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The Latest Updates on the Fight Against Dental Amalgam

Analysis by Charlie Brown, J.D.

f t ✉ 🖨 August 23, 2022

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STORY AT-A-GLANCE

- Consumers for Dental Choice is a non-profit organization promoting consumer choice for mercury-free dentistry in the U.S. and worldwide. Our goal is to, first, end amalgam for vulnerable people and, second, to end the use of amalgam in the entire world
- Dental amalgam is approximately 50% mercury, which is such a dangerous neurotoxin, even above and beyond the fact that it is the only subject of an entire international environmental treaty
- The Children's Amendment to the international vaccine reduction requirement of the Minamata Convention on Mercury in 2022 sets a new floor for the world. If we can end amalgam for children, we can end it for all of us
- If you have choices, you need to pick a dentist who's mercury-free. If you don't persuade that dentist to stop giving amalgam to everyone, don't give them your hard-earned dollars
- Dr. Mercola will watch everything he can do to Consumers for Dental Choice until Saturday night August 27, 2022 (up to $150,000). Here is your chance to help send dentistry up the hazardous waste bins of history!

As a former state attorney general, elected twice in my state, I feel I can bring attention to the cause of mercury-free dentistry in a creative, energetic and experienced way. My legal experience has allowed us to run the U.S. Food and Drug Administration (FDA) and beat them in court. It's allowed us to figure out politics, as well as legal strategies, organizing strategies from the administrative background I had.

I think I've been able as a citizen, as a lawyer, as a former state attorney general and as an author to bring together forces to help us take the next point of ending the use of mercury in the world's use of our wonderful planet, Earth.

Paving the Way Toward a Mercury-Free Planet

Consumers for Dental Choice is a non-profit, tax-exempt organization (NGO), national and international, which has been in existence for 25 years. We are independent, we are transparent, we effective organization getting results and an efficient organization in operating per dollar. Not only important results, but important results on a per dollar basis of our budget.

If you're interested in donating, we ask that you recognize that your dollars will be very well spent if you give to Consumers for Dental Choice. Up until August 27, 2022, Dr. Joseph Mercola will double whatever you choose to give. So, we urge you, if you are interested in helping the cause of mercury-free dentistry over the years, to

DONATE TODAY

When we started, only 3% of the dentists were mercury-free, and dental boards were shutting them down one by one. But we were able to get dentists who are mercury-free into a good situation. We were state-level sheet laws. We sued and beat the U.S. FDA. We sued worldwide, founding the World Alliance for Mercury-Free Dentistry and getting our campaign for mercury-free dentistry into 60 nations.

So, it would be very welcoming, for whatever level that people would choose to give, to donate. And again, we ask you to recognize that your dollars are well spent on this effective and efficient organization.

The Indisputable Dangers of Mercury

Mercury is such a dangerous neurotoxin, brain poison and mephitonic (kidney poison) that it is the only subject of an entire international environmental treaty. It's the only one time it's been done.

Amalgam is a workplace hazard. Remember that mercury is the most expensive of the heavy metals. And we know that because it's the one that's liquid at room temperature. When you look at mercury, it's very shimmery — that's the vapors coming off.

So, in the workplace, it's quite poisonous for the dental staff. They are breathing mercury the entire workday. Now the women of childbearing age, it is a particular risk to their unborn children. It has been proved that it's a workplace risk.

Amalgam is also a health risk, indisputably. So much so that it has been banned for use in children, pregnant women and breastfeeding women by the European Union (EU) since 2018 and by other places. Mercury poisons many disabled ways, and the EU has gotten close because they issued a safety communication recommending against its use.

Finally, amalgam is an environmental hazard, because we have mercury in our dental clinics. In the past, and at least, because dentists didn't have good alternatives. But they have good alternatives now, so we've been here and here, and not so much in the private dental office.

But there's still continued use by the government bureaucracies (federal and state), in the prisons, in the school services, in the military services, in the Indian health Service. In places where we would expect our government to be ahead of the curve. But they are way behind the curve, because apparently, government programs, the *consumer choice doesn't matter and the consumer doesn't matter*. I promise you, we're working to change that.

The Minamata Convention has Been Very Successful

The Japan Campaign for the world was the Minamata Convention on Mercury, where the World Alliance was in Minamata, Japan, and we had a very, very, very,

Emissions to the atmosphere were estimated in 2014 at 19 tons (t) during the life cycle of dental amalgam. Emissions to water from dental clinics were estimated at 3 t. The presence of mercury in wastewater is problematic for the residues (sludge) of urban wastewater treatment plants. The progressive abandonment of the use of dental amalgam would eventually eliminate these emissions and, therefore, their contribution to the amounts of mercury in the environment, which would result in gradual environmental and health benefits.

Reply | Mark as Spam | Posted On 8/23/2022 1:39:29 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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In 2018, only between 10% and 19% would have used dental amalgam. Increased consumer sensitivity to the impact of dental amalgam on the environment and its indirect health effects, as well as an aesthetic preference for alternative materials, appear to be the main drivers of its use. decreasing. In the absence of additional policy measures at EU and Member State level, the use of dental amalgam is expected to decrease by approximately 70% between 2018 and 2030. REVISION OF REGULATION (EU) 2017/852 ON MERCURY - OPEN PUBLIC CONSULTATION www.eureau.org/resources/consultations/6373-eureau-answer-mercury-regu.. (14/04/2022) eur-lex.europa.eu/.../TXT meta.eeb.org/2018/07/24/eu-countries-urged-to-ban-mercury-in-dental-fi.. .

eur-lex.europa.eu/legal-content/EN/TXT/?qid=1531231211865&uri=CELE.. According to the new EU regulation: "The use of mercury in dental amalgam is the largest use of mercury in the Union and a significant source of pollution. The use of dental amalgam should therefore be phased down in accordance with the [Minamata] Convention and with national plans []" Elena Lymberidi-Settimo, Project Manager "Zero Mercury Campaign" at the European Environmental Bureau, told META:"The European Commission and EU governments need to ensure that dentists apply the ban straight away, and verify whether the use of exemption is really necessary.

EU authorities should further ensure that citizens are made aware of these provisions." The European Union is on the way to becoming a mercury-free country thanks to its long-standing policy to reduce pollution of this indestructible and highly toxic substance. However, 80% of the mercury deposited in the EU comes from non-EU countries.

Mark as Spam | Posted On 8/23/2022 1:39:55 AM

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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The EU requires the use of best available techniques to reduce emissions from all relevant industrial activities, especially coal combustion, waste incineration, and metal manufacturing and smelting. Mercury emissions to the air have been significantly reduced The EU banned batteries, thermometers, barometers and blood pressure monitors. Energy efficient lamps using mercury technology are only allowed on the market with a reduced mercury content. The EU has been at the forefront in mobilizing the international community to reduce mercury pollution. International action in 2013 resulted in the Minamata Convention on Mercury, a legally binding international agreement aimed at tackling mercury pollution, making many EU standards global.

ec.europa.eu/.../regulation_en.htm .--- ec.europa.eu/environment/chemicals/mercury/pdf/ENV-17-011-IndustrialEm.. .--- ec.europa.eu/.../minamata_en.htm .-- ec.europa.eu/environment/chemicals/mercury/pdf/tackling_mercury_pollut.. Mercury is a dangerous neurotoxin that contaminates the environment and enters the food chain. Research has found that if ingested or inhaled, it can damage the nervous, kidney, and cardiovascular systems.

We must bear in mind that when it enters our brain it passes into its metallic form, its average elimination period is close to 27.4 years. 40% of the lakes and rivers in the European Union contain more mercury than is considered 'safe'. Now the European Commission is looking for the solution for this problem. mercury can persist in the environment for an average of 3,000 years, and travel great distances during that period. www.elconfidencial.com/medioambiente/agua/2022-02-12/mercurio-lagos-pa..

Mark as Spam | Posted On 8/23/2022 1:40:10 AM

Like | Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Gui, Mercury pollution is pervasive. There are lakes in our mountains where the most likely source is air pollution and/or decades of dental dumping working on people's teeth. To many sources of offenders like Mercury allowed to carry on as if nothing is happening or there are no safer or even safe alternatives. Criminal.

Mark as Spam | Posted On 8/23/2022 5:40:06 AM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Yes JUST, A perspective by David Krabbenhoft and Elsie Sunderland recently published in Science details how legacy mercury pollution is likely to be released more rapidly on a warmer planet. Atmospheric mercury deposited on land remains largely sequestered in soils and plants, and has historically been released into aquatic environments in cycles lasting decades or centuries. Krabbenhoft and Sunderland expect this process to accelerate with climate change, leading to an increase in mercury pollution that could lead to a public health crisis at the top of the food chain, where humans eat. The main triggers, they argue, are increased erosion and wildfires.

Mark as Spam | Posted On 8/23/2022 1:14:33 PM

Like | Dislike

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ccsull
Joined On 7/5/2011 6:59:31 AM
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I am 71. The dangers of mercury were known long before I was born as was drilling out the core of teeth. Dr Weston Price discovered what was needed for strong healthy teeth almost 100 years ago. All this talk about having amalgam fillings replaced by a specially trained dentist ignores how much it costs. Dentists already ruined my teeth over sixty years ago at great and continuing cost over the years. Now I am supposed to pay insane amounts of money to the same bunch of criminals that caused the damage in the first place. Perhaps a class action lawsuit that forces the dental/medical industry to pay for the repair of the damage done by their colleagues over the decades, to pay back all the money they stole from their patients/victims over the years, and compensation for the pain and suffering.

Reply | Mark as Spam | Posted On 8/23/2022 8:05:05 AM

Like | Dislike

Kestrel
Joined On 6/20/2006 7:36:22 AM
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A dentist I knew back in the 70s, had a mercury-free practice. I believe he studied under Hal Huggins, DDS. He tested the air, dust, and hard surfaces in a dental practice using mercury for fillings. The test results found mercury everywhere. Then he tested the dental employees (including the receptionist) for mercury and they were all mercury toxic.

Reply | Mark as Spam | Posted On 8/23/2022 9:54:21 AM

Like | Dislike

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cedricpermaculture
Joined On 3/11/2013 11:52:35 AM
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Amalgams are toxic , but composite fillings are neither safe. www.sott.net/article/251334-Dental-Composites-for-Kids-Found-to-be-Wor.. "children randomized to amalgam restorations had better psychosocial outcomes than those assigned to bisphenol-A based epoxy resin composites (bisGMA) for tooth restorations." Is it bisphenols/microplastics/endotoxin? www.ncbi.nlm.nih.gov/.../PMC5595117 " Affinity of endotoxin was significantly greater for the bonding agents (p=0.0025). Conclusions LPS adhered to both orthodontic adhesive systems. Regardless of the brand, the endotoxin had higher affinity for the bonding agents than for the composites. There is no previous study assessing the affinity of LPS for orthodontic adhesive systems. This study revealed that LPS adheres to orthodontic adhesive systems. Therefore, additional care is recommended to orthodontic applications of these materials." Are acrylic dentures particles also a source of microplastic/endotoxin?

Reply | Mark as Spam | Posted On 8/23/2022 2:58:14 AM

Like | Dislike

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stevvo
Joined On 8/23/2022 8:34:05 AM
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As a practicing dentist with 40 years of experience I'd like to chime in. I was taught amalgam use in school. I transitioned away from amalgam in private practice for years and finding no reasonable replacement transitioned back to SELECTIVELY doing SOME amalgam restorations. The current replacements are difficult to place, technique sensitive, time consuming (making them less affordable), don't last as long, have possible/probable hormonal implications, etc... Over 100 years of use have shown amalgam to be efficient, durable, cheaper, etc. Nobody has grown 2 heads, experienced intraoral pathology or experienced a decreased life span related to their use. Personally, I had a mouthful of amalgam restorations placed in my teens, worked with amalgam for 40 years and still somehow have cognitive function (however, please don't ask the wife about this) and no other untoward pathology related to amalgam.

The service to humanity amalgam has provided is astonishing when all accounts are taken into consideration. In fact a monument should be made to amalgam for the billions upon billions of teeth saved throughout the world by this product. No product is perfect. Amalgam is certainly not and neither are the current replacements. While I would gladly switch to a better product, none yet exists. The current alternatives leave very much to be desired and amalgam should continue to be the workhorse for the foreseeable future.

Reply | Mark as Spam | Posted On 8/23/2022 9:17:55 AM

Like | Dislike

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bradpais
Joined On 4/10/2017 1:11:23 PM
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Thanks Dr., for your comment. I happen to know more than a few dentists, and they concur with what you have written. If we want to get rid of all mercury, don't we also have to remove fluorescent light bulbs everywhere. I'm certainly saying that mercury isn't dangerous. But I do question the everything must go narrative. From what I understand, drilling out fillings to replace with composite will create lots of mercury aerosols, and often this isn't considered. I was hoping that the author of this article would have detailed what his better alternative is to amalgam (again, situationally dependent), but from what you wrote, it doesn't sound like there is one. Glad you joined Mercola.com, even if just to comment this time. There's a lot of valuable information here. Nothing is perfect, nor should we expect it to be. This website often provides a very valuable service to others.

Mark as Spam | Posted On 8/24/2022 12:55:30 PM

Like | Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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If you have solid amalgams; don't freak-out and have them removed...crowns that replace them may have a limited lifespan leading to extraction. Raise the rate of mercury excretion using megadose Vitamin C/baking soda (sodium ascorbate) plus chelators like chlorella/clay/charcoal. This is also a general detox method to remove causes of many "diseases" like depression, chronic infection, heart/artery/gum disease and other symptoms of scurvy. When was the last time any MD diagnosed scurvy? The 1600s?

Reply | Mark as Spam | Posted On 8/23/2022 6:46:59 AM

Like | Dislike

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ccsull
Joined On 7/5/2011 6:59:31 AM
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Thank you. That is the approach we have taken.

Mark as Spam | Posted On 8/23/2022 8:07:04 AM

Like | Dislike

Alicep1
Joined On 6/22/2021 4:48:53 PM
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Thanks for this info...I have many amalgams that I don't want to replace as I would be looking at several crowns or worse. I do take 2,000 mg of Vit C powder (sodium ascorbate)per day. If I increase the dose any more I become constipated, which seems weird since all of the talk about taking vit c "until bowel tolerance". How do we know if we are sufficiently detoxing mercury?

Mark as Spam | Posted On 8/23/2022 12:40:55 PM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thanks RANDALL. In relation to vitamin C. In this study, the accumulation of Cd and Hg was greater in cardiac tissues, reporting that the cardiac toxicity of mercury and cadmium chlorides and the possible protective role of vitamin C against disturbances induced by metals. link.springer.com/.../10.1007%2Fs11356-020-09011-9 (2020) Mercury in the human body is a free radical that can cause depletion. of glutathione, shorten the age of erythrocytes and cause hemolysis. About 90% organically can be absorbed through the intestinal wall, while inorganic forms are only about 10%.

Mercury can also penetrate the blood and placental barrier causing teratogenic effects and nerve disorders. The toxicity effects of mercury in humans depends on the chemical form of mercury, the dose, age of the people exposed, duration of exposure, entry into the body, fish diet, and shellfish consumption. Mercury can bind to sulfhydryl proteins in cells, resulting in nonspecific cell damage or even cell death, cessation of microtubule formation, inhibition of enzymes, oxidative stress, and DNA synthesis and autoimmune responses.

Mercury can trigger the formation of ROS, lipid peroxidation, hydroxyl radicals that can inhibit enzymes, cell damage, DNA damage, damage to protein structure, alteration of the body's antioxidant metabolism, especially superoxide dismutase and glutathione peroxidase. Exposure to mercury is associated with an increased risk of hypertension, myocardial infarction, coronary dysfunction, and atherosclerosis. This review is clearly in line to investigate the effect of mercury on human health based on previous research, articles, and others. www.researchgate.net/profile/Siti_Zulaikhah3/publication/343290707_Mer.. (2020)

Mark as Spam | Posted On 8/23/2022 1:17:41 PM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Mercury absorbed by humans becomes more toxic due to its long half-life and lack of decomposition, and its interaction is not limited with various enzymes and proteins. Mercury has a strong affinity for the thiol group of proteins and causes many diseases. This chapter describes the sources of mercury, types of exposure, types of poisoning, and preventive measures to avoid mercury poisoning. Describes the kidney and bone effects, hormonal, liver, etc., due to mercury poisoning www.intechopen.com/books/heavy-metal-toxicity-in-public-health/mercury.. (2020) Mercury causes the abnormal expression of some intestinal apoptotic genes, altering the stability of the intestinal microbiota.

The expression of intestinal apoptotic genes is correlated with the change of the intestinal microbiota. www.sciencedirect.com/science/article/abs/pii/S0048969720311505 (2020) Accumulating evidence indicates that signal transduction, protein and / or enzyme activity, and gene regulation are involved in mediating the adaptive and toxic response to mercury exposure. Exposure to mercury induces genes that are involved in many biochemical processes.

Compared to HgCl 2, exposure to methylmercury induces many more genes. www.sciencedirect.com/science/article/abs/pii/S0045653519328267 (2020) Also consider that repeated exposures to inorganic mercury in cosmetic skin lightening products generally cause membranous nephropathy, resulting in nephrotic syndrome. www.tandfonline.com/.../15563650.2019.1639724 (2020) Organic mercury in blood increased during the period 1999-2016 in the US population, including children and pregnant women. www.sciencedirect.com/science/article/abs/pii/S0002934320306069 (2020)

Mark as Spam | Posted On 8/23/2022 1:18:03 PM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Consider that mercury is a great toxic that produces different levels of disease. Minamata disease is a neurological disorder of the central and peripheral nervous system caused by methylmercury in chemical effluents. It is also the result of one of the most infamous and enduring technological disasters of Japan's illustrious modernization in the early 20th century and postwar period. People began to suffer acute methylmercury poisoning in the early 1940s in Minamata fishing villages, Kumamoto Prefecture, but Minamata disease was not officially discovered until 1956. Minamata endures and continues to draw attention through photojournalism and film depictions, recent Supreme Court decisions in favor of the plaintiffs (2013), robust and interconnected social activism linking Kumamoto, Niigata and international forums, and cultural production.

through museums, storytelling, and various educational initiatives. The signs and symptoms of Minamata disease include ataxia, numbness in the hands and feet, general weakness of the muscles, loss of peripheral vision, and hearing and speech damage. In extreme cases, insanity, paralysis, coma, and death follow within weeks of the onset of symptoms. A congenital form of the disease can also affect fetuses in utero. scholarspace.manoa.hawaii.edu/.../68909 (2020) science.sciencemag.org/.../1415.summary (2020)

Mark as Spam | Posted On 8/23/2022 1:18:27 PM

Like | Dislike

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pinklucygirl
Joined On 10/11/2007 5:25:43 AM
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Thank you for the encouragement, Forbiddenhealing. I am 81 and have lived with amalgams for most of my life because I didn't know any better and trusted the men in the white coats at that time. I do take good supplements, including many of the chelators that you mentioned. I am very glad to read that there is hope for future generations, but I will believe it when I see it because the perpetrators are adamantly resistant to ever admitting they were wrong. Incidentally, a diagnosis of scurvy will never happen because there is not a prescription drug for that.

Mark as Spam | Posted On 8/23/2022 1:44:58 PM

Like | Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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AliceP1...2000mg may not reach bowel tolerance, sp if you take tabs/caps...I mix C w at least half as much baking soda/fizz in half cup water.....4,5,6,7 or more grams C should reach bowel tolerance in a few hrs....Maybe check probiotics/fiber/hydration and cleanse intestines of staph/strp/candida with oregano oil. Thanks Gui, The list of mercury/heavy metal problems and inflammation is long. Aluminum is the most prevalent in hair tests which requires silica/horsetail and Fiji water to reduce....Why hair metal/mineral analysis is so valuable.

Mark as Spam | Posted On 8/23/2022 1:53:50 PM

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JHabib
Joined On 8/23/2022 3:02:20 AM
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They create margarine so butter is bad. They invent a screenblock lotion then the sun is bad They discover a new amalgam so mercury is bad etc etc etc doctors have no answers so they blame smoking, the sugar, then alcohol, then Ivermectin etc "scientists" say the earth is warming and eliminating CO2 is the answer Mercola is no different. Always the fear then the solution

Reply | Mark as Spam | Posted On 8/23/2022 3:26:29 AM

Like | Dislike

Joe_Below
Joined On 3/17/2020 11:04:08 PM
Add as Friend | Send Message

They just replace one poison with another.

Reply | Mark as Spam | Posted On 8/23/2022 12:40:24 AM

Like | Dislike

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Yup, Jab/s for Mercury.

Mark as Spam | Posted On 8/23/2022 5:35:59 AM

Like | Dislike

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juandoe
Joined On 10/20/2013 3:43:40 PM
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If dentists are forced to stop using poisonous fillings to harm us, they'll just switch to mRNA procaine.

Reply | Mark as Spam | Posted On 8/23/2022 6:23:06 AM

Like | Dislike

JHabib
Joined On 8/23/2022 3:02:20 AM
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As a child I had at least 1 teaspoonful of mercury in a week. My brother and I found my dad's bottle of mercury (he used it in his photographic dark room). We then proceeded to drink it about 2 ml at first because we heard that it is so heavy that it would force a hole through our stomachs when it fell down. After 3 attempts we gave up. We shook about 20 ml in our mouths to get the weird feeling. We also rubbed pennies for hours with mercury making them shine like shillings. So, I do not know why mercury was blamed for mental illness when it was probably WHO trying to detract from DDT which was doing what tthey blamed mercury for.

Reply | Mark as Spam | Posted On 8/23/2022 3:16:45 AM

Like | Dislike

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chaffeebl
Joined On 4/13/2018 8:24:06 PM
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It is my understanding that elemental mercury is difficult to absorb, except as a vapor. However I wouldn't drink the stuff. If some of is lodged in your GI tract then I don't know how you would eliminate it short of spending a few weeks in orbit.

Mark as Spam | Posted On 8/24/2022 9:27:22 AM

Like | Dislike

JHabib
Joined On 8/23/2022 3:02:20 AM
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My 2 comments? Does it take Gestapo styled approval that long to read and approve?

Reply | Mark as Spam | Posted On 8/23/2022 3:27:38 AM

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