) To collect data, tissues removed ought to be analyzed for Hg, Cu etc. routinely, Cu due to large wastes of copper sulfate as growth-promotor in pig farming.

Finally a hypothesis on the epidemic of obesity: The basic question is never seen: Why does the centre of satiety in hypothalamus not work? This gland is one of the main targets of Hg and nobody is able to decide whether the suspicion is correct.

However, it is a fact that Hg reduce sperm quality which is neither accepted.

F. SUPPORT THE VALUE OF VITAMINS AND ANTIOXIDANTS! In 2002 two Harvard-scientists reviewed all medline papers in English during 35 years in JAMA: Vitamins for Chronic Disease Prevention in Adults”: Suboptimal intake of some vitamins is a risk for chronic diseases. Low levels of the antioxidant vitamins A, E and C may increase risk for several chronic diseases. Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence, it appears prudent for all adults to take vitamin supplements.

In 2004 The UN University stated: The brainpower of entire nations has diminished due to shortage of the right vitamins. A difference of 5-7 IQ points does not sound like a lot, but you are significantly reducing the number of gifted people and increasing those with mental incapacities. Vitamin deficiency is a disease and when people have this disease, they do not reach their ideal mental potential.

The favour of the Mediterranean diet gives evidence to the former statements. Vitamins and antioxidants are cheap, non-patentable and without side effects. Many papers appear to devalue them and remove their competition. The worst case was the silly Food Supplement Directive, which was lobbied through the system under the pretext for consumer protection. Now it opposes the intention of the present Commissioner to help those mentally ill.

G. CONCLUSION. When mankind get rid of the burden of amalgam, no difference of health between the two groups of elderly will occur any more: The non-resistant ones and those who tolerate heavy metals, i.e. the epidemic illnesses listed will not appear until the age of ninety, if at all, a view supported by biochemical science. No PhD is necessary to imagine the positive influence on sufferings and costs in all relevant sections of the society.

It is, however, outrageous to note, how physicians and dentists post-educated by themselves to understand the disaster are neglected and humiliated by the orthodox school, which behave like a guild. Furthermore they are handicapped, because the orthodox holds on to the grants for scientific research - the wrong one! The damage to cell chemistry is fundamental and no fancy technology whatsoever will be able to remove it.

The most important milestone is to decide on a ban of amalgam, worldwide. And any other use of mercury; we do not need a single atom for our biology!

This paper was included for the "Commission call" above, but not so keenly expressed. The controversy is not due to its contents, but to the state of affairs being so bad.

Already the Romans knew of it: "Quem Mercurius perdere vult, dementat primus". The one spoiled by mercury is the first one to deny it, i.e. has lost his judgement. To-day we suffer heavily from this old experience.