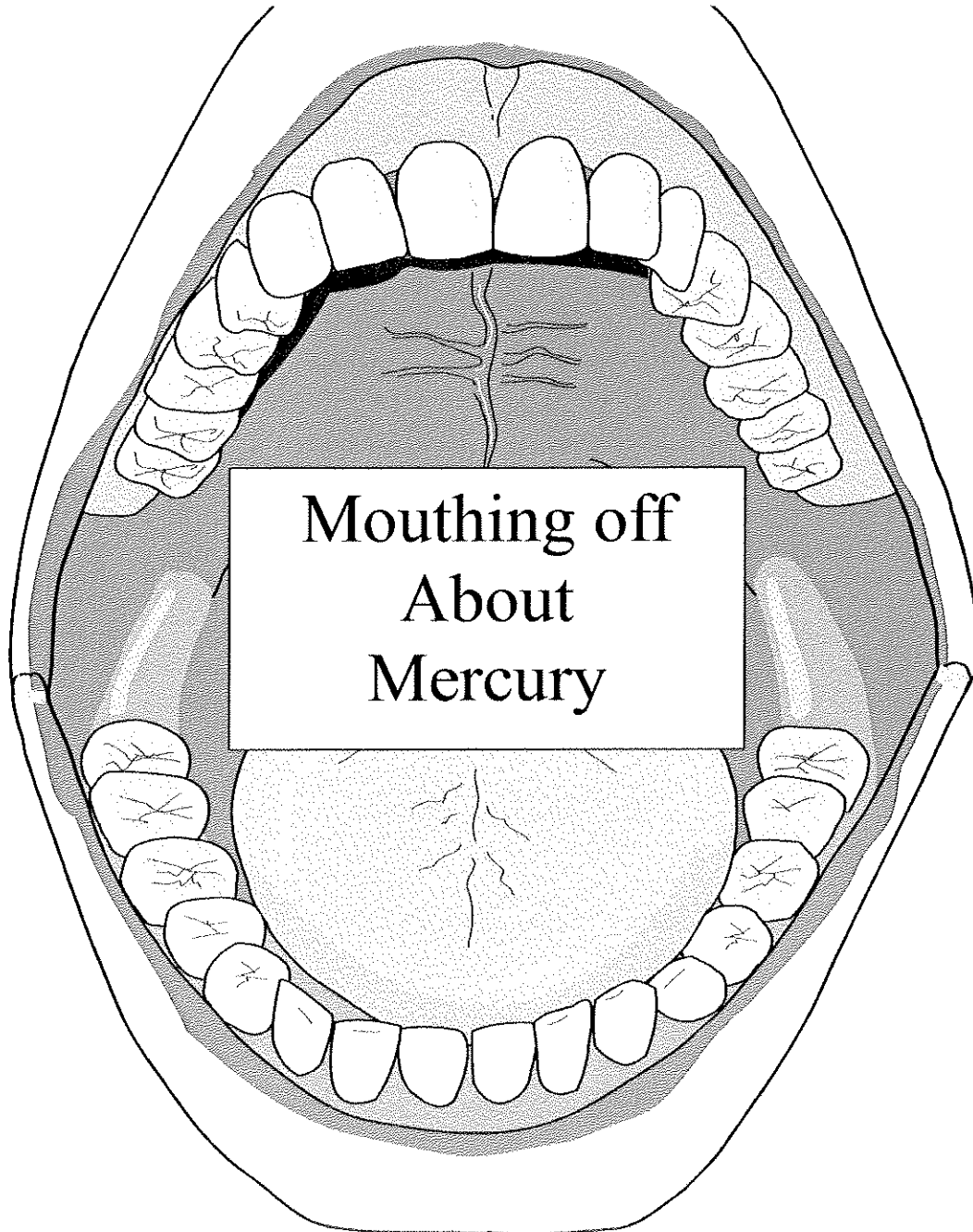


# Mercury Matters



A Guide to mercury toxicity and  
detoxification

# Mercury Poisoning

A Guide To Identifying Mercury Build-up in Your Body and Making a  
Choice for Better Health

Principles, Protocols and Options

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## INTRODUCTION

Increasingly, heavy metal toxicity (poisoning) has been implicated in many chronic degenerative diseases. Dental amalgams, or mercury fillings have been suspected as a major source of heavy metal toxicity. With the increase of disease conditions such as Chronic Fatigue Syndrome, Fibromyalgia, mental and behavioral illnesses in adults and children, autoimmune disorders, and persistent viral, bacterial and yeast infections plaguing our nation, it becomes necessary to investigate all possibilities of causes for these maladies which have become some of the most important public health problems of our time.

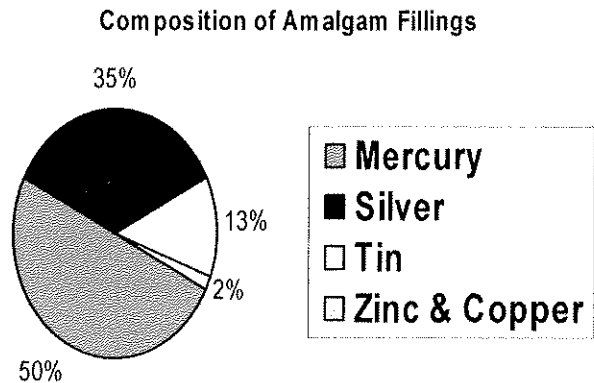
It is difficult to identify a substance that has been thought safe for human use as the underlying cause of these illnesses. Dental amalgam has been widely used in this country since 1845, and it has been particularly hard to diagnose and treat the damage it does to human health. After reading this booklet, it is hoped that you will gain enough information to make wise choices about your health and learn some practical ways to maintain, improve, and enhance your well-being, as well as your physical and mental hardiness.

Mercury detoxification is a controversial issue for many professionals, including those who continue to use it and dental practitioners represented by the American Dental Association. The information presented here is an attempt to inform the general public of the science already known about mercury's effect on the human body and various processes to help reduce the body's burden of mercury accumulation.

This booklet is designed as an educational tool for the lay person to give an overview of the background of mercury toxicity, simplify the puzzle of protocols available for detoxification, and present various options to implement a multi-disciplined approach to health and healing.

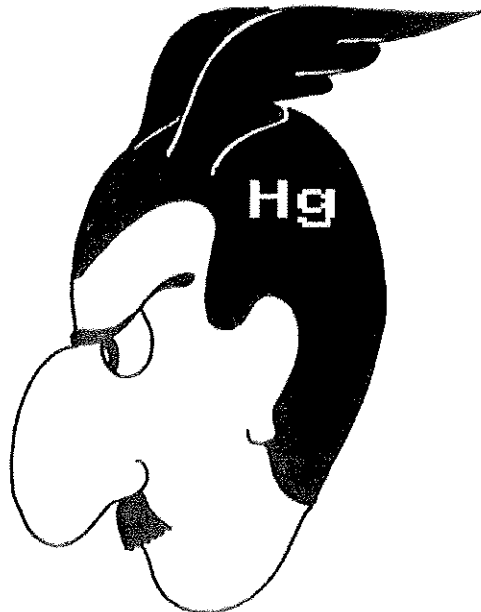
## What Do You Mean, “They Aren’t Really Silver?”

Dental amalgam is the most widely used dental filling material. It is a mixture of mercury and a metal alloy. Contemporary amalgam is approximately 50% mercury by weight, with the remaining other metals being silver, tin, zinc and copper. Many people are unaware that amalgam fillings contain mercury because the term “silver” amalgams gives no hint to the real composition of the material.



The composition of older fillings originally had between 55% and 75% of mercury. When they were removed, they contained only 30 to 35% mercury. Where did the rest go? It must have leaked out somehow. In fact, scientific research supports this.

### MERCURY



He's one bad Dude

Mercury is a virulent poison and has been recognized as such for thousands of years. It is readily absorbed through the lungs, the digestive tract, or through unbroken skin. It is the only common metal, which is liquid at ordinary temperatures. It acts as a cumulative poison and dangerous toxic levels are readily attained in air. Air saturated with mercury vapor at 20 degrees centigrade contains a concentration that exceeds the OSHA and EPA toxic limit many times. This danger is increased at higher temperatures. There is no dispute concerning the poisonous nature of mercury. The Environmental Protection Agency considers mercury to be 5000 times more toxic than lead, at any given temperature, and is more poisonous than any other metal except plutonium.

## **So why would anyone willingly put such a substance in someone's mouth?**

This question has been debated since the 1820's when the introduction of mercury amalgam as a dental filling material began in England and France. The basic controversy was between health professionals. One group was concerned that implanting mercury in the human body presented unacceptable health risks to the patient. The other group claimed that amalgam was so easy to use that it would allow dentists to treat large numbers of patients cheaply, and that this benefit outweighed the possible health risk to the patient.

Although the profession has had several "amalgam wars," it wasn't until the 1980's that the general public became aware of the scientific research, which found that mercury vapors from amalgam fillings are being continuously released, and inhaled by every person who has amalgam fillings implanted in their teeth. But still the American Dental Association continued to support the use of mercury amalgam without addressing the safety of implanting mercury in the human body. It continues to maintain that once the amalgam is set in the mouth the mercury is "fixed" locked in, and cannot come out, therefore it poses no threat. There is no scientific evidence to support their position. The scientific research done in many universities, including the University of Iowa, the University of Arizona, the University of Calgary, Oral Roberts University, as well as studies done in New Zealand, Germany and other European countries clearly show the danger of mercury vapor release from dental amalgams.

## **Why Should I Worry About Mercury Poisoning?**

Mercury is a potent neurotoxin, it affects the brain and nerves. **Acute** exposure to mercury has reportedly caused mental confusion, short and long term memory loss, headaches, tremors, fatigue, visual and personality changes, and other symptoms. In the case of mercury exposure from dental fillings, the problem becomes **chronic**. Research shows that mercury vapor is continuously released from amalgam fillings in a measurable amount from the moment the fillings are inserted into the teeth. Each time a person chews, drinks, (particularly hot liquids), brushes his teeth, swallows and breathes, mercury is released from dental fillings and is absorbed by the lungs and linings of the digestive system, and consequently enters into the bloodstream.

Poisons absorbed in small amounts over a long period of time affect individuals in various ways because each individual is biologically different from every other.

As a result the body's reactions and responses will be unique to that person. The person's genetic or physically weakest area is most likely to develop the problem first. Because the mercury toxins can travel either by way of the blood stream or by nerve pathways, one person may develop bleeding gums and bowel problems and another severe asthma or bronchitis. A third person may experience concentration difficulties, sleep disturbances, hearing loss and dizziness, and still others will have extreme fatigue, lack of initiative and clumsiness. Mercury can interfere with virtually any process of any organ of the body.

The degree that the mercury body burden affects your health depends on several factors:

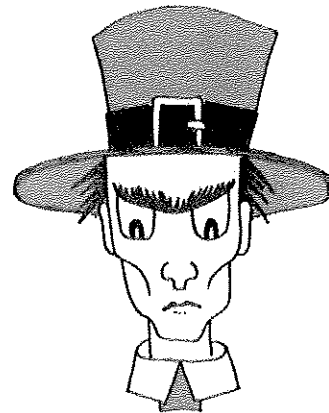
- How many mercury fillings do you have? How big are they? Are they new or old?
- How big are you? Are you tall or short, lean or heavy? Children are more strongly affected because their body mass is so small.
- Are you allergic to mercury? People differ in their sensitivity to poisons like mercury. If you are not, it doesn't mean you won't be affected. It just might take longer for you to develop symptoms.

If you have health problems for which you have been unable to find a cause or a cure, and if you have "silver" mercury fillings, you may be suffering from some degree of mercury poisoning.

### **WHAT DO YOU KNOW ABOUT MERCURY?**

In Lewis Carroll's Alice in Wonderland, the Mad Hatter runs around talking in incoherent phrases, is easily distracted, and is unable to concentrate on anything for very long. While we laugh at his antics, it's sobering to realize that his character was based on the experiences of the victims of Hatter's Disease in the 18<sup>th</sup> and 19<sup>th</sup> centuries who displayed these same symptoms as a result of breathing mercury vapor while they processed felt hats.

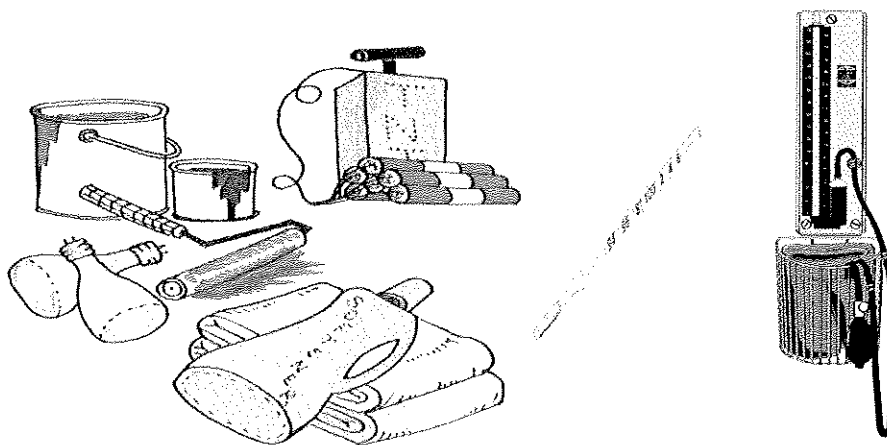
Mercury is a heavy metal, with an atomic number of 80. It is unstable in certain circumstances. Two of its electrons can be easily lost to other compounds like bacteria in the soil, or enzymes in the



body. Without its full complement of electrons, mercury then goes about looking for any other substance to fill the missing “holes.” When it combines with sulfur or chloride atoms, which are common in the human body, it becomes inorganic mercury. Chemically bound together, mercury now exhibits characteristics different from either of these two elements. Sometimes the new compound brings out the worst possible qualities of the elements, as when mercury binds with carbon and chloride to become “methyl mercury,” the most poisonous form of mercury in existence. This form of mercury accumulates in aquatic animals and fish and moves up the food chain to be a part of our diet. A daily diet of fish can cause 1 to 10 micrograms of mercury to be consumed a day, 75% of which is methyl mercury.

The average person’s body contains 10-15 mg of mercury. Because mercury is volatile, inhaled mercury fumes go into the bloodstream from the lungs, and find their way to any of the other body organs. Fifty percent is stored in the kidneys, while the rest is retained in bones, liver, spleen, brain and fat tissue. It can penetrate the blood-brain barrier and nerve tissue, so symptoms of nervous system dysfunction may develop first. Mercury can also get to the fetus through the umbilical cord, and into breast milk.

**Other sources of mercury** are mirrors, explosives, latex paints, fabric softeners, felt, floor waxes and polishes, laxatives containing calomel, cinnabar jewelry, tattoo dyes, thermometers, barometers, fluorescent light tubes, blood pressure gauges, and many others.



Some government organizations have begun campaigns to reduce the amount of mercury in the workplace and the home. The question is why do we still allow it in our mouths?

## SO, HOW ARE YOU FEELING?



I'm feeling mighty  
low!!

Are there days when you just can't get started in the morning? Or others where there is a vague sense that something is troubling you, but you can't put your finger on it? You are not really hurting anywhere specifically, but there is a dull ache that seems to slow you down. Do you start a project, and later put it on the shelf for lack of motivation? You have periods of weeks or months being highly functional and productive, and then have times when you can't get anything done. Do your productive periods become shorter and shorter? You may be a victim of chronic mercury poisoning.

Symptoms of chronic mercury poisoning come and go. None of them are constant. The more toxic someone is, the more frequently symptoms occur. We are all different. There is no typical presentation of symptoms that everyone has. In fact, we may not have the same signs that we did the day before. The range of disturbance can go from being imperceptible to producing complete incapacitation. Such is the slow progression of toxicity leading to increasing dysfunction.

Emotional changes frequently occur with mercury toxicity. Depression leads to inability to enjoy life or experience happiness or joy. A feeling of hopelessness sets in as well as a feeling of impending doom. Small problems seem insurmountable. Interpersonal relationships are stressed. Impatience, lack of self-control, and self-confidence may lead to obsessive or compulsive behavior and poor judgment.

Mercury toxicity can cause food and chemical sensitivities, easy bruising, upper arm weakness, fine muscle tremors, lack of coordination, visual distortions, a sensation of prickling on the skin, ☆ libido disorders, various digestive disorders, and many more symptoms. Many of these seem unrelated and not everyone experiences all of them.





These varied and diffuse signs and symptoms can be explained by understanding the three ways heavy metal (mercury) toxicity impacts the body: (1) biochemically, by binding and inactivating the body's enzyme systems, (2) creating oxidative stress which destroys the anti-oxidative protective enzymes and interferes with the way the body utilizes oxygen, and (3) disruption of the autonomic nervous system, which causes local tissue and organ dysfunction. (The autonomic nervous system, ANS, regulates the body's involuntary functions like heartbeat, stomach contractions, secretions of enzymes, and other functions, which help the body to adapt to its ever-changing environment, both internally and externally).

These three ways then cause a wide range of symptoms, but don't worry that you will experience *ALL* of them. You may experience only a few of them. Take a moment to fill out the Symptom Questionnaire on the following pages. If you score more than 10 points, you may *possibly* be a victim of mercury poisoning.

## SYMPTOM QUESTIONNAIRE

If you have amalgam fillings please check how often you have encountered the symptoms below that could possibly signify mercury toxicity. Rate them according to the following scale:

0 = never  
1 = rarely

2 = often  
3 = always

### Central Nervous System

- \_\_\_\_\_ Irritability
- \_\_\_\_\_ Anxiety/nervousness
- \_\_\_\_\_ Restlessness
- \_\_\_\_\_ Exaggerated response to stimulation
- \_\_\_\_\_ Fearfulness
- \_\_\_\_\_ Emotional instability
- \_\_\_\_\_ Lack of self-control
- \_\_\_\_\_ Mood swings
- \_\_\_\_\_ Fits of anger
- \_\_\_\_\_ Violent behavior
- \_\_\_\_\_ Loss of self-confidence
- \_\_\_\_\_ Indecision
- \_\_\_\_\_ Shyness or timidity
- \_\_\_\_\_ Easily embarrassed
- \_\_\_\_\_ Loss of memory
- \_\_\_\_\_ Insomnia
- \_\_\_\_\_ Depression/despondency
- \_\_\_\_\_ Withdrawal
- \_\_\_\_\_ Suicidal tendencies
- \_\_\_\_\_ Manic depression
- \_\_\_\_\_ Numbness/tingling of hands, feet, fingers, or toes
- \_\_\_\_\_ Muscle weakness
- \_\_\_\_\_ Tremors/trembling of hands
- \_\_\_\_\_ Headache
- \_\_\_\_\_ Confusion
- \_\_\_\_\_ Poor physical coordination
- \_\_\_\_\_ Slurred speech

### Digestive Tract

- \_\_\_\_\_ Nausea or vomiting
- \_\_\_\_\_ Colitis
- \_\_\_\_\_ Bloating
- \_\_\_\_\_ Heartburn
- \_\_\_\_\_ Constipation
- \_\_\_\_\_ Blood in stool
- \_\_\_\_\_ Crohns disease
- \_\_\_\_\_ Diarrhea
- \_\_\_\_\_ Abdominal pain
- \_\_\_\_\_ Belching, passing gas
- \_\_\_\_\_ Poor appetite
- \_\_\_\_\_ Food sensitivities
- \_\_\_\_\_ Binge eating & drinking
- \_\_\_\_\_ Craving certain foods
- \_\_\_\_\_ Excessive weight gain
- \_\_\_\_\_ Weight loss
- \_\_\_\_\_ Compulsive eating

### Head, Neck & Oral Cavity

- \_\_\_\_\_ Bleeding gums
- \_\_\_\_\_ Loosening of teeth
- \_\_\_\_\_ Excessive salivation
- \_\_\_\_\_ Foul breath
- \_\_\_\_\_ Metallic taste
- \_\_\_\_\_ Burning sensation lip & tongue
- \_\_\_\_\_ Canker sores
- \_\_\_\_\_ Gagging
- \_\_\_\_\_ Frequent need to clear throat

- \_\_\_\_\_ Swollen tongue, gums or lips
- \_\_\_\_\_ Hoarseness
- \_\_\_\_\_ Stuffy nose
- \_\_\_\_\_ Sneezing attacks
- \_\_\_\_\_ Sinus problems
- \_\_\_\_\_ Loss of smell
- \_\_\_\_\_ Ringing in the ear
- \_\_\_\_\_ Hay fever
- \_\_\_\_\_ Hearing difficulties
- \_\_\_\_\_ Earache, ear infections
- \_\_\_\_\_ Watery, itching eyes
- \_\_\_\_\_ Blurred or tunnel vision
- \_\_\_\_\_ Red, swollen eyes
- \_\_\_\_\_ Dark circles under eyes
- \_\_\_\_\_ Glaucoma
- \_\_\_\_\_ Dim vision

**Heart and Lung**

- \_\_\_\_\_ Abnormal heart rhythm
- \_\_\_\_\_ Heart attack
- \_\_\_\_\_ Partial heart block
- \_\_\_\_\_ Racing heart beat
- \_\_\_\_\_ Chest pain
- \_\_\_\_\_ Low blood pressure
- \_\_\_\_\_ High blood pressure
- \_\_\_\_\_ Heart murmur
- \_\_\_\_\_ Abnormal EKG
- \_\_\_\_\_ Elevated triglycerides
- \_\_\_\_\_ Elevated cholesterol
- \_\_\_\_\_ Chest congestion
- \_\_\_\_\_ Difficulty breathing
- \_\_\_\_\_ Shortness of breath
- \_\_\_\_\_ Asthma
- \_\_\_\_\_ Bronchitis
- \_\_\_\_\_ Pneumonia

**Kidneys & Bladder**

- \_\_\_\_\_ Frequent urination
- \_\_\_\_\_ Bladder infections

**Skin**

- \_\_\_\_\_ Unexplained rashes
- \_\_\_\_\_ Rough skin
- \_\_\_\_\_ Hair loss
- \_\_\_\_\_ Excessive itching
- \_\_\_\_\_ Acne, pimples
- \_\_\_\_\_ Excessive sweating
- \_\_\_\_\_ Red flushes of color
- \_\_\_\_\_ Hives
- \_\_\_\_\_ Dry peeling skin at end of fingers (Acrodynia)

**Endocrine**

- \_\_\_\_\_ Under active thyroid
- \_\_\_\_\_ Overactive thyroid
- \_\_\_\_\_ Low female hormones
- \_\_\_\_\_ Menstruation difficulties
- \_\_\_\_\_ Prostate problems
- \_\_\_\_\_ Cold hands or feet
- \_\_\_\_\_ Chronic low temperature
- \_\_\_\_\_ Diabetes
- \_\_\_\_\_ Pancreatitis
- \_\_\_\_\_ Low blood sugar

**Signs of Mercury Toxicity**

- \_\_\_\_\_ Metallic taste in mouth
- \_\_\_\_\_ Metallic smell from urine
- \_\_\_\_\_ Metallic smell from feces

**Have You Ever Had**

- \_\_\_\_\_ Kidney disease
- \_\_\_\_\_ Multiple Sclerosis
- \_\_\_\_\_ ALS
- \_\_\_\_\_ SLE (Lupus)
- \_\_\_\_\_ Fibromyalgia
- \_\_\_\_\_ Chronic Fatigue Syndrome

\_\_\_\_\_ TOTAL

## Now, what's the next step?

Once you suspect that the mercury amalgam fillings in your mouth may be making you sick, it is up to you to determine whether removing the toxins will render your body more capable of healing. This would be a good time to find a qualified integrative health practitioner to guide you through the maze of removing the mercury fillings and then removing the mercury from the rest of your body through the process of detoxification. It will be important to know both the benefits and the risks you will take if you undergo removal of your mercury "silver" fillings.

There is no definitive test which will confirm the mercury levels in your body. Heavy metals are only found in the blood after a recent exposure, but they don't stay in the blood long because the body stores what it can't eliminate. Blood tests are important to obtain, however, as a general health screening base line and to aid the integrative practitioner in specifically adjusting a detoxification program to suit your needs which can include tests, treatments, oral and intravenous therapies, diet and supplements.

## Tests That May be Recommended

**Hair analysis** indicates levels of mercury and other metals stored by your body over a period of time. It also gives a long-range status of the beneficial minerals that your body may require. It can, however, miss some cases of heavy metal toxicity because of contaminants on the hair, like shampoos, conditioners and dyes. Furthermore, the hair taken for this test must be cut from the newer, more recent growth, closest to the scalp, and could leave a little bald spot at the back of the neck from where it is taken.

**Intra-oral mercury vapor testing** uses a device which demonstrates the fact that mercury is present in your mouth.. Samples are taken before and after chewing gum for 10 minutes. It is not diagnostic of mercury intoxication but it is a motivator and a risk assessment. If you have high levels of mercury vapor in your mouth, then you have a greater risk from the exposure. Patients who are particularly concerned about such risk are those who are quite ill and pregnant women.

**Fecal metal screening** shows how much mercury and other metals, are being excreted through the stool, which is the primary, natural route for eliminating toxic substances, but does not indicate how much is left in storage compartments in the body.

A **DMPS urine challenge** is a 24-hour urine collection taken before and after an oral or intravenous dose of DMPS (see glossary) is given. The difference between specimen #1 and specimen #2 will give the doctor a rough idea of how much mercury has accumulated in the tissues. But it still cannot tell what is left in your body or how long it may take to get rid of the mercury. It should not be used if you have amalgam fillings because DMPS will pull the mercury off the fillings and therefore one is not measuring the body burden. DMPS also moves mercury in the body, which can cause unpleasant side effects.

**Urine mercury porphyrin profile** is a test that uses HPLC (High Performance Liquid Chromatography) technique for the testing of porphyrins that can produce a profile specific for mercury.

**Other Lab studies** may be helpful to determine your overall fitness and readiness to start a detoxification process. Depending upon your symptoms, other lab studies that would evaluate the **liver, adrenal glands, thyroid** and **sex hormones** may be necessary since these areas are often affected in the process of mercury detoxification.

Some integrative practitioners prefer a less expensive approach, and believe that a thorough physical exam and a comprehensive past history, together with the symptoms you are reporting, give enough information to suspect mercury poisoning. If **kinesiology**, and a more advanced form called autonomic response testing or **ART**(see glossary), and other exam findings correspond, then treating for mercury toxicity is a reasonable option.

## Getting Ready

Before any mercury is removed from the teeth, it is necessary to make sure that the body systems are strong enough to handle the task. The **bowels** must be optimally functioning. There must be no **digestive** disturbances or constipation that may indicate an overgrowth of yeast, pathogenic bacteria or parasites in the bowel, or a deficiency of digestive enzymes. This means that you must have a history of at least 1 to 2 easy bowel movements a day. Colon hydrotherapy with

replacement of probiotics, or “good” bacteria is often indicated for those with problems. (See glossary for information about colon hydrotherapy.)

A **diet** rich in protein, essential fatty acids, fiber, vitamins, electrolytes, enzymes and minerals should be encouraged for at least one to two weeks prior to amalgam removal. A high vegetable intake is important.

**Liver and kidney function** is absolutely essential. If tests indicate a problem with either, care must be taken to see that these organs are in optimal condition. Drainage remedies may be indicated.

Because mercury toxicity leads to immune deficiencies, underlying chronic **infections** such as Chlamydia, Epstein Barr virus, Lyme disease, and tuberculosis should be treated. Other local infections in areas such as the gums, sinuses, tonsils and root canal teeth should be treated as well. A person who has any problems in these areas may get sicker during a mercury detoxification program because he cannot handle any increased toxic load over what he is already carrying.

**Allergy** plays a role in detoxification. Using **AET, Allergy Elimination Therapy**, or **Meridian Stress Assessment**, (see glossary) it can be determined if a person is allergic to either the substances being eliminated, or the products used in the detoxification process. It has been shown that when a patient is allergic to a substance, he will not detoxify it efficiently. Therefore the patient must be desensitized to these substances in order to speed the progress of the case.

### **Can Any Dentist Take Out My Amalgam Fillings?**

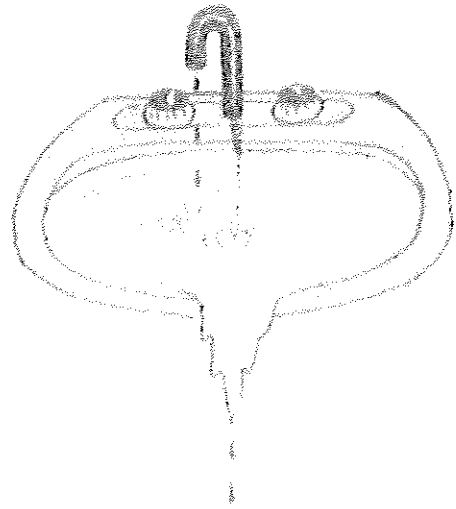
All dentists are not created equal. Well, all have gone to dental school, and learned their skills, but not all are equally concerned about the safety of their dental materials and focused on preventing dental disease. The attitude of the dentist is most important. A dentist should be dedicated and caring, and committed to preventive, biocompatible dentistry. He, or she should take time to discuss various dental procedures as well as the overall plan, and estimated cost for amalgam removal, the properties of



of the replacement materials, and the detoxification process. You, the patient, should have input into the decision of what will be implanted into your mouth.

In an integrative medical-dental office a comprehensive program for removing mercury requires three levels of safety: patient safety, professional safety and environmental safety. As mentioned earlier, chronic exposure to mercury and the individual's reaction can precipitate and perpetuate the diverse symptoms we discussed.

Chronic toxicity is a threshold problem: one can never accurately predict when one is at the threshold breakdown. Let's use the leaky sink analogy. Chronic exposure to mercury from vapors inhaled over a period of time is like a plugged sink with a dripping faucet. At first it goes unnoticed. Eventually, the water keeps filling until it starts spilling over the top. Soon the area is flooded.



Our bodies take a lot of abuse, and seem to handle small doses of toxic substances, for a while. But we, too, reach a saturation point where subtle symptoms of illness or fatigue increase and become the rule instead of the exception. Our sink is overflowing!! The question is how to stop it. Pull the plug, or fix the leak, or both? That's when we make a decision about our health.

We are blessed, or cursed, with individuality. To determine the proper protocol for your needs depends on correct diagnosis, removing the toxic exposure, and getting rid of the poisons in the body, (fix the leak AND pull the plug). And, lastly, but of equal importance, is providing ongoing support in all ways necessary to keep you comfortable and healthy during the time it takes for the detoxification process, which could be extensive.

After the initial consultation, history and any necessary tests, your practitioners will advise you of the proceedings. If your body is ready to undergo treatment he/she will explain the protocol recommended for you. Since there are as many protocols as there are practitioners, the purpose of this booklet is to give a general overview of various protocols that may be followed.

## The Plan

Removing the “silver” amalgam fillings and other sources of exposure is a reasonable way to start. A dental materials evaluation may be warranted to determine the best material to replace the amalgam fillings. This can be done by the Clifford cytological challenge blood test, or allergy testing with Autonomic Response Testing, (see glossary). Some practitioners utilize Meridian Stress Testing, (glossary). If a patient has multiple sensitivities, or allergy problems, one of these methods is strongly recommended to reduce allergic responses.

**Step 1** Two weeks prior to dental mercury removal it will be necessary to follow these steps, which will help minimize symptoms and harm during the filling removal process.

- Begin a diet high in protein; eggs and lean meat, beef, lamb, turkey or chicken are best. Eliminate deep, cold-water fish such as tuna and salmon at this time. Digestive enzymes will be needed to help break down these foods.
- Be sure bowels are functioning well with at least one to two easy movements a day. If necessary, ask your practitioners for suggestions to meet that goal.
- Drink plenty of pure, or filtered water: 3 – 4 quarts a day. It is a good idea to check the pH of the water. Ideally, it should be neutral at a pH of 7.
- Take a high potency multi-vitamin, plus Vitamin C, 1 – 2 Grams a day. Other antioxidants may be recommended as well.
- Multi-minerals and MSM taken as directed. Your body will not detoxify mercury if sulfur as a mineral is deficient.
- Take electrolytes in juice every day.
- Chlorella will be given according to individual protocol.
- Other chelating agents, herbs, or drainage remedies may be suggested.

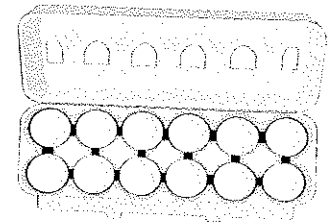
**Step 2** On the day before mercury removal, a large quantity of chlorella, (20 to 30 capsules, or equivalent) is taken. No Vitamin C is taken on the day before the local anesthetic is given because it increases the amount of anesthesia necessary to numb the area.



**Step 3** On the day of removal, another large amount of chlorella is taken, (30 capsules before and 30 capsules after), according to individual protocol. An intravenous infusion of Vitamin C is sometimes given during the actual procedure.

The following safety precautions for you, and the dental staff in the office, should be employed to help minimize exposure to mercury vapors during the amalgam fillings removal. A dentist, skilled in performing this procedure, will have no problem following this protocol.

- The teeth are isolated with a rubber dam, or the dentist uses a special suction device to contain the pulverized amalgam and its harmful vapors. Not all teeth can have rubber dams fitted, and there is a problem that mercury vapor passes through latex, so there may be an accumulation of mercury vapor behind the dam.
- The mouth may be rinsed with a slurry of chlorella to bind mercury vapor that is present.
- A nose mask attached to oxygen or fresh, clean air is applied to protect the patient from mercury vapors generated in high amounts during the drilling. A gas mask should be worn by the dentist and the assistant..
- Copious amounts of water is used to cool the drill and mercury dust and reduce vaporization, and remove the mercury in the water.
- The saliva ejector is placed under the rubber dam to suction away any vapor that is in the mouth.
- The patient is advised to breath only through the nose to reduce the amount of mercury vapor inhaled.
- The patient can be covered in a waterproof disposable drape to minimize mercury contamination on the clothes.
- Protective eyewear is suggested for the patient and the dental staff.



Every effort is made to protect the staff and the patient in the dentist chair from inhaling mercury vapor during the amalgam removal procedure. If the procedure itself causes you to inhale all the mercury you once had in your fillings, then this can make the situation worse, and it could cause you to be sicker. That is why it is so important for you to find a dentist who uses appropriate safety precautions. These principles hold true for everyone. Being protected from inhaling mercury vapor produced by drilling is especially important for children because of their small body mass, and for pregnant women, because mercury passes through the placental barrier and accumulates in the fetus.

Some dentists, depending upon their training, and the number of amalgam fillings to be removed, prefer to remove them in stages, or cycles. If all four quadrants of the mouth are involved, some dentists prefer to remove the ones in the quadrant with the highest electrical charge first. Others will not remove amalgams if, to do so, crosses the midline of the mouth, preferring to do only one side at a time. Most dentists agree that it is good to remove the mercury as quickly as possible without causing discomfort or problems for the patient. This may take from one to four weeks. Remember, detoxification cannot start until the source of the mercury is removed.

**Step 4** Once the mouth is free from mercury, it is time to start the detoxification process. Mercury is very difficult to excrete because of its binding characteristics, furthermore, the mercury may simply move around in the body and reattach elsewhere. It is not uncommon for the patient to feel well for several weeks, and then suddenly have symptoms reoccur. This is because mercury operates on the dilution/diffusion principal. Once the amount of mercury in a certain body space is lessened, the person feels better. But gradually the mercury begins to seep out of more highly concentrated body compartments, from inside the cells to outside the cells, and the symptoms come back requiring further detoxification.

Detoxification is a cyclic process and may take one or two years to be completely effective. Your commitment to better health and to following the protocol developed specifically for you is absolutely essential. The process should be tailored to your individual needs and speed of healing, as well as to your available resources.

### **How do I get the rest of the mercury out of my body?**

In order for the mercury to get out of the body it must follow a natural elimination pathway. The bowel is the primary way the body rids itself of mercury. But it can also leave by way of the kidneys and the skin. Certain therapies and products facilitate removal via these routes. Therefore it is important to make sure these organs are capable of handling the excessive burden of mercury at this time. Drainage remedies may be indicated.

There are **multiple therapies** involved in the mercury detoxification phase. The following will be discussed in greater detail.

- Diet and oral supplements.
- Homeopathic and herbal therapies
- Chelation agents: DMPS, DMSA, EDTA

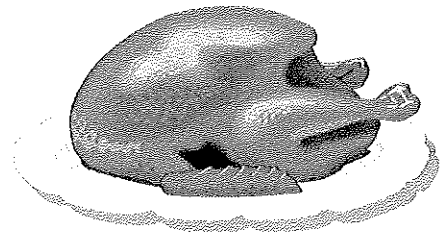
- Vitamin and mineral I.V. replacement
- Neural Therapy
- Hormone and glandular therapy
- Drainage therapies
- Psychoenergetic therapies

It is important to realize that there is no **ONE** agent, or therapy, that can remove heavy metals, including mercury, from all compartments of the body. A truly integrative approach is needed.

## Dietary Recommendations

Optimal nutrition has a key role in the regaining of health for the mercury toxic person. Once again, we see the importance of the person's biological individuality. Blood chemistry interpretation can offer a guideline to what's right for you. Here are some diet recommendations which are generally agreed upon during the detoxification process.

- Eat moderate amounts of sulfur-bearing animal protein from free-range, hormone and drug-free eggs, beef, lamb, chicken or turkey. Fish are to be avoided because of their contamination with mercury. If fish is eaten, take chlorella capsules (2-4) to bind the mercury. Animal protein should be cooked as little as possible, and never microwaved to avoid in activating proteins.
- Pork, hard cheeses, chocolate, refined carbohydrates, white flour, sugars and soft drinks, caffeine and alcohol should be **avoided**.
- Pigmented fruits and vegetables, like blackberries, strawberries, blueberries, cranberries, tomatoes, etc. are good sources of antioxidants.
- Butter, but never margarine, is recommended to stimulate the liver to produce bile, which readily binds to mercury for excretion in the stool. Fatty acids in olive, flaxseed, primrose, peanut and fish oils are needed for cell membrane metabolism.
- Copious amounts of pure water, or enhanced water with minerals and electrolytes, will increase the absorption and effects of other remedies, and promote elimination through kidneys and colon. Avoid drinking more than 4 ounces of liquid with meals because it will dilute essential digestive enzymes.



- Large amounts of green foods, fresh vegetables, mostly raw or lightly cooked, dried beans, nuts and some whole grains are recommended.



Several experts believe that we will be healthiest when following our ancestral diet, that is, the diet of our forbearers, who ate foods that were locally available.



## Supplements

Oral supplementation is also an important part of the detoxification process. It helps replace good minerals lost during chelation, or altered due to the heavy metal burden. Short-term supplementation of high dosages is better tolerated than long term to prevent allergy formation. Food based supplements are best. It is good to cycle nutrients, take time off from taking vitamins. The amount taken can be determined by RBC (red blood cell) analysis.

- Electrolytes can be added to 2 to 4 quarts of water a day to help reduce symptoms and promote autonomic nerve function. These minerals are a few to consider: **selenium, magnesium, potassium, zinc, copper**, (*the last two are antagonistic and should not be taken at the same time*), **manganese, chromium, and molybdenum**.
- **Vitamins C** is a very valuable part of any mercury detoxification program because it supports tissue repair and has the ability to bind to mercury and carry it out of the system. Prolonged exposure to mercury also causes adrenal exhaustion and lowers the Vitamin C content of the adrenal glands. Many holistic dentists give Vitamin C intravenously while removing amalgams to help trap any mercury that is released into the blood stream.

- **Vitamin C and E** are antioxidants that protect against free radical damage. Vitamin C should not be taken with cilantro because the remedy effect will be cancelled out. Space at least one hour apart.
- **Alpha lipoic acid** enhances the action of all other anti-oxidants, supplies sulfur and is a weak chelator.
- **MSM (Methyl-Sufonyl Methane)** is a natural form of organic sulfur, which will help your body to remove mercury, and acts as a free radical scavenger, helps with allergy, (can be sniffed to control upper respiratory symptoms), helps repair cells, and controls parasites and constipation.
- **NAC (N-Acetyl Cysteine)** is a powerful antioxidant, and a powerful tool in maintaining immunity. It can also detoxify heavy metals, such as mercury.
- **Glutathione** is an enzyme that acts as an antioxidant, a heavy metal detoxifier, and protector of red blood cell integrity. Depletion of intracellular glutathione stores are a common result of extended immune activation and from extended mercury exposure.

**Herbs and homeopathic remedies** are available to take during the detoxification process. Many companies market a homeopathic remedy simply called “detoxification.” There are several herbs that are commonly used by practitioners that can also be used as chelating agents.

- **Chlorella** is a form of green algae, which binds heavy metals in the intestines and can be used to remove mercury from the extracellular spaces. It does not cross the blood-brain barrier, so is safe to use prior to amalgam filling removal. It is also an excellent food, a complete source of amino acids and a good mineral source. As a green food it is very good for intestinal health and has anti-bacterial and anti viral properties. It is given orally in **low** doses to bind mercury, in **moderate** doses as a mobilizing agent, and in **high** doses as a “stand-alone chelating agent. It is taken in two forms: **one**, whole cell chlorella, to use as a toxin magnet, which works within the intestines, and **two**, the crushed form which can be absorbed throughout the intestines and used throughout the body.
- **Garlic**, fresh or freeze dried, protects against free radical damage, stimulates the immune system, supplies sulfur to help bind mercury and acts as an anti-microbial, anti-fungal, and anti-parasitic agent.
- **Cilantro**, stimulates the body’s release of mercury and other heavy metals from the brain and central nervous system into other tissues. This facilitates the ability to remove mercury from the body using other



dietary protocols, such as Chlorella and other chlorophyll containing herbs such as nettles and alfalfa. These herbs aid in detoxifying by denaturing the toxins, protecting and restoring normal cellular functions while promoting elimination.

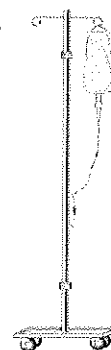
It is also recommended, when detoxifying, to protect the liver using products such as **Rejuvenate** and **Milkthistle**. **Yellow Dock** can also be added to improve the body's assimilation of Cilantro, which has a strong taste and may cause nausea, vomiting or diarrhea.

**Chelating agents** are substances which can chemically bind with metals, minerals, or chemical toxins from the body by enclosing the toxins and carrying them from the body.

- **DMPS** is a sulfuric acid like molecule, which effectively complexes with mercury and other metals. It has a short half-life, and reaches its peak in 2 to 3 hours and is gone in 8 hours. It is water-soluble and is excreted through the kidneys. This places an increased burden on the kidneys, which may need additional support. DMPS should not be used with amalgam fillings in place because it will pull the mercury off the fillings and dissolve the mercury in the saliva which will produce toxins in the body. It can be administered orally, though is not as effective, I.V., as a challenge to measure the amount of mercury excreted, or by intramuscular injection, which has a slower uptake, and fewer complications. It can be used in Neural Therapy, along with Procaine 1% to deliver the chelating agent to specific localized areas where the mercury is compartmentalized. Most of the complications in using DMPS are from moving the mercury around. It is the effectiveness of the drug that becomes the problem. If the person is allergic to the mercury, this drug has the potential of causing unpleasant side effects. It is also important to supplement with minerals before and after treatment because it pulls out all metals in the body, not just mercury, and the good minerals can be lost as well.
- **DMSA** is an oral chelation preparation, not as strong as DSMP, and therefore fewer initial unpleasant side effects. It has been shown to penetrate the blood-brain barrier and cross cell membranes. For this reason it is not advised to give this agent in the early phases of detoxification because of the risk of pushing mercury back into the cells due to the diffusion gradient. The advantages of this drug are that it is gentler, and can be used for patients with less frequent visits to the doctor's office. It is taken in cycles of one week on and one week off.

- **EDTA** is a chemical chelator, first introduced in the medical field to treat lead poisoning. It has also been demonstrated to reduce plaque build-up on the walls of arteries of persons having atherosclerosis. It forms insoluble complexes with mercury inside the cell, therefore it is not considered an effective detoxification agent for mercury.
- **Metal Free** is a manufactured peptide chelator that combines a number of substances that will bind with heavy metals. The bonds are very tight and since the heavy metals or toxins are totally engulfed in it, they are not able to react with other chemicals or bind to beneficial minerals. It is eliminated from the body via the bile/bowel pathway.

**I.V.(Intravenous) Vitamin and Mineral Replacement** is generally done 24 to 72 hours after chelation with DMPS in order to replace the minerals and vitamins that were pulled out with the mercury, and to minimize any symptoms related to the DMPS detoxification. The vitamins and minerals by-pass the intestines and enable the nutrients to be supplied to the tissues in much higher dosages that could be expected by mouth. If a person's biochemistries are strong, this may not be necessary.



**Neural Therapy** is a traditional German therapy which injects a local anesthetic (Procaine 1%) directly into scars and skin over chronically infected organs in order to re-establish proper blood flow and normal cell function. These areas are called interference fields, and are like toxic dump sites, full of heavy metals, toxic chemicals and infectious organisms, which negatively affects the function of an organ. The procaine helps eliminate electrical pathology. When a chelation agent, such as DMPS, is added to the injection solution, the technique will also detoxify the accumulated poisons in the interference field. Proper blood flow, which is required for healing, is then returned, making elimination of toxins possible.

**Hormone and Glandular Therapy** utilizes biologically active, natural hormonal replacement in order to restore and regulate the function of glands that have been damaged by heavy metal toxicity. Many diverse problems can be the result of lack of proper hormone production and balance. This can affect energy level, resistance to infection and temperature change, moods, sexual responsiveness, sleep patterns and other. Restoring physiological balance with natural hormones is often significant in reducing symptoms. The adrenal glands, thyroid, pituitary, and sexual glands are routinely evaluated during the detoxification period.

**Drainage therapies** are often proposed to reestablish or support normal biochemical and physiological function of the organs of elimination during the detoxification process. The **liver**, which is our body's main detoxifying organ, and the **gastrointestinal** tract must be in optimal shape for effective mercury removal. Herbal and homeopathic liver support may be required. Digestive enzymes and replacing good bacterial in the intestines will enhance absorption of nutrients and keep the bowels functioning adequately. Remember that the primary way our body gets rid of mercury is in the stool. If the bowels are not emptying in a timely fashion, the mercury will be reabsorbed by the colon and retained in the body.

The **lymphatic** system helps remove toxic waste from the body tissues. During mercury removal it is important to keep lymphatic drainage open and flowing. There are herbal and homeopathic remedies available to enhance drainage. Other techniques, such as lymphatic massage, trampoline jumping, chiropractic and osteopathic manipulation and vigorous exercise that can cause lymph flow to accelerate. The use of a Chi machine is also beneficial.

The chelated mercury and other heavy metals are removed from the blood by the liver and **kidneys**. Many times the kidneys are compromised in a toxic person. There are drainage remedies, such as Solidago, that will support the kidneys during the detoxification process. These can be nutritional, herbal, and homeopathic. Drinking large amount of water at this time is critical to effective urinary elimination.

Neural therapy, **acupuncture** and **structural manipulation, detoxifying/cleansing baths**, and **saunas** are also valuable means of removing mercury from the body.

**Psychoenergetic therapy** cannot be overlooked in any chronic illness, and especially in the case of mercury toxicity, which has an affinity for the nervous system, and can affect how we feel, think and experience life, love and joy. Some experts say that nearly all chronic diseases have one or more unresolved mental conflicts which are involved in the emergence of symptoms. The body cannot heal itself as long as these mental conflicts are not resolved because they block the energy flow.

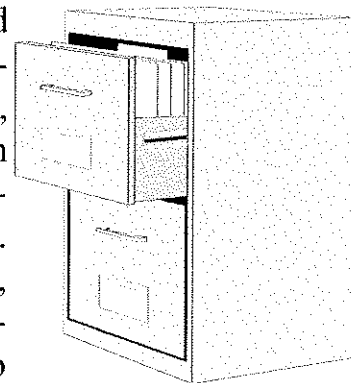
The theory is that, at the time of the occurrence, the problem could not be digested and so it was stored within the limbic system. The symptoms nurture



the problem so that the patient cannot recover. Therapies such as **psycho-kinesiology**, **Thought Field Therapy** and **Emotional Transformation Therapy** will help treat the individual at the psycho/emotional and spiritual/energetic level. Meditation and prayer, as well as other mind/body medicine such as the use of aromatherapy, the Bach flower remedies, light, color and sound therapies facilitate the body's self-healing inclination by restoring the flow of energy. Given the right environment, internally, externally, mentally, and spiritually, the body heals itself.

You may find that many of the treatments and therapies mentioned may not be necessary for you. By communicating with your doctor you can determine the best approach for your individual needs. It is to your advantage to have a grasp of the "big picture," or game plan, **before**, **during** and **after**, the detoxification process. Know what the expectations are, both yours and the physician's.

Keep a record of what will be done and when you will need to do specific things that will aid the process. Include treatments, supplements, tests and therapies. Most important, keep a journal documenting how you feel, if and when there is a change in your symptoms, whether they are improved or worsened. Keep an open mind and be flexible. If one therapy doesn't seem to work, talk to your doctor, ask questions, and perhaps try another approach. Remember, you have engaged in a partnership with your doctor to facilitate your healing.



An on-going evaluation is critical to success. Expect to be re-evaluated every month or two at first, after your amalgam fillings are removed. Follow-up afterward could be every 3 months for one to two years, and anytime you think there is a problem.

## **Summary**

We are surrounded by environmental poisons in every aspect of living, from heavy metals, chemicals, bacteria, viruses, free radicals, petroleum solvents, even undesirable byproducts of our own metabolism. Our bodies have built in systems whose function it is to eliminate these toxic wastes. When the total body burden of these poisons become too great to handle, we get sick. The only way to get better is to eliminate the problems and rebuild our bodies. If we follow the analogy of the plugged sink described earlier, we must both stop the dripping faucet AND pull the plug to allow the sink to empty.

We have learned that mercury toxicity has a profound effect on our bodies, biochemically by interfering with our enzymes and other body chemistries, functionally by altering our body's autonomic responses, and psycho-emotionally by not letting go of underlying emotions that block our healing energy. Heavy metal poisoning is not easy to diagnose. Actual, and nonspecific illnesses, both physical and mental, have been attributed to the body burden of mercury. To those who have struggled with chronic illnesses it is hoped that this information will empower you to take charge of your life and begin to make decisions that will lead to better health.

**We invite you to check out the various web sites and books in the appendix.**

# Appendix A

**For more information visit these websites**

## **Holistic dentistry**

[www.holistic-dentistry.com](http://www.holistic-dentistry.com)

## **Amalgam/mercury bibliography**

[www.bioprobe.com](http://www.bioprobe.com)

[www.ccrlab.com](http://www.ccrlab.com)

[www.total.net:8080/~tsm/amalg/docs/aro89a.htm](http://www.total.net:8080/~tsm/amalg/docs/aro89a.htm)

[www.mysmile.com/hgdefens.htm](http://www.mysmile.com/hgdefens.htm)

[www.drjay.com/amalgam.htm](http://www.drjay.com/amalgam.htm)

## **Mercury slide show**

[www.altcorp.com/SlideShows/mercury/sld015.htm](http://www.altcorp.com/SlideShows/mercury/sld015.htm)

[www.cfsn.com/detox.html](http://www.cfsn.com/detox.html)

[www.beatcfsandfms.org/html/CheckForHg.html](http://www.beatcfsandfms.org/html/CheckForHg.html)

[www.extremehealthusa.com/clinical.html](http://www.extremehealthusa.com/clinical.html)

<http://members.aol.com/annmariedonaca/detox.html>

## **Mercury detoxification**

[www.y2khealthanddetox.com/mercdetox.html](http://www.y2khealthanddetox.com/mercdetox.html)

[www.watershed.net/detoxification-chlorella.html](http://www.watershed.net/detoxification-chlorella.html)

## **Supplements and Chelators**

[www.noaw.com/MercuryDetoxification/MercuryDetoxification.htm](http://www.noaw.com/MercuryDetoxification/MercuryDetoxification.htm)

<http://www.dragonriverherbals.com>

## **Amalgam removal protocols**

[Http://www.mgoldmandds.com/isremovdanger.htm](http://www.mgoldmandds.com/isremovdanger.htm)

[www.mercola.com/article/mercury/](http://www.mercola.com/article/mercury/)

## **Dietary issues**

[www.environmentalhealth.ca/fall96dental.html](http://www.environmentalhealth.ca/fall96dental.html)

[www.arborvitahealth.com/toxicity.html](http://www.arborvitahealth.com/toxicity.html)

## **Amalgam ban demanded in Germany**

<http://home.online.no/~reiersol/bund.htm>

## **Sources of mercury**

[www.nih.gov/od/ors/ds/nomercure/environment.htm](http://www.nih.gov/od/ors/ds/nomercure/environment.htm)

## **Symptoms of mercury toxicity**

[www.icnr.secsites.com/uam/MercuryToxSymptoms.html](http://www.icnr.secsites.com/uam/MercuryToxSymptoms.html)

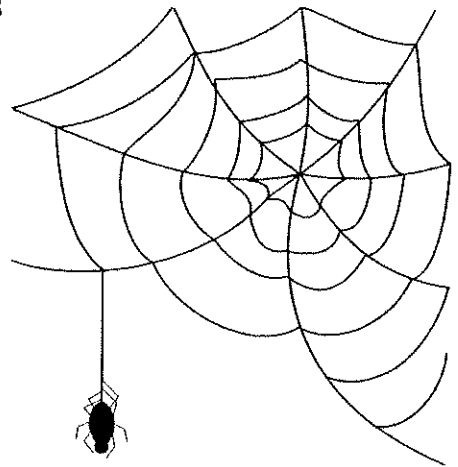
[www.digitalnaturopath.com/cond/C15873.html](http://www.digitalnaturopath.com/cond/C15873.html)

[www.biodentistry.com/dentistry/links.htm](http://www.biodentistry.com/dentistry/links.htm)

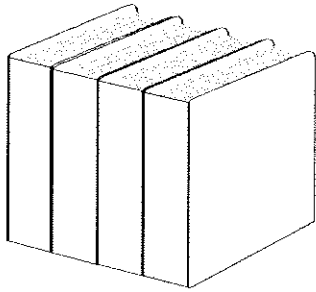
[www.mckeedds.com/amalgam.htm](http://www.mckeedds.com/amalgam.htm)

[www.bioterrain.com.uk](http://www.bioterrain.com.uk)

[www.unpronounceable.com/amalgam/](http://www.unpronounceable.com/amalgam/)



## Appendix B



### Books

Cutler, Andrew Hall, PhD., PE. "Amalgam Illness, diagnosis and Treatment." Self published. 1999

Breiner, Mark A., DDS. "Whole Body Dentistry." Quantum Health Press. 1999

Ziff, Sam and Michael, DDS,. "Dentistry Without Mercury." Bio-Prob, Inc. 2001

Kennedy, David, DDS., "How To Save Your Teeth." Health Action Press. 1993

Haas, Elson M., MD., "The Detox Diet." Celestial Arts, 1996

Malmstrom, Christer and McClintock, Annika Jeppsson, "Chronic Fatigue, Poisoned by the mercury in your mouth" Bio-Prob, 1997

Huggins, Hal A., "It's All In Your Head." Avery Publishing Group: Garden City, New York, 1993

# Appendix C

## Glossary

**Allergy Elimination Therapy, (AET):** Using this technique, allergies are viewed from the holistic perspective as the body's adverse response to common substances. This includes immune, biochemical, ANS, and psycho-emotional responses. AET utilizes muscle response testing to identify the allergen and treatment includes acupuncture with some light massage. This is a noninvasive and painless therapy.

**Autonomic Nervous System:** Also called the Functional Nervous System, regulates the body's involuntary functions, such as heart beat, contractions of the stomach and intestines, and secretions by the glands. It consists of the sympathetic and parasympathetic nervous systems. The sympathetic nervous system functions an emergency system which allows the body to cope with stress, the fight or flight mechanism. The parasympathetic nervous system slows the heart beat and increases secretions of digestive juices and increases peristalsis.

**Autonomic Response Testing:** A biofeedback system that interprets specific challenges and stressors to the autonomic nervous system by utilizing an orderly sequence of muscle testing. Similar to the principles associated with lie detectors, which measure skin resistance, ART is under the control of the Sympathetic Nervous System where muscle strength or weakness is the response measurement.

**Chelation:** A process that uses a compound to grasp or chemically bind metals to itself in order to render the metal inactive, or non toxic

**Colon Hydrotherapy:** A therapy which gently infuses warm, purified water into the colon to remove impacted fecal material, decreases the colon's toxic concentration, tones the muscles to improve peristaltic action and improves bowel health. The procedure usually lasts 30 to 60 minutes and is usually followed by rectal infusion of probiotics.

**Drainage Remedies:** A substance that can increase circulation to a specific area in the body in order to clear the path for later treatment is a drainage remedy. Because sluggish circulation in any tissue will lead to a buildup of cellular waste which hinders the flow of nutritional material to individual cells it is important that circulation is not impaired. These substances must be biochemically active

**DMPS:** This chelator is a sulfuric acid like compound which binds readily to mercury. It is water soluble and excreted through the kidneys. When combined with chlorella, some studies have shown that 40 times more mercury is removed from the liver, through the colon in the feces. Care must be taken that the mercury is not reabsorbed from the colon.

**Free radical:** A highly reactive molecule containing an odd number of electrons. If two radicals react, both are eliminated. If a radical reacts with a non-radical, another free radical is produced, and may provoke a chain reaction with causes tissue damage by interfering with the utilization of oxygen in the tissues or cells. *(The body has developed methods of defending against the harmful effects of free radicals. The presence of toxic substances, such as mercury, interfere with out body's natural antioxidants.)*

**Kinesology:** Kinesology is another word for muscle testing, which uses the body's electrical system and the muscles, to determine the functioning or malfunctioning of the autonomic nervous system. If anything impacts your electrical system that does not maintain or enhance your health and your body's balance, your muscles, when having physical pressure applied, are unable to hold their strength. Muscle power is directly linked to the balance of the autonomic nervous system.

**Meridian Stress Assessment:** This technique used a meter to determine the conductivity/resistivity of electricity sent through the body. Bioenergetics is defined as the scientific study of interactions between living organisms and electromagnetic fields. Our body's energy is a function of electron flow in the body. Allergies to substances interferes with the normal flow of electrons in the body.

**Probiotics:** Beneficial bacteria in the intestinal tract that help process nutrients, produce important vitamins, fight disease and maintain healthy digestive system. These "friendly bacteria keep the intestinal microbial population in balance.

**Thought Field Therapy:** An energy psychotherapy developed to treat emotional disturbances. By using muscle testing to determine which of the body's meridians are weakened by a person's negative emotions, a technique of tapping on the beginning or ending of a meridian can dislodge the negative affect stored in that particular meridian, and lead to healing.

# Appendix D

## Information Sheet

Use these pages to review and record information you will need to know.  
Ask your physician to help you fill in these blanks.

Tests

Date/Time

Preparation

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Diet

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Supplements

Amount

Frequency

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Herbals, Homeopathics, and Drainage Therapies

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Doctor's Appointments

Date

Time

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Treatments, and Therapies

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Questions to ask the Doctor

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# Journal or Progress Record Day \_\_\_\_\_ Date \_\_\_\_\_

My mood today is: Happy  
Indifferent  
Sad  
Depressed

Rate pain or discomfort on a scale of 1 to 10  
1 being mild and 10 being the worst possible

Mark the part of the body where you feel pain  
with the number that best describes the intensity

My energy level is: High  
Normal  
Low

The best thing about today was:

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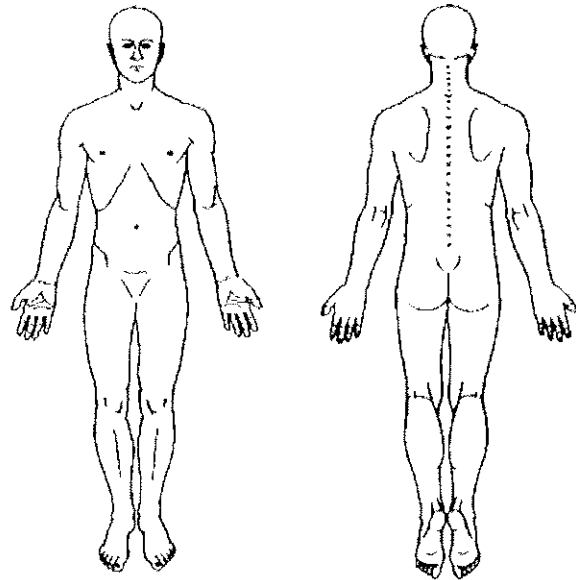
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The worst thing about today was:

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Overall, today  
was: \_\_\_\_\_

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This is an example of what could be written as a journal entry. Depending on your individual situation you may want to include specifics such as:

- How well you slept
- What you ate, or didn't eat
- Your physical activity
- Any special medication you took
- Any supplements you had
- What the weather was like
- Any particular stress that happened today
- How clear your thinking was today
- Any particular emotion you felt





