



TOP 10 TIPS FOR DETOXIFYING MERCURY FROM DENTAL AMALGAM

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Introduction

The following is a *very brief* guide to the essentials of detoxifying accumulated mercury and other toxic metals from the body. However, this is something that is quite challenging at the best of times and for which you need to be *fully informed* so that you both understand what to expect, and how best to manage the processes of detoxification.

The full metals detoxification programme including protocols for before, during and after amalgam filling replacement are detailed in my book [*Chronic Fatigue, M.E. and Fibromyalgia: The Natural Recovery Plan*](#).

The truth is that it takes several years of application and determination to rid the body of the majority of its accumulated toxin burden. In fact, a commonly accepted estimate is that it takes a year of active detoxification for every decade of original toxin exposure and absorption.

Traditional Chinese Medicine (TCM) has maintained for possibly as many as 12,000 years that the body is actually a complex *energy system* appearing to our limited senses to be a separate 'thing'. In fact, everything in this 'reality' is a projection from the spiritual dimension – and, unlike the current scientific paradigm, which maintains that everything is an accident – it's all on purpose!

The means by which our many bodily processes are animated is via the energy meridian system which governs physical, mental and emotional faculties in a way that is quite hard for the Western mind to grasp. This has been corroborated by the work of Albert Einstein and the advent of quantum physics in general and the development of various imaging techniques in recent decades. For more on this topic you may want to view these videos: [Energetic Relationships](#) and/or [Acupuncture Meridians: The Proof](#).

The wisdom contained in TCM may become apparent to you as you detoxify for several reasons. One is that specific meridians may become stressed and symptomatic and it is helpful to be able to heed the warning signs before this manifests in the physical. The other is that you will find that as you address issues on an emotional level, you will release the associated toxins. And the reverse is also true so that if you work at detoxifying in the purely physical (eg: taking supplements) you will find that you get emotional releases too. For more information refer to [Meridians Reference](#).

This can be horribly trying and confusing and mercury in particular is known for causing psychiatric, emotional and mental disturbances as it confounds neurotransmitter regulation.

So without further ado, in addition to following all the common sense advice to get some gentle exercise, drink plenty of water, sleep, rest and eat a diet of whole, fresh, unprocessed foods the following are my top 10 tips for ridding your body of its toxic metal burden.



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Becoming Mercury Toxic

As you may already appreciate, liquid mercury evaporates continually from dental amalgam fillings where some of it passes directly into the nose and sinuses and from there into the brain and controlling endocrine glands. However, the majority is inhaled into the lungs where it is picked up by the red blood cells and transported to the rest of the body. There it binds tightly to the cell organelles (particularly the mitochondria compromising energy production) and particularly the endocrine and nervous



tissue. For more on this topic see [The Trouble With Amalgam Fillings](#), [Mercury Poisoning From Dental Amalgam](#) and [The Descent Into Illness](#).

In order to establish how much of an issue mercury toxicity is for you, you may want to first watch the video [Symptoms of Mercury Poisoning](#) before filling in the interactive [Mercury Toxicity Questionnaire](#).

Detoxifying Your Body Burden of Mercury

Although having your [amalgam fillings removed and replaced](#) by a [biological dentist](#) with a biocompatible alternative is a necessary prerequisite for recovery, it is often not sufficient in itself to restore health. In fact, for many sick people they need to create some detoxification capacity *before* even contemplating having any significant dental work done.

There are five main routes out of the body. In order of importance these are the stool, urine, sweat, expired air, and body fluids such as menstrual blood, tears and semen. You have to learn to trust the deep intelligence of your body which knows what ails it and how to recover. In fact, the body can even communicate what it requires (and what foods and supplements to avoid) at any given time if you can master the basics of [muscle testing!](#)

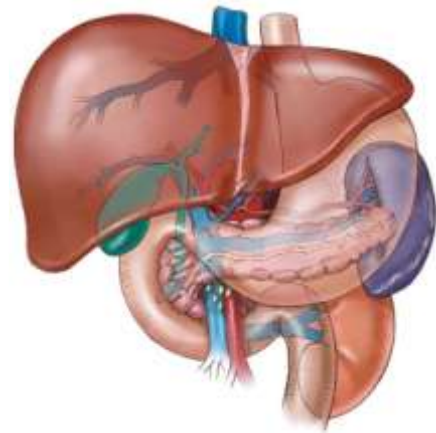
Also, it is important to understand that as you detoxify you may temporarily feel *worse* as you start to mobilise toxins from deeper and deeper storage in body compartments for excretion.

The body tends to recover its functions gradually over time (so gradually that many don't notice that they are getting better) punctuated by episodes of intense detoxification known as healing crises.

For more on this topic refer to the articles [How the Body Heals](#) and [The Process of Recovery](#) and to objectively monitor your recovery over time there is also an interactive [Symptom Assessment](#).

TIP 1: Detoxify Primarily Via the Intestines and Bile

Mercury is incredibly hard on the kidneys and in animal experiments kidney function was *reduced by 50% after the placement of just one amalgam filling*. It is inevitable that some mercury is going to be excreted via the kidneys. However, the problem with this is that the kidneys are delicate, have a relatively small working surface area and repair slowly – if at all.



In addition, the kidneys are also incredibly important from a TCM perspective as they are considered to make, store and secrete the life essence (jing) which is the root of everything in addition to transforming the blood, spirit, chi and fluids which nourish the body. For more on this topic please refer to the article [The Kidneys](#).

For these reasons it is considered preferable to pull the mercury out via the large surface area of the intestines and the bile which is produced by the liver and discharges into the upper end of the small intestine just below the stomach. This is because the intestines have a total surface area equivalent to that of several tennis courts and the intestinal lining and liver regenerate readily. This large surface area can be used to constantly bind toxins and prevent their reabsorption into the body (the contents of the digestive tract technically remain outside of the body).

This is explained further in the video: [Amalgam/Mercury Detox: Top 3 Tips](#).

TIP 2: Supplement Vitamin C



Curiously, while many other animals including apes can synthesise their own supplies of Vitamin C internally, humans have lost this ability somewhere along the evolutionary line.

Vitamin C acts as an antioxidant, protects against toxic metals, mobilises and converts mercury into excretable forms, and aids with tissue repair. It is concentrated in organs such as the liver, thyroid, small intestine and gonads at up to 50 times the levels found in the blood, and over a 100 times blood levels are found in the adrenal, pituitary and thymus glands which govern the stress response, endocrine function and the immune system respectively.

This is the one supplement that most clients muscle test for throughout most of treatment and although individual requirements vary, a dose of 2-3 grams a day with more in times of emotional or physiological stress is suggested. It is possible that many of the degenerative diseases and particularly heart disease may ultimately be Vitamin C deficiency diseases since apes and goats synthesise approximately 13-17 grams of Vitamin C a day which is 300 times the recommended daily amount (RDA)! For more information on this topic refer to [Vitamin C Examined](#) and [Antioxidants](#).

TIP 3: Use a Far Infra Red Sauna Regularly

There are reports of people recovering from near-fatal chronic mercury poisoning using sweating alone dating back several centuries.

Happily, we can now either buy or hire portable Far Infra Red (FIR) saunas for home use relatively inexpensively. And although a portable FIR sauna typically costs a few hundred dollars, this is money well invested over the long term with sweating proving to be one of the most cost effective and safest ways to detoxify.

The skin presents a large surface area for excretion of toxins and for this reason doctors of old used to refer to the skin as the 'third kidney'. Some experts recommend taking vitamin C as ascorbic acid prior to using a FIR sauna as it helps to mobilise and promote the excretion of mercury.



However, the effectiveness of these saunas is not dependent upon the ability to sweat which for many metal- and mercury-toxic people can be problematic. The FIR saunas work by heating the body directly rather than by heating the intervening air and this is much less stressful on the cardiovascular system of someone whose health may already be compromised.

The rays of the FIR sauna penetrate the skin to a depth of a couple of inches and work to mobilise toxins from fat storage. In addition to sweating toxins out, there is also subsequent enhanced output in the urine and stool after a FIR sauna.

In fact, the use of a FIR sauna enhances metabolic exchange between the blood and tissues, promotes repair, stimulates energy (ATP) production and enhances anti-oxidant activity. The net effect is to reduce inflammation and pain and promote cardiovascular health.

Aim to use the FIR sauna possibly every other day for 15-30 minutes before showering or bathing. Use it as much as you feel comfortable and are able to do so, but remember that you are losing minerals along with the toxins and that these need to be replenished either by taking a good multimineral supplement or by consuming juiced fruits and vegetables. Remember also to drink plenty of water to guard against dehydration.



For more refer to [The Health Benefits of Saunas](#) and [Near and Far Infra Red Saunas](#).

TIP 4: Use Bentonite (or Pyrophyllite) Clays



Bentonite clay is a naturally-occurring weathered volcanic ash. Technically, these clays are absorbent phyllosilicates and there are at least 200 different varieties. They consist of microscopic rectangular platelets which have a large surface area to volume ratio. The platelets carry negative electrical charges on their flat surfaces and positive charges on their edges. This means that they can attract and bind positively charged particles including toxic metals, herbicides and pesticides, and pathogenic viruses, parasites and yeasts. When they do this the bentonite clay platelets swell and open up like a sponge binding several times their weight in these toxins and pathogens.

So these clays are retained within the intestine literally magnetizing metals and other toxins out of the body proper and into the 32 foot of alimentary tract prior to excretion in the stool. They also act as a rich source of minerals. However, it is important to ensure that you drink adequate amounts of water while supplementing clays to prevent them becoming too solid.

Adding bentonite clay to bathwater also magnetizes toxins out through the skin in the same way. However, be aware that you need to prevent your drains becoming blocked with the clay by either emptying the bathwater into the toilet or by using a drain filter. For more information refer to the article [Bentonite Clay and Psyllium Husks](#).

TIP 5: Supplement Chlorella Pyrenoidosa

Chlorella pyrenoidosa is a single-celled fresh water green algae. It is an ancient species – over 2.5 billion years old – and since it reproduces rapidly it has learnt to bind toxins in order to survive.

Whilst there are many green superfoods, Chlorella pyrenoidosa is considered to be the most efficient at binding toxic metals. It is a whole food supplement and usually sold as either small tablets or powder.



In addition to binding toxins, the chlorella also acts as a source of many other nutrients including the sulphur-rich amino acids which are critical for the detoxification of heavy metals.

The majority of the world's supplies of chlorella are cultivated in Asia in pure water vats where its powers of detoxification have long been recognised. However, since the Fukushima disaster there has been some concern about radioactive contamination of supplies and you should ascertain that any supplement you take is certified as being uncontaminated. For more information refer to [Spotlight on Chlorella Pyrenoidosa](#).

TIP 6: The Importance of Fiber



It is crucial to understand the importance of maintaining regular bowel movements to prevent the formation of the solid accretions of mucus and feces in the colon which are known as mucoid plaques. This is important because veins from the bowel go directly to the liver placing an additional toxic burden upon an often struggling organ.

The other mechanism it is important to understand is the enterhepatic or bile loop. What happens is that toxins get transported to the liver in the blood for detoxification. The water soluble toxins are excreted in the urine and the fat soluble toxins pass into the duct system of the liver to the gallbladder where they are concentrated to form bile. When fatty food enters the small intestine, the gallbladder is stimulated to contract. The bile serves the dual function of emulsifying fats so that other enzymes (known as lipases) can work on them and is also a means of dumping toxic waste. The problem being that toxins intended for absorption and excretion in the feces are often reabsorbed further down the small intestine. This can lead to toxins becoming more and more concentrated if there is insufficient fiber to absorb them and carry them out of the body in a fairly hasty manner. Eat nature's whole foods – and supplement with a gentle fiber like psyllium husks if necessary to absorb toxic bile and aid regularity. For more see the articles [Bentonite Clay and Psyllium Husks](#) and [The Scoop on Poop](#).

TIP 7: Eat High Quality Animal Source Protein

The current advice to eat little fat, modest amounts of protein and to fill up on carbohydrates including plenty of fruit and vegetables may be well intentioned but wrong. When you are chronically sick you need decent amounts of high quality animal protein – at every meal if possible – in order to rebuild body tissue and to detoxify.



I understand where vegans and vegetarians are coming from. I really do. I was vegetarian myself for 12 years. However, it has been my experience and that of others working with mercury toxic clients, that those resolutely wedded to remaining vegan or vegetarian are unlikely to recover. The 3D shapes of animal and vegetable source proteins are different. And, according to the studies of healthy indigenous people by Dr Weston Price in the 1930s there were no tribes that elected to go without at least some animal protein, although the amounts varied.

For more information see [The Importance of Protein](#) and book reviews of [Nutrition and Physical Degeneration](#) and [Trick and Treat](#).

TIP 8: Do Regular Liver Flushes



In my opinion, if you did everything else and didn't do this you wouldn't achieve full health. And conversely, if liver flushes were the only thing you ever did you would probably notice a significant improvement in your health and digestion.

I don't have the space to go into the details here and the details *are* important, but further information is available in my book [The Natural Recovery Plan](#). Suffice to say that the object of the exercise is to get all the rubble out of the duct system of your liver and gallbladder so that bile can flow freely.

I have done over 50 of these and lost count of the number of stones I had passed when I got to 5,000 – several of which were of considerable size (eg: golf ball).

Although it sounds a little daunting, it really is a simple and cheap therapy, but you need to set aside about 36 hours of fairly quiet home time. On the first day you eat a fat-free breakfast and lunch in order to get the gallbladder to fill, but not empty. Then in the evening you skip your supper and drink first some Epsom salts (which relaxes all the sphincters and causes diarrhoea) and then a mixture of grapefruit juice and olive oil (which causes the gallbladder and liver to forcefully contract expelling any stones). The following morning you drink more Epsom salts solution to flush the stones out of the intestinal tract and you can then gradually resume your normal routine.

Part of the effect of mercury toxicity is that it promotes the formation of gallstones and also disables effective function of the gallbladder. This has implications for digestion of fats, causes allergies and chemical sensitivities, and referred pain to the right arm or shoulder. Part of the problem may have to do with eating a low fat diet which fails to stimulate bile flow which then becomes concentrated and forms stones. For more see the article [The Gallbladder and Rage](#) and the video [The Amazing Liver and Gallbladder Flush](#).

TIP 9: Boost Glutathione Levels

Glutathione is one of the most important chemicals in the body and has been called the 'master antioxidant' because it regulates the function of other antioxidants such as vitamins C and E. Good tissue levels are associated with disease prevention whereas reduced levels have been linked with degenerative illness and premature ageing. Chronic mercury toxicity is recognised to particularly deplete tissue levels of glutathione.

While all cells make glutathione, it is found in the highest concentrations in the most metabolically active tissues such as the liver, kidneys, skin, lungs and nerve tissue. It exists in an active, antioxidant form and a depleted form and is constantly recycled using vitamins and minerals.

Glutathione is made from a molecule each of the amino acids cysteine, glycine, and glutamate. It cannot be effectively supplemented as glutathione, because the tripeptide is broken down into its

constituent amino acids by the processes of digestion. Further, glycine and glutamate are usually in plentiful supply so it is the amount of *cysteine* in the diet that determines how much glutathione is synthesised.

In addition to being synthesised in every cell of the body, glutathione is also involved in one of the major detoxification pathways in the liver and to a lesser extent in the kidneys. The liver detoxifies substances via an initial series of Phase I detoxification reactions which make substances water soluble and a second Phase II reaction which makes makes the toxins suitable for excretion in the urine or with the feces in the bile.

Glutathione plays a significant role in Phase I liver detoxification and approximately 60% of the toxins excreted in the bile are thought to be further processed via the Phase II glutathione pathway. This is probably the most important pathway for detoxifying toxins including heavy metals, bacterial and viral toxins and carcinogens.

Supplementing N Acetyl Cysteine (NAC) or Methyl Sulfonyl Methane (MSM) can act as a source of cysteine, but one of the most efficient ways of raising glutathione levels is to take an undenatured whey protein daily. For more information refer to the article about [Glutathione](#).

TIP 10: Support Liver Function

The importance of the health of the liver to the health of the body simply cannot be overstated. And if you only ever worked on promoting the health of your liver by doing liver cleanses, liver flushes and taking supplements and foods to boost liver function your overall health would improve.

If I had to single out a supplement to help protect the liver and promote liver detoxification it would be Milk Thistle (*Silibum Marianum*). This herb enhances liver detoxification by up to a third whilst protecting the liver, promoting liver regeneration at up to 4 times the normal rate. Of particular importance when detoxifying mercury and other toxic metals, Milk thistle also helps to protect and regenerate the kidneys.

It is for these reasons that Milk thistle is often the primary ingredient in many herbal liver detoxification supplements. There are many proprietary liver cleansing products and you may choose to use these for a week or two every few months throughout the detoxification process and/or to supplement Milk Thistle on an ongoing basis.

For more information see [Chinese Medicine: The Liver](#) and [Supplements to Aid Liver Detoxification](#).

Finally, there is no one way to do anything and people have recovered from chronic mercury poisoning in a multitude of ways. However, if you do some or all of the above, you should be heading in the right direction – health!



About Dr Alison Adams

Dr Alison Adams is a UK trained dentist with a US Master's degree in Restorative dentistry. She had 20 years clinical experience as a dentist before a lifetime of mounting chronic ill health forced her to quit the profession. Becoming degeneratively ill, receiving no help from the medical profession and believing that imminent death was a real prospect she determined to figure out the answers to her illness herself. In the process she obtained diplomas in Allergy therapy, two forms of kinesiology and five other related subjects qualifying as a naturopath.



She realised that she had been suffering with mercury poisoning, has subsequently recovered and written the book *Chronic Fatigue, M.E. and Fibromyalgia: The Natural Recovery Plan* which addresses the topic of metal toxicity. For more see [About Alison](#).

FREE Resources!



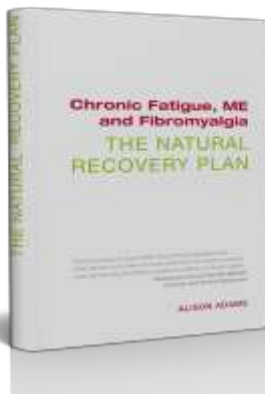
[The Natural Recovery Plan website](#) is intended as a resource for those recovering from chronic, serious and degenerative illnesses, and the health and dental professionals who care for them. This website addresses the underlying causes of disease with particular emphasis on toxins of dental origin and offers plenty of free [articles](#), [podcasts](#) and [videos](#).

[The Mouth-Body Doctor website](#) defines a new paradigm of holistic dental care which recognizes the interrelatedness of the health of the mouth to that of the body and the role of nutrition in orofacial health & development.



Both websites offer a regular newsletter so **SIGN UP NOW!**

Commendations for The Natural Recovery Plan Book



"I spend hours talking to patients trying to find dentists that practice biological dentistry and physicians that can help with their health problems that may have been caused by dentistry. Many of those patients are seekers. This is an excellent book for patients. It is easy to understand and helps guide them towards health."

Dr Dawn Ewing, RDH, L-EMT-P, CCT, DNM, Ph.D, Doctor of Integrative Medicine and Executive Director of the IABDM

TOP 10 TIPS FOR DETOXIFYING MERCURY FROM DENTAL AMALGAM FILLINGS

"In this book Dr. Alison Adams outlines a pathway to better health in a knowledgeable and understandable manner. In modern medicine, we have been asking the wrong questions. We have been obsessed with finding the latest drugs to suppress the latest symptoms ... and then think we have cured something. We need to start thinking differently. We don't get different answers if we don't ask different questions, and Dr. Adams does exactly that as she organises in detail, not only how to be aware of health problems, but also how to think differently and embrace the wisdom of non-traditional solutions."



Dr Bill Wolfe, DDS NMD, Holistic Dentist & Naturopath



"A gift to both patients and practitioners."

Vicki Edgson, Author, UK TV presenter, Nutritionist & Naturopath

".. gives the fundamental and underlying causes of most disease."

Dr Mark Breiner, DDS, Holistic Dentist and Author




"I was given your book by one of my patients and I have not only thoroughly enjoyed reading it but have been very impressed by the clarity and the utter relevance and accuracy of the picture you have built of fatigue related syndromes, their treatment, and the medical establishment's lack of insight into its causes and management."

Dr Shideh Pouria, MB BS BSC Doctor Specialising in Ecological Medicine and Immunology

"This book is for every patient who has had amalgam fillings, currently has amalgam fillings, or will have their mercury amalgams removed. This is a thorough book that helps people understand the magnitude of what mercury amalgams do to our health. When people ask me what they should do to detox from mercury, all I have to say is 'Read The Natural Recovery Plan.' It sure makes my job as a dental hygienist easy knowing they will get good, true information from a survivor who really knows her stuff. Thank you, Dr. Adams for writing an excellent book that will help so many people on this earth!"



Marisa Russo, Dental Hygienist, Nutritionist and Anti-Amalgam Campaigner

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