

# Safe Dental Mercury Removal

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Within 1 month after mercury amalgams are placed into a tooth, mercury starts saturating the bone marrow around the tip of the dental root 1 inch away, where the dental nerves are located. Mercury is toxic and excitatory to nerve tissue, including the brain which is inches from the mouth, and mercury can follow these nerve channels into the brain. Mercury in the mouth nerve tissue can contribute to bruxism (grinding the teeth), which stresses the tooth and pumps more mercury into the system!

Mercury amalgams also feed mercury continuously into the blood circulation around the dental roots, as well as into the saliva which is swallowed into the digestive system. Mercury also vaporizes continuously into the mouth cavity at body temperature and is breathed into the lungs. Chronic diseases can be aggravated by toxicity from mercury and other heavy metals in the body. Mercury's half-life in the brain is several decades. (Other heavy metals in the body synergistically increase mercury's toxicity.)

For good health, mercury should never be placed into the body, especially in growing children. Mom's dental amalgams have been found to contribute significantly to newborn infants' body mercury load. (Traditional claims that mercury amalgams are biologically "harmless" have been scientifically disproven. Read the "Toxic Teeth" book by YL Wright & JM Swartz, 2016, on Amazon Kindle. See also "Dose-response analysis of mercury neurotoxicity in the developing brain", in *Toxicology*. 2016 Mar 10;347-349:1-5.)

With any kind of chronic health condition, all dental amalgams should be removed safely by a holistic dentist. See [www.iaomt.org](http://www.iaomt.org) to find a "SMART"-certified dentist ("*Safe Mercury Amalgam Removal Technique*"). The conventional amalgam-removal process can spill enough mercury in the mouth that some patients notice significant deterioration in their health status for 4-6 months afterward. This is not safe.

Mercury continues to build up in mouth tissue as long as amalgams are there. Mercury that has accumulated in the mouth's soft tissue can be removed by applying Glutathione powder into the mouth after tooth-brushing (about ¼ tsp is enough). Hold it inside the mouth for at least 3 minutes without swallowing, swishing the saliva around to distribute it. Then spit it out into a sink, rinse the mouth thoroughly with water and spit it out again. Repeat twice a day for at least several months, then consider continuing once a day or several times a week for longer maintenance. This is especially helpful before and after dental amalgams are removed; they can be replaced by less-toxic composite fillings.

Keep the Glutathione powder container refrigerated and tightly covered to minimize oxidation and moisture. It can be ordered as "Glutathione Power" by Designs for Health, from the online dispensary on Dr Bradford's website, [www.dr-bradford.com](http://www.dr-bradford.com). Glutathione chelates heavy metals but not essential minerals. It has a mild sulfur-like taste. It is not effective if swallowed because the digestive system breaks it down.