

Contents

Preface	ii
Contents.....	iii
List of figures	vi
List of tables.....	vi
Introduction.....	1
Where to start if you think you have amalgam illness	1
How to use this book.....	2
What is in this book	3
Using other books	4
Using the internet.....	4
Medicine, controversy, and mercury.....	6
The mercury controversy and me	6
Scientific or dogmatic medicine?.....	8
Mainstream and alternative medicine	9
Physical versus mental illness.....	10
How can a doctor help you?.....	10
Why doctors should read this book.....	11
Discussion for physicians.....	11
The pressures of managed care.....	13
A warning to physicians and patients alike	14
Why worry about mercury poisoning?.....	16
Chronic mercury poisoning is widespread.....	16
Clinical Studies highlight a dichotomy	16
Flawed clinical trials fail to resolve the mercury issue.....	17
Current levels of mercury exposure are known to poison people.....	17
Only people who are immune to mercury work with it.....	19
Sources of mercury exposure	21
Fish mercury is a small concern.....	21
Mercury exposure levels	22
Mercury poisoning doesn't get diagnosed properly	22
People at risk for mercury poisoning - but not from amalgam	23
What not to worry about.....	24
What mercury poisoning does to you	25
Description of chronic mercury poisoning	25
Complication by other toxins.....	29
How mercury hurts you.....	30
How your body handles mercury.....	31
Mercury shows up in sick people.....	31
Physiology in outline.....	32
The physiological effects of mercury intoxication	45
Copper metabolism	53
Do you have it? How to diagnose mercury poisoning.....	54
What to do if you can't get medical help	54
First, do no harm.....	54
How to diagnose chronic mercury poisoning	55
Diagnostic checklist for mercury intoxication	56
Counting procedure.....	60
Further discussion of diagnosis.....	61
Old (possibly unrecognized) exposure	64

Arsenic, cadmium, lead and copper.....	65
Copper versus mercury poisoning	66
What to do about mercury poisoning	67
Diet.....	69
Day to day practicality	71
How to keep your life together during treatment	72
Short instructions to the doctor when amalgam illness is suspected	73
Outline: treatment for mercury tox.....	74
What to do in case of an adverse reaction to improper chelation protocol	76
The doctor's approach to the patient with chronic mercury poisoning.....	78
Dental treatment.....	81
Dental work details.....	82
Medical Treatment.....	83
Introduction.....	83
Children	87
Chelation	89
Intravenous vitamin C	91
Testing table and suggestions.....	92
Fibromyalgia.....	94
Fatigue.....	94
Amino acid analysis.....	95
Magnesium, potassium, copper and iron.....	98
Fatty acids.....	100
Oxidative stress.....	101
Heart pain (angina).....	101
Kidneys.....	103
Digestive tract.....	103
Skin.....	105
Allergy.....	106
Autoimmunity.....	108
Susceptibility to infection.....	109
Immune function	109
Liver metabolism.....	110
Sulfur metabolism.....	111
Hypoglycemia	111
Hormone profile.....	113
Pituitary.....	113
Hormone interactions.....	115
Thyroid.....	115
Wilson's disease.....	117
Adrenal insufficiency	118
Sex hormones.....	122
Growth hormone.....	123
Sleep.....	123
Brain function.....	124
Side effects and adverse reactions.....	129
Hospitals and avoiding harmful care.....	130
Psychiatric emergencies	130
What will happen - Prognosis	131
What to take for mercury poisoning.....	133
Chelating agents.....	134
Pain relief (analgesics).....	134
Antioxidants.....	134
Anti-anxiety agents (anxiolytics)	134

Liver support	135
Digestive tract support.....	135
Anti-yeast (candida)	135
Anti-parasites.....	135
Antidepressants	135
Manic depression (bipolar disorder).....	136
Brain support.....	136
Immune support.....	136
Asthma/allergy suppression	136
Adrenal issues.....	136
Hypoglycemia.....	137
Blood pressure	137
Hormones (endocrine system)	137
Insomnia	137
Achiness or fibromyalgia	137
Energy improvement	137
Anti-mercury supplements.....	138
Heart.....	138
Summary table of therapeutic agents	139
Descriptions of stuff you can take (Materia medica).....	143
Appendix.....	168
Useful books	168
Other references cited.....	170
Diagnostic tests - when to perform them and what they mean.....	173
Therapy with Prescription Medications	188
Prednisolone taper	190
Magnesium and vitamin C injections	192
Food.....	194
How to get your medical records	196
Sources.....	197
Chelation Considerations	199
DMPS, DMSA, LA, BAL, PA and Cysteine structural formulae.....	205
Chelating agent pharmacokinetics.....	206
Mathematical background for diagnosis.....	209
Symptomatic diagnosis - accurate numeric procedure derived	210
The toxic threshold for mercury.....	211
Dental amalgam - major source of mercury exposure	212
Cutaneous absorption of mercury.....	213
Iatrogenic exposure to mercury	213
Iatrogenic self exposure to mercury	213
Index	215

List of figures

Figure 1. Mercury comparison of poisoned dentists and students as measured	18
Figure 2. Mercury comparison of poisoned dentists and the general population	19
Figure 3. Mercury is metabolized differently by assorted types of people.....	20
Figure 4. How different parts of your brain control your hormones.....	32
Figure 5. Simplified figure of the important steroid hormones	34
Figure 6. Complete figure of steroid hormones made by your gonads and adrenal glands.	35
Figure 7. Figure showing the metabolism of sulfur amino acids and related compounds ..	36
Figure 8. Simplified figure showing the metabolism and effects of essential fatty acids ...	37
Figure 9. Complete figure showing the metabolism and effects of essential fatty acids	38
Figure 10. Schematic illustration of cell membrane function.....	39
Figure 11. Phase 1 liver metabolism	41
Figure 12. Phase 2 liver metabolism	42
Figure 13. Blood sugar and brain energy after a meal	44
Figure 14. Blood sugar and brain energy when you haven't eaten for a while	44
Figure 15. Brain mercury and how you feel after amalgam removal.....	52
Figure 16. T3 and T4 levels on various forms of thyroid hormone	117
Figure 17. Normal relationship between ACTH and cortisol in healthy resting people.....	185
Figure 18. Normal relationship between T3 and T4 in healthy people.....	185
Figure 19. Normal relationship between free T4 and TSH in healthy people	185
Figure 20. Schematic illustration of how different anti-mercury drugs work in the body ..	200
Figure 21. Blood concentration of chelating agent for various administration schedules...	201
Figure 22. Structure of various chelating agents and anti-mercury drugs	205

List of tables

Table 1. Average nonoccupational exposure to mercury.....	22
Table 2. The effect of the various hormones on the body	33
Table 3. Phase 2 metabolic pathways and how to affect them	43
Table 4. Effects of medicines and supplements on diagnostic tests	59
Table 5. Statistical tables for diagnosis based on standard assumptions.....	61
Table 6. Statistical tables for diagnosis based on conservative assumptions	61
Table 7. Common problems and possible treatments in mercury poisoning	80
Table 8. Summary table of therapeutic agents.....	138
Table 9. 24 hour urinary creatinine versus height and sex	176
Table 10. Correction factor table for testosterone measurements	186
Table 11. "One size fits all" short prednisolone taper	190
Table 12. Prednisolone tapers by body weight and initial mg/kg desired.....	191
Table 13. Mercury excretion on various chelation regimes.....	207
Table 14. Conversion table for comparison of different challenge test results	209
Table 15. Diagnostic probability table based on low population incidence	210
Table 16. Diagnostic probability table based on high population incidence	210
Table 17. Factors for exact diagnostic calculation from symptoms.....	211