

# Discover the hidden truth about your dental fillings

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(Natural News) Most of us think that our mouth can't get us into trouble as long as we choose our words carefully, but that isn't the case if you happen to have dental fillings. In fact, if you're unlucky enough to have mercury amalgams, you could have a ticking time bomb in your mouth.

That's because mercury interferes with essential cellular processes. It can also lead to a neurotransmitter imbalance in your brain and prevent your body from absorbing much-needed minerals. In short, mercury is bad news all around and has been linked to serious physical and mental problems.

Therefore, it's probably not a coincidence that more than 150 million Americans have dental amalgam fillings and more than 117 million Americans suffer at least one chronic health disease. Could you be developing a chronic disease right now because of this hidden danger?

An epidemiological study from the National Institutes of Health found a link between several diseases and having more dental amalgams than average, and more than 4,000 scientific studies have found

that the metal causes at least 30 chronic health conditions. Some of the chronic illnesses linked to mercury include diabetes, fibromyalgia, hypothyroidism, migraines, depression, anxiety, ADD, Alzheimer's, ALS, learning disabilities, Crohn's disease, lupus, arthritis, and ALS.

These fillings constantly leech mercury and mercury vapor into your body. This neurotoxin binds to the sulfur needed for various bodily processes and inactivates it; it does the same to selenium, preventing it from fighting cancer cells. It also binds to the proteins that can impact the immune system's ability to distinguish cancerous cells from normal ones, attacking healthy tissues to cause auto-immune diseases while cancerous cells proliferate unchecked.

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In addition, the presence of mercury leads to an anaerobic environment, which is the perfect place for Candida to grow and thrive. That's why many people find their candidiasis problems become a thing of the past when they get their mercury fillings removed.

It's not just mercury fillings that can wreak havoc on your health; other dental procedures can also be problematic. For example, root canals can cause teeth to generate bacteria and become toxic, and the sites of extracted teeth or root canals that are chronically infected can lead to conditions like depression, heart disease, fibromyalgia, and multiple sclerosis.

## How can you minimize the damage from mercury fillings?

In the face of all this evidence, however, mainstream dentistry continues to insist these profitable procedures are safe. Much like those who make their living from vaccines, they've taken the approach of dismissing experts who claim fillings are dangerous as conspiracy theorists.

If you don't have mercury amalgam fillings, keep this in mind if you ever do get a cavity and be sure to seek a dentist who is willing to use a different type of filling. But if you're one of the 150 million Americans who does have dental amalgam fillings, there are a few things you can do.

The most obvious solution is to have the mercury fillings removed, but this isn't quite as simple as it sounds. That's because disturbing them causes dangerous mercury vapors to be released. Look for a dentist who specializes in removing these toxic fillings and will take all the necessary precautions to minimize your exposure to this toxic heavy metal throughout the entire procedure; biological dentists are a good place to start.

You can also turn to food and supplements to help your body release the mercury it has already retained and protect against further exposure. Consuming raw produce, especially lots of vegetables,

can help in this regard, but make sure it's organic or your body will have to deal with pesticides in addition to mercury. Raw garlic and cilantro in particular are known for their ability to help flush mercury from the body. In addition, you'll want to ensure you stay hydrated.

You should also try to reduce your exposure to mercury from other sources, such as factory emissions and contaminated fish.

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