

PDF Version of  
**My Mercury Story**

by **Russ Tanner** (russ@mercurytalk.com)

**Need more information?**

Please take a look at the best reference I've ever found on this subject.

This is the book I keep within arms-reach of my desk chair:

**AmalgamIllness.com**

Join our Yahoo! group named: **amalgamillness**

The HTML version of my story is online at: **herballure.com/mms**

Visit my online mercury forum at: **herballure.com/mercuryforum**

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I only ask that it be distributed unchanged and in its entirety.**

**Mercury Battle  
Oh, by the way... Mercury Is Highly Toxic!**

Just 2 years ago we learned that so-called "silver" fillings contain between 50% and 70% pure mercury. Now that we've had them replaced and our health has improved \*\*\* dramatically \*\*\*, we wonder where we would be and how our lives would be different had we known that there was a highly toxic metal placed in our mouth.

**NOTE: Monday, January 27th, 2003**

Have mercury-related questions? Please direct them to our mercury forum. I (Russ Tanner of Herb Allure) monitor this forum daily and will respond promptly. If you prefer to communicate privately, e-mail me at russ@herballure.com.

By using our forum to ask your questions, you are allowing others participate by giving them the opportunity to answer your questions, AND you are providing a base of information for others who are searching for answers.

I communicate almost daily with new people on this subject. Please help us build a forum full of useful information pertaining to this subject by directing your questions there.

**I Want to Post Your Story!**

Check out our "Mercury Stories" forum where we let selected people have their own area dedicated to their story. This is a great way to help others who are searching for answers. Would you like to post your story? Please contact me at russ@herballure.com.

**Introduction**

This is the personal account of the ongoing experiences of Russ Tanner and Laura Clement of Herb Allure, Inc. and their battle with (what they believe to be) mercury poisoning caused by the toxic element mercury (Hg) leaching from their "silver" dental fillings.

Many of the early sections of this story were written on July 19th, 2000 when we first decided to document this subject. Following that, the story is written in a documentary style log (like a diary). We did it this way hoping that it will help make sincerely clear the rewards and challenges that we faced after getting our amalgam fillings removed.

It is our belief that mercury poisoning from "silver" (amalgam) fillings is a major, if not primary cause of cancer, multiple sclerosis, chronic fatigue syndrome, fibromyalgia, depression, birth defects, Alzheimer's, and numerous other immune and neurological diseases.

We are not doctors. We simply believe that, after considering the our personal experience, viewing the extensive information available, digesting volumes of research, reading books and testimonials alike, and considering all we know about mercury, that common sense dictates that this is the case.

We sincerely hope this log will assist people in making educated personal decisions about their health, and perhaps, help some get their life back.

**By the Way...**

Have you had an experience with mercury? Good or bad, please share it with us and allow us to share it with others on our website. This is one of the best ways to help people understand this important issue.

I sincerely hope that, before you make another trip to your dentist, you read the book entitled, "It's All In Your Head" by Hal Huggins. You can get it from any of these sources: Amazon, Barnes & Noble, or Hugnet. Also, please visit the official Hal Huggins website [www.hugnet.com](http://www.hugnet.com) for important information about this vital subject.

**Mercury Battle  
Oh, by the way... Mercury Is Highly Toxic!**

If, as a child, you told me that you wanted to place a filling containing mercury in my mouth, I would have kindly told you that some mercury is bound to leak out over time, and that would be 'really bad for my health'.

**Forward**

This is a very controversial subject, and I suspect it will be for some time.

Several of my friends and relatives who are aware of my experience in this area have asked their dentists or doctors for their opinions on this subject. Reactions ranged from frustrated to fierce.

One dentist very recently told a relative of mine that the whole subject about the mercury leaking from "silver" fillings and becoming harmful to people's health is "complete hogwash"! Another dentist objected by hollering at the top of his lungs at a friend of mine right in his office. All other responses have been somewhere in between.

**Say, "I Don't Know"**

I believe and attempt to practice a very important principle. If you don't know the answer to a question, say "I don't know". Don't pretend to know. Don't repeat what you've heard from your friends who might or might not know. Don't react emotionally. Just say those three beautiful, honest, integrity-filled words... "I don't know".

**Pride Can Kill**

This principle is especially true for doctors. People generally respect doctors. Many people believe nearly anything doctors say. If a doctor is asked about things they really don't know anything about, they should tell the truth and say, "I don't know". If they fail to abide by this simple principle, they can kill someone. I believe it happens every day!

It takes a "big" person to say "I don't know". Unfortunately, there is much too much pride in the way of these humble words. This lack of humility, I fear, has caused the death of more people than have died in some wars.

### "Common Sense Rules".

For me, having suffered, recovered, and been victim of the grim truth of human pride, I can only hope people will stop blindly accepting words that are contrary to common sense.

I hope people will get to know themselves well enough to learn vital truths about others. By looking squarely at yourself, you may gain a deeper understanding of human nature and further realize that, the epidemic of human pride transcends position, "job title", and image.

For this reason, whether speaking to a friend about the latest hot stock, a president about his moral conduct, or a doctor about heavy metal poisoning, you must always be aware of the pride that so dangerously colors the truth.

### Mercury Battle Oh, by the way... Mercury Is Highly Toxic!

I often tell people that I would give everything I own to have my "silver" fillings removed if I knew it would change my life the way it did. Fortunately, I didn't have to give everything I own, but what I did pay to have them replaced was very, very small in comparison to what I received... My Life Back!

### Table of Contents

Because this is a long story, I have provided a way for you to jump to the parts that may most interest you by forming a table of contents, below.

Just in case you're interested, here is the dentist that replaced my fillings. As you'll read in the story, not only is he an excellent dentist, but is extremely knowledgeable about the issue of amalgams and mercury toxicity (and no, I don't receive any compensation for saying so).

If you have any questions or comments, feel free to e-mail me russ@herballure.com (Russ) or Laura laura@herballure.com or, visit the Herb Allure forum section devoted to amalgam awareness!

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### Just Getting Old Chapter 1

A few of years ago I started having strange symptoms of declining health. I thought maybe I was getting old.

This didn't sit right with me though, mainly because the symptoms were rather odd... not what I usually associated with aging; and besides, I'm not ready to accept that I'm close to an age where aging symptoms should occur. But what do I know? I've never grown old before.

### Lack of Ambition

I remember a few years earlier, when I would wake up, get out of bed and feel so ambitious about starting a new day. Not so, anymore. Now, although I still had intellectual ambition, I just didn't feel the emotion or have the energy anymore. What happened?

Strange things began to happen. I noticed that my hands fell asleep in the middle of the day. I heard ringing in my ears when laying down to sleep. I occasionally got depressed for no reason at all, and I had sharply declining ambition. Numerous other ailments began to plague me for no apparent reason.

### Hypoglycemia?

But this is not like me. I've always been healthy, ambitious, passionate about life. I love to play racquetball and I play often. I work out on a fairly regular basis and I enjoy boating and water sports on the weekends.

These symptoms went on for quite a while. I attributed it all to hypoglycemia and possibly aging. I ate myself into hypoglycemia in my younger years with an unbelievably horrible diet. "Now I'm paying for it," I thought. But my health was getting worse... and stranger.

### Symptoms: Phase II Chapter 2

Gradually, over time, I started having bright red rashes under my arms. Something I'd never had a problem with before. Candida-I guessed. I experimented with yogurt and Bifidophilus and was able to make the red underarms disappear... for a day or two.

Further symptoms included even more serious sugar lows, a much weaker immune system, mood swings and deeper depression.

### **Doing Everything Right**

I was doing almost everything right. I had a good diet; not perfect, but not bad at all. I took about 15 supplements a day, very faithfully (I hate going a day without my supplements). Exercising, controlling stress... I was doing everything right, right?

Unfortunately, my overall energy level, attitude, and mood kept declining and the number and severity of symptoms kept increasing.

### **Symptoms: Phase III Chapter 3**

In the last year (1999 and early 2000), the most bizarre and severe symptoms manifested.

I was teaching computer programming to a group of graduates I was working with on a project. I found that every 30 seconds or so, I had to swallow because I was salivating so much... weird. I had an annoying failure of my short-term memory. It seemed that I had to work so hard just to maintain a normal discussion with people... "What was your name again? ...I'm sorry".

### **Frustration Sets In**

Also, I became frustrated with what I considered a very strange symptom... Occasionally, my tongue seemed too big for my mouth. That's right. Talking now required even more focus. At this time, my underarms continued to stay bright red, no matter what I would change in my diet or what supplements I would take. I would feel so fatigued after working out that I was often not able to work for the remainder of the day. I would begin to get a sore throat and feel prohibitively fatigued, even after normal activity.

Eating became a chore. I would get nauseous after almost every meal. I almost lost my meal at many business lunch meetings... breaking into sweats and getting ready to run to the bathroom. It was horrible.

### **Finding The Answer Chapter 4**

At this point, I needed an answer! There was something getting progressively worse and I couldn't figure it out. Fortunately, I had one more revealing symptom and a friend that offered her experience.

The symptom was that I could taste metal in my mouth. I also noticed that whenever I touched my tongue to one of my fillings, I would feel what seemed like an electrical "tingling". My friend, who I was training to design websites for our website design business at the time, shared her experience with me.

### **The Testimonial That Saved Me**

In the course of a conversation we were having one day, I told her about my symptoms. I'm not sure why I talked to her about this. I had no reason to. I guess I was just hoping an answer would come my way some day.

I'll never forget the moment... not the for rest of my life.

As I was sharing my symptoms with her, I shared a rather unusual one. I told her how, in one night, one of my front teeth, which have always been perfectly straight (I've never had braces) moved out of place. When I woke up the next morning, it had shifted about 2 millimeters forward... as if pressure had been building for some time suddenly forcing it to give way.

She proceeded to tell me about her battle with chronic fatigue (CFS) and how she had some of her fillings removed and how it helped her tremendously. She was almost not able to function, getting worse constantly, until she was bedridden and could no longer work. All the doctors said there was no hope... "Take this"... "Try this"... "Take this"... "Try this"...

After doing some research, she decided to have a few of her 'silver' fillings removed. This was all she could afford at the time. She proceeded to tell me how her health improved so much over the next few weeks that she went back to work.

Then, without hesitation, she turned to me and calmly said, "You have mercury poisoning from your fillings."

I'll never forget that moment, because as soon as she finished talking, I said, "That's it! Thank you." Somehow, I knew that I had just received the answer I'd been looking for.

### **Searching for Info Chapter 5**

That night, I started searching the Internet for information... and I found a ton. I read other people's stories about their battle with mercury and found myself in them.

Finally, I stumbled upon a website called hugnet.com. It is the official website for Hal Huggins-one of the people leading the battle against amalgam (mercury-based) dental fillings.

I read the material posted on his website, called their office first thing the next day and briefly told them my story. The kind woman on the other end of the line listened politely and then, with a tone of surety and repetition, she told me to read Dr. Huggins book called, "It's All in Your Head". She said the book was all about the effects of the mercury in amalgam fillings and I really should understand what I'm dealing with before taking hasty action. ...Good advice!

### **Reading The Book Chapter 6**

I immediately called every bookstore from here (Port Richey, Florida) to south St. Petersburg (an hour-and-a-half away) looking for Hal Huggins' book. I finally found it in a Barnes & Noble bookstore in south Tampa... more than an hours' drive from here. I asked them to hold it because I would be down shortly to buy it.

First thing the next morning, I started reading the book. By the end of the following day I had finished it. It was excellent... very technical... very detailed... but very readable... just the way I like it!

The book had so much information, I could hardly contain it. It talked about how the mercury that is contained in amalgam fillings-sometimes called "silver fillings"-contains between 50% and 70% mercury... the most toxic non-radioactive metal in existence.

### **Three Stages of Mercury Poisoning**

The book talks about how difficult it is to diagnose mercury poisoning. This is mainly because, in the very short-lived first stage, it shows up in high levels in urine and hair analysis, but, after a short time, your body attempts to cope with it by harboring it in several tissues. This causes urine- and hair-mercury levels to decrease dramatically

and makes it very hard to detect using standard hospital "heavy metal" tests.

This harboring effect takes place in the second stage and is by far, the longest-lived. This is where the vast majority of people who suffer from mercury poisoning spend their time.

During this second stage, various generic symptoms begin to appear as the body attempts to cope. Interestingly, one of the most common side-effects of this process cripples the body's ability to deal with Candida. Another is elevated cholesterol levels.

During the third stage, symptoms rapidly increase in intensity and number as urine and hair mercury levels increase because the tissues become "saturated" causing excess mercury begins to "spill over" into the blood.

Unfortunately, the symptoms of mercury poisoning are many, and not very consistent from person to person. The actual symptoms that will manifest are dependent on one's genetic predisposition to certain ailments. Mercury mainly compromises the immune and nervous systems, and that can affect almost everything else in the body. Needless to say, it's hard to diagnose and much more often than not, isn't.

### **It Must Be Mercury**

As I read this book and saw myself-symptom after symptom-appear, the answer (for me) became apparent. I had to have them removed.

As I write this story (it is currently July, 19, 2000 at 3:08 am), I am certain I did the right thing: I had all my (9) amalgam fillings removed 3 days ago (yes, on a Sunday). Laura, my business partner in Herb Allure, had all of her (20) fillings removed the same day. She spent seven hours in the chair... I only spent four. Please read on...

### **The Serum Compatibility Test Chapter 7**

As Laura and I settled on the decision to have our fillings removed before the NSP National Convention (in Anaheim, California) in August (2000), we knew we had to move quickly.

We first contacted Hal Huggins' office. I told them that I read the book (It's All In Your Head) and was ready to have the amalgams removed. They said the first thing you need to do is to get a serum compatibility test from Peak Energy Performance Labs in Colorado.

I called Peak Energy and talked to Brandon. He asked my age, and when I said "34", he just sighed a confident "yep". I asked what he meant, to which he replied that the average phone call they receive is from people between 35 and 40. He said that's when some people finally figure out what is wrong with them.

Brandon told me that the first step was to get a serum compatibility test. This test would tell me what dental materials were compatible with my body. This is the first step to getting the amalgams replaced because, of course, before I had them replaced, I needed to know what they could be replaced with.

After drilling this incredibly patient and polite man with questions, I dished-out my \$70 worth of plastic. He told me that they would be mailing me some forms that I needed to give to a local lab, plus I would receive a vial in a Styrofoam container with some of that blue cool-ice stuff that keeps things cool for a long time. ...It was all in the mail.

What I needed to do was take the forms down to a local lab so they could take a blood sample, which would be overnighted in the cold vial to Peak Energy Labs. The Lab would then conduct the test and send the results to me. Peak Energy was nice enough to second-day the kit to me. Things were going well!

### **The Principle Chapter 8**

OK... At this point, I'm about to diverge into a detailed account of my dealings with Lab Corp-without malice. I have nothing against Lab Corp. The local office simply provided me with the perfect opportunity to demonstrate a principle I have strongly believed for a long time. I call it the "Ripple Affect".

The ripple Affect is simply the concept that decisions you make, large or small, intimately affect other people's lives, and can for a long time to come, usually without knowledge of the full impact.

This is a powerful principle and is well known by many NSP distributors who know that they can make a difference. In fact, the NSP motto for an NSP convention a couple of years ago was, "Making a World of Difference". It's a good saying... and very true. The good things we do-and the bad-affect more people than we can imagine.

Anyway, I hope you benefit from this true account about what happened to me in the process of trying to get blood drawn at the local Lab Corp office in New Port Richey, Florida. Let it remind you that everything you do, for better or for worse, is intimately affecting the people around you!

### **Chronic Lab Corp Fatigue - "The Ripple Effect" Chapter 9**

When I received the serum compatibility kit, I called the local Lab Corp office in New Port Richey, Florida, to make an appointment. I explained that I needed a simple blood serum sample drawn. Because I didn't have an official name for the procedure, or an insurance company, but wanted to pay for it myself, they told me to call the Tampa office to find out if they could do the procedure at all.

After much "running around", I finally spoke to "Alisha in billing" who said it's an easy thing to do, they do it all the time, but I would need a prescription. I asked how much it would cost and she said \$25. She said I wouldn't need an appointment... I could just walk into the local office. Great! I was happy, despite the amount of time (about an hour) it took just to get an answer.

I fasted all morning, like the kit said to, secured a prescription, and proceeded down to the Lab Corp office that afternoon. After waiting 20 minutes, a man in a T-shirt-Greg-called me up to the window. I said, "Hi" and handed him the "Lab Instructions" from Peak Energy.

Greg looked at this paper for about 30 seconds and said, "I don't know how to put this into the system." He then stared at me as if waiting for a response. I told him that it's a serum compatibility test and all Lab Corp has to do is separate the blood serum and overnight it to Peak Energy Labs for analysis. He then asked who my insurance company was. I replied that I was just paying for it myself-check, cash, credit card-whatever was easiest for him.

Greg then said to me, "We can't do that," and then handed the form back to me as if to conclude our discussion. I then said that I had already spoken to the Tampa office and they said this office could do it. He asked who I talked to in the Tampa office and I told him, "Alisha in billing." He then said, "OK" and asked me to "sit down over there."

Fifteen minutes later, Greg walked into an office just across the hall from where I was sitting. I heard him recite what I had told him. The woman to whom he was speaking then asked who I talked to in the Tampa office. Greg then stuck his head out of the door and repeated the question to me. I responded, "Alisha in billing."

The woman in the office then made a phone call. I heard her repeat a brief version of the story and then she said, "I've never done this before and I don't wanna' to do it," in a contentious tone that sounded astoundingly similar to an angry child who was just told to clean their room. A few seconds later, she just said "OK" and hung up the phone.

Right then, Greg stepped out of the office and went into the reception area while speaking to me, "We can't do this." "Why not?", I asked. He replied, "The Tampa office is refusing to do it." I asked, "Who in the Tampa office is refusing to do this?" He replied, "Whenn in Customer Service." I then asked, "Who just made the call to Tampa," and he replied, "Nikki." I wrote these names on a piece of paper.

At that point, I wanted to call the Peak Energy Labs and tell them what was happening and see if they had any suggestions. I thought that maybe this is something that happens from time to time and perhaps Brandon at Peak Energy Labs could give me some suggestions. Also, I was very hungry because I had not eaten all day as instructed for the test and just wanted to get the five-minute procedure done with.

I then said to Greg, "May I use this phone here on the wall to make a toll-free call?" He replied, "That phone is only for people to call taxis." Then I smiled and raised my eyebrows and said, "Please?" in a light, almost humorous tone to indicate that we both knew how silly what he just said was. He shrugged his shoulders and said, "Sorry." I just said, "OK" and left promptly.

I came home and called Peak Energy and told Brandon the story. He said that it was ridiculous because they work with Lab Corp all the time all over the country and nothing like this had ever happened. I asked him if he would mind conference-calling with me while I called (who I assume was) the manager of the local Lab Corp office (Nikki) and ask her why I couldn't have the procedure done. He said, "That would be fine."

I called the local office and Greg answered the phone. I asked to speak to Nikki. He asked who this was, and I said, Russ Tanner. He said, "OK." Nikki got on the phone and I politely explained that I was just down in the office and wasn't allowed to get blood drawn. I said that the procedure is a standard procedure and that the lab the test was being sent to works with Lab Corp all the time all over the country. She said, "We don't do that kind of work here."

Immediately, Brandon broke in and said, "Why not?" Nikki said, "Who is this," again, with a contentious and authoritative voice.

Brandon: "My name is Brandon and I am from Peak Energy Labs in Colorado. We are a government-certified lab and we work with Lab Corp all the time. The procedure Russ needs to have done is a simple, standard procedure. The form he gave you even has a procedure number on it."

Nikki then started stumbling, still with a stern tone... "Well... what does he need this test for?"

Brandon: "The patient is considering having dental work done so he is having a serum compatibility test to determine what dental materials he can use in the procedure."

Nikki: "Who is performing the test?"

Brandon: "We are. We do this test all the time and we work with Lab Corp offices all over the country."

I then broke in: "I went into your office and was told that the Tampa office was refusing to perform the procedure. I have been fasting all day... still haven't eaten, and I was told by the Tampa office myself that they would do it and all I needed was a prescription. I have one with me."

Nikki: "Who is your doctor?"

Me: "Dr. \*\*\*."

Brandon: "I don't understand. Why can't he get the blood drawn?"

Nikki: "Well... We don't normally do that kind of stuff."

Brandon: "You don't take blood?!"

Nikki: "Well... We don't normally have to ship things."

Incidentally, I walked past a whole stack of US Mail express packages waiting to be mailed in a box clearly labeled "Mail Out" in the hallway when I was at the local Lab Corp office.

I broke in: "I told Greg that I will pay for the shipping, or you can just give the serum to me and I will ship it myself, or, if your prefer, I can give you a Fed Ex number. It's really not a problem."

Nikki sighed, and then replied, still in a stern voice with an overwhelming tone of dissatisfied resolve: "Well... OK."

Me: "Can I come back down then and get the blood drawn right now?"

Nikki: "Yep."

I thanked Brandon for his help and then went back down to the office, signed in, and waited to be called. When called, I gave the paper to Greg who-holding the paper up in the air-said, "What am I supposed to do with this?" I said, "The instructions are on the sheet. It's a standard procedure." He said, "Who said you could do this?" I said, "Nikki."

Greg then walked into the same office as before, came right back out and took me into a back room where the blood was immediately drawn. The procedure was done by a polite lady and took about 2 minutes. Greg was in the room.

I told the lady drawing the blood that Greg had the form with the instructions and that the blood serum had to be separated, frozen and mailed to a lab. Greg showed her the paper and she said, "OK, no problem." Greg said they were having a mail pickup in an hour. I said if there was enough time to freeze the sample. He said, "Oh yeah, we can freeze things in a second."

I then went to the front desk with Greg. He made me sign a paper and told me the bill would be mailed to me. I said that was fine.

I then said politely, "I heard the whole conversation Nikki had with Whenn. I own my own business and do things I don't want to do everyday, not because I enjoy doing them, but because they are right. I wish others would do the same." He finished his paperwork without a word and handed me another paper.

Whew!

Unfortunately, by this time, I had had to cancel two meetings and had lost an entire day's worth of work! Unfortunately, because the meetings had to be postponed, progress on several projects was delayed and a number of people lost time and money.

How often has this kind of thing happened to you? ...All because of 1 or 2 people "Didn't want to".

So... Let's remember how influential and long-lasting the "Ripple Effect" can be.

## **The Test Results Chapter 10**

Now, back to the story...

I soon received my serum compatibility test results which were very impressive. This was a 1/4 inch thick report designed especially for me. It was bound and covered with clear acetate. Cool!

The report contained more information than I could have imagined. It's a good read-a real education. Did you know there are well over 100 dental materials to choose from?!

## **Choosing The Dentist Chapter 11**

The next step in the process was to actually get the fillings removed. Laura and I decided we would do it together.

We called Hal Huggins' office again and told them we were ready to get the procedure done. They told us to call Peak Energy back because they had a referral list of doctors that had attended Hal Huggins' workshops. This didn't prove that the doctors followed the procedures, but it did seem to indicate to me someone who is proactive about their practice... and that means something to me.

### **Puerta Vallarte**

While on the phone with Hal Huggins' office, we requested (for a \$10 fee) information and a video about a clinic in Puerta Vallarte, Mexico, that follows Hal Huggins' protocol to the "T". In fact, he is often there, available for consultations.

After reviewing the information, calling a few dentists from the Peak Energy referral list, and continuing to look for dentists on the Internet, we finally decided-albeit with much difficulty-to have the work done by a local dentist, Dr. Behm, in Clearwater, Florida.

We ultimately would have preferred to attend the Hal Huggins clinic in Mexico, but decided against it mainly because of the cost. We calculated that, for Laura and I both to have all of our fillings removed, including travel and accommodations (to Mexico), we would have to spend about \$15,000. Although I think our health is worth it, we were so impressed with some of the dentists' offices that we talked to on the phone, we felt confident we could have it done safely, locally for much less.

Let me say that I would have loved to attend the clinic in Mexico. They have an incredible program. It's really quite lavish and includes a lot of-what they consider-very helpful treatments such as reflexology, massage therapy, and much more. They also start your detox program for you. I say "start" because the detoxification process will really take years. In fact, it will become part of your lifestyle, but certainly will be worth it (you are worth it, aren't you?).

### **The Initial Consultation Chapter 12**

We set up an appointment with Dr. Behm for Thursday the 13th (July, 2000) for a consultation and X-rays. We also set up an appointment for the actual removal on the 16th (Sunday). I was impressed that the Dr. would work on Sundays.

The first impression we had from Dr. Behm's office was how the receptionist-Mercedes-was exceptionally knowledgeable and helpful. This was not necessarily uncommon, though, as we called several other offices who's staff were very helpful too.

Laura and I must have kept her on the phone, drilling her with questions, for over 40 minutes, the first time we called! Mercedes never missed a beat. I was particularly impressed with the fact that the others in the office seemed equally well-informed (we talked to someone else soon after), and I was impressed with the fact that this office used special X-ray equipment that uses only 1/5th the amount of radiation as a conventional machine. That's important to me and showed that this office really is concerned with keeping up with the latest stuff and protecting their patients!

### **Persistence**

When we met with the Dr. Behm on Thursday, we were very impressed. Laura and I were late because our truck broke down on the way. The taxi driver told us we had "good karma" because he almost never hit all the green lights on Drew street.

### **Quality People**

I was encouraged with the attitude of the personnel that worked with the dentist. Trudy promptly took us in for our X-rays. I could tell that she took a real pride in her work. She narrated for me as she did all her stuff and seemed to be proud to be using the "good" type of X-ray equipment in the office. She also was exceptionally knowledgeable about the whole amalgam/mercury thing. It quickly became apparent to me that the people in this office really were "into" what they do. I like that... I like that a lot! Even their computer screen-savers had a scrolling message that said, "Dr. Behm is the Best Dentist!" I'd never seen anything like that before.

When I met with Dr. Behm, Laura sat in. This was honestly like no other dentist appointment I've had before. He narrated us through his entire initial inspection of my mouth showing strengths, weaknesses and explaining the causes and solutions. He brought things to my attention that I'd never been aware of.

### **The Education Chapter 13**

As we continued the consultation, Dr. Behm took voltage readings on each filling using a Rita meter. The various materials in the amalgam fillings interact and generate measurable electrical voltages directly on each filling. The dentist records the measurement from each filling and uses the information to determine which quadrant of the mouth will have the fillings removed first, second, and so on.

The currently-accepted procedure is to have the quadrant with the most negative readings removed first. For me, this is the upper left quadrant. The most positive one is removed last. For me, this is the lower right.

Now, Hal Huggins seems to indicate in his book, "It's All In Your Head," that he recommends that the fillings actually be removed in voltage order, one by one, from most negative to most positive. The only problem with this is that it requires the dentist to work all over the mouth in a rather disorganized fashion. This is very time-consuming, but Hal Huggins says, in his experience, it gives the patient a better chance of detoxifying properly.

Another well-known dentist's book we researched said never to cross the mid-line in a single removal session. In other words, never work on both the upper and lower part of the mouth in a single session.

### **The 7-Day Immune Cycle**

Either way, it is well accepted that you never work on a patient 7 days after the initial work. Nor should you work on the patient 14 or 21 days after. This is because you will undoubtedly be exposed to some amount of mercury during appointments. This plays havoc with your immune system. Because your immune system operates in a 7-day cycle, it is weakened 7 days after a significant challenge. Therefore, you should never challenge the immune system in multiples of 7 days. Interesting, huh? Hal's book has very compelling studies and trials to back this up.

Now, if you try to combine all of the experience mentioned above, including 7-day cycles, not crossing the mid-line, and removing fillings in reverse voltage order, you can see how it would be almost prohibitive and incredibly time-consuming, especially if you have to cross the mid-line from one removal to the next. We, therefore, elected to have it all done at one time. The dentist agreed that it would be the best plan.

### **More on the Consultation Chapter 14**

Now, back to our initial consultation with the dentist...

Naturally, Laura and I drilled the dentist with questions and more questions. I appreciated his mixture of kindness and frankness. We shared with him what we had learned from our research (which he was obviously familiar with) and he replied by complementing our information with even more information from other sources. He would often name the sources as he spoke about preferred methods of treatment, showing us that he obviously keeps up on all the latest research.

I honestly thought we'd go in and end up teaching some poor dentist a thing or two. We often do... you know, we are in the field of research. We have our noses in it all the time. But this was not the case with Dr. Behm. He shared a lot of information with us that we had not even heard of. He was familiar with the work and research of several different doctors and even shared with us some of the apparent contradictions in each of their preferred methods of treatment.

### **Informed Consent**

This is exactly the way I like it because, instead of listening to someone's opinion about other people's research, I have the freedom to decide what sounds good to me and

what doesn't by hearing both sides of the story. Laura and I often asked him his opinion and not only did he have a good one, he always had a good reason to back it up.

Unfortunately, when I was a teenager, had my dentist told me that he was putting fillings that contained mercury in my mouth, I would have insisted that we find another material to use. Well, I was not told. This is called "Unformed Consent", and is the name of a new book by Hal Huggins and Thomal Levy. I have not read it yet, but will. You can check them out at Amazon Books or Barnes & Noble.

During the session, the Behm performed Kinesiology on both of us. This went on for over an hour! During this time, the dentist tested different materials, although he often tends towards 4 that are generally considered to be really safe. Laura tested good for DiamondLite, while I was among the 15% who don't do so well with it. I tested well for another one of the four well-known safe materials.

*Please note that, although I don't personally practice Kinesiology, I know that there a many who do and claim to have tremendous results with it. It is my personal preference to stay close to good science (there is a lot of politically-motivated "bad science" out there), but I fully understand the importance of allowing others to practice their conscience. After all, I once believed that herbal supplements were quackery (even though I had nothing good to base that opinion on). Now, the quality of my life is greatly enhanced by them.*

After we were done, we ended up talking for awhile with Mercedes (who turned out to be the dentist's wife). She showed us a bunch of the books and videos that she keeps in the office to share with visitors. This is an informed office! And I might also add, I don't think I've ever seen such organization. This was one of the few offices-of any kind-where I've seen this level of organization... everything in it's place!

Well, needless to say, by the time we left the office we were confident we had made a good decision. Neither one of us were looking forward to Sunday (Who looks forward to going to the dentist?), but we were comfortable with having Behm perform the work and very anxious to get the mercury out!

## **The Preparation Chapter 15**

We arrived 20 minutes late on Sunday. The dentist informed us that he would, nonetheless, attempt to completely finish both Laura and I that day. We both liked the idea and decided that I would go first.

Not a minute was wasted.

I went in and laid down on the chair. Kristen was assisting. The dentist applied the topical painkiller. This is to make sure the local anesthesia shot does not hurt, which it didn't. He injected the "local" quickly and I didn't feel a thing. Fortunately, I had been following the protocol that includes no vitamin C for 24 hours before the procedure, because it interferes with the effectiveness of the "local." This is an important and well-know fact that I have never had another dentist, or any doctor for that matter, tell me before.

Kristen fitted me with an oxygen source. It was one of those things that goes around your face and has two small openings that go into your nose just a little. She then prepared the rubber dam that fits over the mouth, protecting me from mercury vapor and particles that could potentially fall back into my mouth and be ingested.

The rubber dam is a square piece of rubber that is stretched over a small square frame and placed over the mouth. Certain teeth are then pushed through the rubber (through precut holes) so the dentist can work on them without accidentally dropping materials or toxins into your mouth.

This rubber dam is important, but not pleasant. Because the dam has to be water tight to be totally effective, small holes are cut in it by the assistant for the teeth that will protrude through the top. A small piece of what appears to be dental floss is used to push the dam down between the teeth. Although I couldn't feel this because of the local, I know it was rough on the gums and that I might feel it later. I did, but it really wasn't too bad. By Tuesday, it was all better.

Kristen also placed some green-tinted plastic glasses on me. They looked something like modern safety goggles you might wear when using power tools. The dark green tint helped keep the observation light from bothering my eyes. They thought of everything.

They then placed a surgical mask over my mouth and nose to protect me from the mercury vapor that would be emitted during the excavation of the amalgam fillings. As an extra measure of safety, they placed a small towel over the mask. Although I was sure glad for the protection, I also got a little claustrophobic at first. I found that it was hard to breath because my nose was completely covered with 2 layers of stuff. I let the dentist know and he promptly had Christen turn up the oxygen supply. Although breathing really was not a problem, it took a little time for me to trust that the oxygen really would supply me with all I needed.

The dentist then activated a very powerful air purification system in the room. It made a somewhat loud "rushing-air" type of sound. It didn't bother me though. I was glad to have another level of protection against the mercury.

Next, the dentist lifted up the rubber dam and asked me to lift up my tongue. He then poured maybe an ounce or two of chlorella and charcoal under my tongue. He explained that this would help absorb the mercury, should I some get in my mouth.

## **The Procedure Chapter 16**

Now the fun stuff... the drilling started.

Much to my surprise, not one time during the drilling process did I feel pain from the drilling. The worst part is the noise the drill makes being so close to your ear. The second worst part is the boredom of being confined to a chair for 4 hours... a small price to pay.

Nevertheless, my mind was well-occupied as the dentist proceeded through the first quadrant (the upper-right for me) because he explained everything he was doing as he progressed along. I really appreciated this. As we pushed through the next several hours moving from quadrant to quadrant, I kept track of what he was doing.

I was especially impressed with the dental material that he used on me. Just by shining a special light on the material for a specified amount of time, it completely hardened. I did not know this until after the procedure was over when I asked if I should avoid hard foods for a certain amount of time. Kristen (and later Mercedes) told me that the material is already as hard as it will get. Go eat to your heart's delight. Cool!

## **Laura's Turn Chapter 17**

Four hours later, the entire procedure was over (for me). Now it was Laura's turn to spend what would become 7 hours in the chair.

I began the long wait by watching some of the videos they had available in a special viewing room. I started with a "60 Minutes" episode where they talked all about the dangers of amalgam fillings. It was excellent. I then watched a tape about how cooked meat affected cats from generation to generation. This was interesting too. I had never seen anything like it. The Dentist had a nice collection of books and videos for patients to explore while waiting.

This 7-hour wait was tough because I was only on 3 hours of sleep. I fell asleep a couple of times on the (very comfortable) couch in the lobby. Laura came out a couple of times to take a short break. She seemed to be doing fine.

Finally, a little before 10 pm, Laura was finished. Although she was OK overall, she did experience some depression later in the procedure. Hal Huggins, in the book, "It's All In Your Head", went into detail about how many people will experience depressive periods of "emotional release". It's like an overwhelming sense of relief that sometimes brings people to tears. This is what we believe Laura experienced. It was tough, but she was great about it.

By this time, I noticed that my gums were quite sore, as I had expected. When I got home, I showered to remove any lingering mercury vapor from my skin.

## **The Detox Plan**

## Chapter 18

The next day we were planning to get colon hydrotherapy (colonics) done (oh joy!), plus get a DMPS injection.

The colonics help to flush out some of the mercury that you are bound to absorb during the procedure, which the chlorella was hopefully binding to. A lot of chlorella was taken 24 hours before the procedure, again immediately before, and again immediately after.

The DMPS also binds to the mercury and allows you to urinate mercury. Normally, you will have 3 DMPS sessions and then have a urine analysis to check mercury levels. If they are still high, you have three more sessions, then another urine analysis, and so on. High levels in the urine is a good sign that you are detoxifying.

Unfortunately, we weren't able to schedule the DMPS until Tuesday, but colonics was a go (no pun intended). As much as I think colonics is a great idea, it isn't terribly pleasant for a novice like me. Laura had a good experience, while I learned some new things about myself. Anyway, maybe I'll try it again in a few days. Nevertheless, the people there were exceptionally knowledgeable, helpful and downright friendly. They already knew all about mercury detox and were ready to offer some great information.

## The Light at the End of the Tunnel Tuesday, July 18th, 2000 Chapter 19

NOTE: This is the point where I will start logging significant experiences in the detoxification process. I hope it's helpful.

Amazing things started happening today!

Normally, when I wake up in the morning, I feel irritable and I also feel like I am having a bad sugar low (hypoglycemia). It takes me 30 to 45 minutes and a good meal to really wake up.

Today was totally different. I woke up, immediately opened my eyes wide, actually felt good: not like I was having a sugar low and not like I was irritable at all. Within about a minute, I got up and began my day, feeling perfectly normal. This is amazing!

This really began to get me excited about what may happen in the future.

## DMPS Injection Chapter 20

Tuesday afternoon, Laura and I headed down to the Medical Center for Preventative & Nutritional Medicine, Inc. in St. Petersburg (over an hour drive) for our DMPS injection. This place came very highly recommended by Laura's father, who has been going for chelation therapy for some time and having remarkable results.

**[NOTE: Inserted June 28, 2002: This clinic was raided by the FDA a few months ago. According to a local newspaper, important information regarding research using I.V. aloe was confiscated. Other reports about the study that had been mailed to the University of Austin, who was actually conducting the study along with several other clinics nationwide, were reported to never have been received by the University. Several people who were receiving IV aloe voluntarily had been in remission even though their doctors said there was nothing more that they could do for them. Several of these people who were in remission, have since died, being no longer able to receive their Aloe by order of the FDA. This event made local news and has created quite a stir among local natural health advocates. We hope to carry stories and expanded information about this event (and others) as we are aware that the FDA is closing or greatly hindering the business and research of individuals involved in natural health all over the country. If you have information or a story you would like to share, please contact us.]**

This was not at all what I expected. It had a very casual, social atmosphere and the waiting room didn't seem like a clinical waiting room at all. It was more like a tiny living room.

After waiting a few minutes, Georgianne led us down a maze of carpeted halls to a room with about 10 large reclining chairs and 2 wooden dowels (the kind you'd find in a closet, except really long) mounted on the ceiling. These dowels had a bunch of decorative chains with "S" hooks on the end and were used to hang IV bottles. There were 3 people in this room. Two had IV's in their arms.

We sat down and received the DMPS injection over the next 30 minutes or so. They only inject 1 CC every 4 minutes so it takes some time. During this time, the others in the room struck up a conversation with us. We found that they were exceptionally well-informed about the whole mercury/amalgam thing. We became so involved in socializing that we almost forgot to continue our injections several times.

I find it so amazing that people seem to be either very informed or completely uninformed about natural health issues. There are not so many (but a growing number) in the middle. It seems that once you get started learning this stuff, you continue and you never go back. That's a good thing!

## Vitamin C IV

After the DMPS was administered, Laura and I both were feeling horrible. We had nearly the same symptoms: headache, tiredness, foggy-mindedness, some nausea, etc. It felt like a severe sugar low. The medical assistant then told us that the doctor said we should follow-up the DMPS with an IV with 50 grams of vitamin C (that's grams, not milligrams). So over the next hour, we took the vitamin C IV.

Amazingly, within 10 minutes after starting the vitamin C IV, we started feeling better, especially me. Halfway through the IV (30 minutes later), I felt perfectly normal. It was great. I am really glad we did it because I don't know how I could get any work done in the condition I was in before the vitamin C.

On a side note: I noticed Tuesday evening that a hard, very sore bump developed under my left arm. The bump is about 3/4 of an inch in diameter. This is the arm I received the DMPS injection and vitamin C IV in.

## The Wednesday Roller Coaster Wednesday, July 19th, 2000 Chapter 21

I woke up feeling great! No grumps. No fatigue (I sure hope this continues). I only got about 5 hours of sleep, but I feel an amazing peace and clarity of mind that I haven't had for many years. It's funny, I didn't even realize how much fear and anxiety I felt every single morning when I first got up... until now. It really feels like a huge weight has been lifted from my chest. I really can't believe how bad I felt without realizing it.

Laura, Jennifer (our employee) and I went and played a racquetball game in the early afternoon. The idea is that we are supposed to sweat as much as possible to help eliminate mercury (not tough in the mid-afternoon Florida sun).

Well, Laura won both games (she's good). But she doesn't usually win (she's not that good [just kidding]). I noticed that along with this wonderful peace I felt during the game, I didn't feel too much like going for those hard-to-reach balls, and so I didn't. My reaction time was also slow... not a good game for me-and I (actually we all) play a lot; several times a week.

After the game, I started feeling horrible again-just like after the DMPS injection. I had about 1 gram of vitamin C in water. Amazing! Within 10 minutes, I started feeling better already. The post-removal protocol from Dr. Behm (the Dentist) says you really need to do a lot of vitamin C for quite-a-while. I believe it.

## The Log Continues Chapter 22

**Wednesday, July 19th, 2000, 8:36 pm EST**  
**Vitamin C To The Rescue**

I just had another gram of liquid C and feel about 60% better. I know better than to be discouraged by the "roller-coaster ride" I will be on for a while. I know that the mercury has been accumulating for a long time and it will take some time to get it out. In fact, I may never get it all out, but detoxification will be a lifestyle for me and will reward me with a better quality of life... I know it!

I noticed that the sore bump under my left arm is about 70% smaller than last night, and barely sore at all. I also noticed that the redness under my arms is 50% less that it has been in months, possibly years.

**Log: Wednesday, July 19, 2000, 9:40 PM EST**  
**The Sweats**

Just began having a strange sweating fit. Have a headache, am very foggy-minded, and feel very tired. My whole body is moist from sweating.

Just made up a drink containing NSP Vitamin C Ascorbates (8 grams) and a teaspoon of NSP Recovery. Seems to be helping.

**Log: Wednesday, July 19, 2000, 11 PM EST**  
**More C For Me**

Had another 8 grams of NSP vitamin C. Feel much better now. Everything seems to be back to normal.

I have concluded that it may be important to stay on very large doses of vitamin C during the first part of the detox process. It seemed to make a tremendous difference tonight.

**The Log Continues**  
**Chapter 23**

**Log: Friday, July 21, 2000, 3:48 pm EST**

A number of things to report today, but first a word about yesterday...

Waking up was the same as the previous 2 days... No fear or anxiety at all. I also began to notice another problem that I was so used to having that I didn't even realize that I had it.

Every morning I had to be careful, I because I was prone to getting cramps in my neck. If I was to move my head too quickly within the first 10 to 15 minutes after waking, I sometimes pulled a neck muscle. Not anymore. When I wake up, my neck is totally relaxed and I sense that the night's sleep was peaceful, whereas before the removal of the amalgams, I sensed that my neck had been tight all night long.

Another amazing change I noticed yesterday. Laura, Jen and I played 3 very hard games of racquetball at about 8 PM These were actually the best games we have ever played. We actually had volleys that lasted 12 to 15 returns... and we're playing "cut throat" style, which basically means 2 against 1 in a rotation.

Normally, after even 2 hard games, I feel like coming home and going to sleep. Most of my lower body will ache, especially my knees. But not yesterday.

When I arrived home, I felt better than before I left. I'm not kidding. I could have continued playing. Not one ache anywhere. I felt great. Let me tell you that this is totally unheard of. I normally would have needed to take a nap if I had any hope of accomplishing any work at all. Instead, I showered and went right to work and felt as if I hadn't even played at all.

I could hardly believe it. I kept telling myself over and over that I would be getting tired soon. I'm sure it would happen. It didn't.

This brings us to today.

I woke up, again without any fear or anxiety. I had wonderful, peaceful dreams and sound sleep. No neck stress at all! No grumps, no feelings of low blood sugar. I simply felt really good! I hope you understand how significant this is, and how much of a change this is from less than a week before.

Several times throughout any normal day, I stand up and twist my body to the left and then to the right in order to crack my back. I tried doing it this morning, just out of habit, and guess what, it didn't crack. In fact, doing this made me realize that yesterday the same thing had happened. In fact, thinking back, it didn't even feel like it needed to be cracked. I wonder what will happen next.

Finally, yesterday and today, I noticed another significant trend.

Let me get personal for a moment. As a health professional, I think you'll understand.

For the last maybe year-and-a-half, every single time I used the bathroom, I would have to take a nap immediately afterward because I would suffer from severe sleepiness. It's the strangest thing and started happening suddenly in early 1999.

For the last 3 days, I no longer feel sleepy afterward. This is very significant to me because the previous pattern was an incredible inconvenience.

Well, there it is. Another day of healing. I truly can't tell you how excited I am about what will happen in the future. If I am already experiencing this level of improvement, what will it be like in 6 months when even more mercury is out of me?

Again, thanks for reading! Please share this information with others.

**11:07 PM EST**

A couple additional things to report...

Played 2 hard games of racquetball with Laura and Jen tonight. I am having no aching in my feet, shins or knees. This is an amazing improvement.

I don't remember if I mentioned this earlier in the article or not, but, I had a problem with heart fibrillations and shortness-of-breath. Whenever I changed positions (and I really mean whenever), i.e.. sitting to standing, etc., I would feel my heart beating irregularly and I would immediately feel light-headed and short-of-breath. Not anymore! None of these symptoms occurred today at all!

Another interesting development. Sleeping for me has always been a problem. ...Can't get to sleep at night, don't sleep good, etc. Not one time in the past 4 days have I had a problem with it. I don't ever remember having 4-or even 3 for that matter-good night's sleep in a row.

Another interesting development I've seen reveal itself over the past few days is a temperature change. I used to be hot at 78 degrees, warm at 75, and comfortable at 71, (which is where I keep the thermostat set). In fact, I had to install a window air conditioning unit in my bedroom window to make it cool enough for me to sleep (65 to 68 degrees).

I just came back from dinner a few minutes ago and feel perfectly comfortable when I walked in. In fact, I felt a little on the cool side. I thought it was about 69 or 70 degrees. I knew that wasn't possible because the thermostat is not set that low... so I checked it.

I couldn't believe it. It's actually 75 degrees and I'm actually a little cool. This is unheard of for me.

I wonder what changes I will see next week, or even next month!

## The Log Continues Chapter 24

**Log: Monday, July 24, 2000, 6:30 pm EST**

A lot to report on this weekend...

Saturday night I started feeling horrible... the same as when I was receiving the DMPS injection. Sunday was not too great either. Several times I went into sweats and had bad stomach burning. I also had a constant headache.

I believe that this is because Sunday is the 7th day since the removal of the amalgams. The immune system works on a 7-day cycle and therefore, whenever it is challenged, 7 days later, you may feel repercussions [this is detailed in Hal's Book, "It's All In Your Head"]. Both Laura and I did, quite a bit.

I had another sore spot under my arm Saturday night... it blew up like a small balloon (lymph node). By Sunday night it was gone. I used a lot of NSP Vitamin C Ascorbates mixed with NSP Recovery (for electrolytes, and to make the taste better) in water. It helps a lot NSP has the most effective vitamin C I've ever used.

A few more symptoms-some that I may have missed mentioning earlier in this log-have started to go away.

One of the common symptoms of mercury poisoning is that ear excretions increase. I started seeing this about 3 years ago. Being fairly active, when cleaning my ears (as I do every morning), I rarely saw anything on the "Q-Tips" I used. About 3 years ago, I started seeing a tremendous increase. Within the last year, it continued to increase so much that I usually needed 2 or 3 [sometimes more] Q-Tips per ear to thoroughly clean them (for the first time in my life).

During this past week, the ear excretions have decreased so much that I only use 1 Q-Tip now, and even that has barely any material visible on it.

Another very interesting development...

In years past, I have been extremely hypoglycemic. If I had, for instance, 1 bowl of ice cream (which I rarely do, but when I do, it's Breyer's Mint Chocolate Chip), I would go into a sugar low within 30 minutes. Then about 2 hours later, my muscles would feel "clogged," like they have thick fluid in them. I would then have to exercise in order to "get it out." I coined this feeling "exercise withdrawal." Grumpiness would often follow.

Another symptom of eating sugar was depression. If I had 2 donuts before bed (which I very rarely do, except when I'm experimenting), I would wake up the next day with little drive, feeling a little "separated" from the world. If I had any amount of sugar the next night, I would wake up the second morning feeling downright lethargic and quite depressed, detached and without any drive whatsoever. This worked like clockwork, no kidding! If I ate sugar for a third night, then the next morning I would be so depressed that I would be unable to function. I would have to get a meal and take some supplements and often a liquid mineral drink before I could even begin working.

The feelings I experienced on this third day were severe depression, suicidal thoughts, lethargy, extreme "exercise withdrawal," feelings of hopelessness, and so on. If this sounds extreme, you're right, but that's the way it really was.

On a side note, I would also sleep horrible on the nights I had sugar. I would normally have such intense dreams that I'd wake up feeling more tired than when I went to bed.

On another side note, I would have burning under my arms the day after having sugar. My underarms would be bright red and irritated, even after the first day of sugar (Candida, I believe).

Well, guess what. Thursday night, as an experiment, I had 2 donuts before I went to bed. Friday, I had one-third of a half-gallon container of Breyer's mint chocolate chip ice cream (yeah!). Saturday night, I had another one-third of a half-gallon container of Breyer's mint chocolate chip ice cream before going to bed. Last night, I had 3 donuts. Pretty bad, huh?!! I haven't eaten like this in years!

The result?...

Not only have I slept wonderfully for the past 3 nights, not only do my underarms have virtually no redness and no irritation or burning at all, but I have absolutely NO depression of any kind. I feel wonderful! With the exception of Sunday, during which I had several physical (not emotional) symptoms-headache, etc.-that I attribute to the "7th-day-blues" of the immune cycle, I have not felt better - emotionally or physically-in at least ten years!

There are even more things I could tell you about, but I think you get the picture.

I am writing this article to share my experience with you so you can make a more informed decision about your amalgams. It's a really long article, I know... and a little personal, but I hope it's worth it.

If it helps you, and you are convinced to try having them removed, and your quality-of-life improves anything like mine has, please let me know. I will be thrilled to know that all the work of writing this article and keeping this log has been worth it. You are worth it, aren't you? If you don't feel like you are, perhaps you will after your amalgams are removed!

Anyway, I keep reminding myself that it has only been one week since the amalgams have been removed. I really wonder what will happen this week! I'm so looking forward to finding out!

## The Log Continues Chapter 25

**A Healthy Respect for Mercury**

**Log: Sunday, August 13, 2000 3:31 am EST**

Now the real fun begins...

The past couple of weeks since the previous log have been a real education. Immediately after the very next DMPS injection (following the previous log entry), Laura and I started experiencing strange things. We both felt lightheaded and drunk. We also experienced a couple hours of euphoria, followed by a period of extreme irritability and depression. We also felt mildly sick and achy.

Because of the 7-day immune cycle, we decided to change the date of the following injection to Thursday instead of Tuesday. Tuesday was the 7th day after the previous injection. Both of us were again feeling a little sick and sore. It took half-a-day to figure out that the reason probably was due to the immune cycle. We were both glad to have moved the next injection to Thursday instead of Tuesday.

Thursday's injection went well. We felt a little sick halfway through the injection-as usual-but felt fine after the 50 gram vitamin C injection (that's right, 50 GRAMS) that immediately followed. Then, about an hour later, we started feeling extremely intoxicated and euphoric-just as if we had been drinking-so much so, that I was worried about driving home. So, we stopped for a bite to eat.

Well, it was all downhill from there. That evening, I began feeling very exhausted and tired. I had a headache and could not work. By midnight that evening, Laura had a full-blown 102+ fever and was almost unable to move. Laura spent the next two days in a slow recovery, unable to work.

This injection was our 3rd, after which we get to send urine samples in to gauge the level of mercury in our systems. We will call in and get the results of the tests on Monday (tomorrow).

Since this last injection, Laura and I have suffered from some of the same symptoms that we had before the amalgam removal, though not as severe. I can only assume that the DMPS is working and has "stirred up" mercury in our bodies.

Laura and I have been so busy preparing for the NSP National Convention that we neglected to play several racquetball games that we normally would have played. Last week, we decided to start playing racquetball again. Not surprisingly, we both have lost some of our "game." I had terrible shortness of breath and lack of concentration, much like before the amalgam removal.

One strange change worth noting...

Several years ago, I got bit twice on the leg by something. The bites swelled up and then hardened. They haven't changed a bit ever since. Just a few days ago, I noticed that one of them is almost completely gone. It is no longer raised above the skin and is barely visible. The second one has shrunk to about half its size. Must be the immune system at work. Also, my teeth are getting whiter than they have been in years.

Overall, in the past couple of days, things have improved some for both Laura and I. We both still yearn for the euphoria we experienced the first week after the removal, but we know that we have been slowly poisoned for the past 20+ years and that it will take a while to get the mercury out and experience that freedom again.

It has been a real roller coaster ride-emotionally and physically-but I still believe it has been very much worth it. Even with the benefits I have received thus far, it really is worth it. Nevertheless, I now have a healthier respect for mercury than I ever did before.

Make people aware!

## **The Log Continues Chapter 26**

### **A New Lease on Life... The Final Chapter! Tuesday, October 24, 2000**

This is it! The last entry in my personal log.

It's been a couple of months since my last entry. I've decided that this is my last, simply because I've seen so much improvement in my life since the removal of my amalgam fillings, anything I experience from here on out is just "icing on the cake."

I wish I could properly convey the feelings I have about amalgams. It saddens me, and infuriates me, to think about the number of people who's quality-of-life is suffering (or perhaps ending) because no one ever told them. It especially strikes me wrong that anyone in their right mind-particularly in the medical or dental profession-would think that it's OK to put the world's most toxic, non-radioactive metal in your mouth for nearly your entire life and not expect it to cause any health problems. The popular claim today is that when it's been mixed with the other metals, it doesn't unbind. If you would have told me when I was 12-years-old that the fillings you were placing in my mouth had mercury in them, I would have said "No way, you're not putting that stuff in my mouth!"

Wouldn't you think that before modern medicine would make a procedure of routinely inserting toxic metal in your mouth for your entire life, that there would first be testing done to make sure it doesn't leach out? There are claims that these tests exist, but I've never been able to find one. Perhaps it's because no research groups in their right mind would be willing to make such an absurd claim. Think of the possible liability!

Well anyway, since I've had mine removed, my life has really changed. It's already been well-worth the several thousand dollars I spent. I'm much happier, feel healthier, and am, consequently, more social than I have been in years.

Below is a list of many of the changes I've experienced in the past few months:

#### **Sugar-related spells of depression - 100% GONE**

I can eat as bad as I want with virtually NO noticeable consequences at all. I certainly don't do this often, nor do I recommend it. I've just tried several times to see what would happen... nothing! How cool is that?

#### **Morning fatigue - 95% GONE**

I wake up really feeling refreshed 13 out of 14 days. Before, it was more like 1 out of 14 days. It's been well over 10 years since I can remember experiencing this quality of sleep.

#### **Morning yuks - 90% GONE**

The old familiar heaviness is almost completely gone. I had forgotten that it was possible to feel good in the morning.

#### **Frequent joint-cracking - 95% GONE**

I still crack my fingers often, but more out of habit than need. I believe that last time I cracked my back was the day before the amalgams were removed.

#### **Chronic constipation - 100% GONE**

Now it's just like clockwork.

#### **Numbness and tingling in hands and feet - 95% GONE**

#### **Ringing in ears - 100% GONE**

#### **Signs of excessive Candida (there are several) - 95% GONE**

Really amazing changes have occurred in this area.

#### **Temperature problems**

(feeling too warm, especially sleeping) - 100% GONE

This alone has changed my life enough to make it worth the expense!

#### **Excessive sweating while sleeping - 95% GONE**

This only began to be excessive about a year before the fillings were removed, but was very annoying and uncontrollable. Now it's nearly gone!

#### **Chronic fear or anxiety - 95% GONE**

This alone has changed my life enough to make it worth 5-times the cost. For the first time in 10 years, I love the way I feel everyday... Amazing!

### **Racing Heart / Out of Breath - 100% GONE**

Just standing from a seated position would send my heart racing and leave me dizzy and out-of-breath. If I had to carry cases of paper in from outside, I'd have to wait and catch my breath before lifting the second one.

### **Inability to quiet my mind (especially before sleeping) - 100% GONE**

One of the most frustrating symptoms to have... caused me innumerable days of sleeplessness in the past 10 years.

### **Large swings in blood-sugar levels - 50% GONE**

My body is slowly getting better and better at keeping my sugar levels stable. This is still improving at a noticeable rate.

### **Inability to break down fats**

(constantly experiencing fat symptoms after eating) - 85% GONE

I used to live on NSP's Fat Grabbers to prevent me from having serious headaches and other fat-related symptoms after every meal. Now, I take them maybe once or twice a week if I have a fatty meal. Otherwise, my fat symptoms are nearly gone.

### **Short-term memory loss - 90% GONE**

This was one of the most annoying ones. I actually thought I had some kind of chronic aluminum exposure (Alzheimer's). Not anymore! I've seen dramatic changes in this area.

### **Overall energy level - 50% HIGHER**

No more feelings of chronic fatigue.

### **Several bumps have disappeared, even after several years of no change.**

I never expected this, but several bumps on my skin have just shrunk or disappeared over the past several weeks. All of which have been there for several years with no change.

### **Noticeable thinning of hair - Process seems to have stopped**

I was really getting worried about this one. It seemed that the process was accelerating over the last few months before the amalgams were removed. Now it actually looks like it has stopped altogether.

### **Excessive ear excretions - 90% GONE**

Big difference here.

### **Inability to get to sleep - 100% GONE**

I fall asleep within 5 minutes of going to bed almost every night now. If you knew the kind of difficulty I had before the removal, you would understand how happy I am about this!

### **...And several other things.**

I really hope that something can be done to stop the usage of amalgam fillings. Sometimes it's easy to feel that the whole system is out of control. It's easy to believe that you really don't have any power to change things. To a degree, I believe it's true. There's too much special interest lining their pockets and solving their problems at the expense of your health. But if we all get involved in the process, things will change.

Ever wonder why people keep secrets? It's usually because they're afraid of what will happen if the truth gets into the hands of the "wrong" people. They're afraid of what will happen if you get involved.

It's easy to say something like "they should do something about this" or "they should do something about that." I've come to learn an important truth...

### **We are They!**

Educate yourself, and then educate others. If you want to do something but don't know what, that's a great start. Then, when you've become educated, the next steps will become obvious.

Care enough to become educated!

Become educated to help others care enough!

### **It all begins with "They!"**

## **17 Months and 2 Days Later Chapter 27**

### **Tuesday, December 18th, 2001**

I just can't say enough (obviously) about how my life has changed since having my amalgam fillings removed over 17 months ago. Everything is new. I tell my business partner (Laura) that I feel like I've been "born again". Everything has changed. I am a different person.

For much of my teen and adult life I struggled with emotional issues that are now gone... just suddenly gone. Physical problems that were a constant challenge 2 years ago have long been forgotten. I so amazed at how much I've changed.

I just had the chance to read over my entire story today simply because I'm redesigning our company website. In reading the story, I realized how much stuff I left out. I know it was because I was so busy at the time, but nevertheless, there were a number of issues that I just didn't have time to go into; Issues that are now non-existent.

For instance... A couple years ago, I built a big (12 x 12) shed in the back yard of my house; Built it completely from scratch. During the 6 weeks it took to build in the hot Florida sun, I worked harder than I have since spring training for high school football. I mean... that's real work.

During that time, I did not lose any weight. I had already gained quite a bit of weight a few years previous. But during the time I was building the shed, I thought for sure that I would lose weight.

Amazingly, in the past year since the amalgam removal, I have lost quite a bit of weight, without any regular exercise at all. In fact, I just started a regular program of exercise last week (for the first time in a while) and after just 1 week, am showing considerable signs of weight loss. Could the obesity problem in America be caused in part to mercury poisoning? Over 1 million mercury-based amalgam fillings are placed every day in the U.S. alone. Think about it.

Now, according to the research I've found, "uncontrollable weight gain" is a common symptom of mercury poisoning. Imagine that.

Another huge change in my life is that I'm on a normal sleep schedule. I get tired around midnight and get up about 7 am. I don't believe I mentioned this in my story but, this had been a huge problem for me for many years. Because of general anxiety and other issues, I could not get to sleep until 4 am to 7 am each morning. Well, that's all changed.

Another amazing thing that I did make reference to in my story is what I called "exercise withdraw". If I ate sweets and did not exercise some time the same day, I would feel a thick, clogged feeling in my muscles that would interfere with concentration and sleep. Sweets also tended to make me irritable; Even fruit sugar.

Not anymore. No matter how horrible I eat, I don't get "exercise withdraw". I might get a bit of a "sugar buzz", but that's all.

It's hard to believe that I hardly ever take NSP Fat Grabbers anymore. I used to take them with every meal just to avoid the tired, exhausted feeling that would follow. Yea, they worked well, but without them, I was in big trouble. My body is now able to process fats normally. Regardless of what I eat, I don't have those symptoms anymore. According to Hal's book, mercury has devastating and debilitating effects on the liver. Image that!

Since I posted this story on our website over a year ago, a number of people called and e-mailed me sharing their experiences with amalgam fillings and asking questions about mine.

I remember a sweet woman from Colorado who was suffering from severe depression and was so frustrated because she could not "be the mother she wanted to be for her several boys". She was nearly in tears telling me her story about how doctors have put her on one thing, then another, and after years of trying, nothing has changed. After reading my story she was so compelled to call me in the hope that she may find an answer.

After a long discussion with her, she now has hope, and I am thrilled. I told her to contact me after her removal and let me know what happens, and that I'd love to have her write her story, regardless of whether the removal helps her depression or not. I want to do this for the sake of integrity and to give people an honest look at the process. I don't know if having amalgams replaced will make a difference for her [although, I would be very surprised if it didn't], but I want to learn and share with others who want to learn. I don't want to distort the truth. I'd rather observe it, learn from it, and "let the chips fall where they may".

I've had another woman contact who told me all about her experience with breast cancer.

After having part of a breast removed, her doctor wanted to remove both her breasts. Being through an operation once, she refused and told her doctor that she was going to seek "alternatives". Her doctor actually followed her out through the waiting room of the his office and hollered at her from the door saying that she is being stupid and will be dead in 6 months.

After consulting with local herbalists, the very first thing she did was to have all her amalgam fillings replaced. Then she went on a strict program of diet, exercise, and emotional healing.

Three months later, she returned to her doctor for an MRI. When she called in for the results, the office said they were inconclusive and she would have to get the MRIs taken over again. She did, and the office said the new MRIs were also inconclusive. Frustrated, and suspecting that her doctor's office wasn't telling her the whole truth, she went to another office and had a third set of MRIs taken. They told her that she was completely clear and had no cancer or visible growths at all. Remember, this is after only three months. [Hal's book goes into great detail about how mercury actually causes cancer.]

About a year ago, I went to a meeting where local health professionals teach healthy cooking. During the presentation, the subject of amalgam fillings came up. I felt compelled to share my recent experience and told the entire group that there is nothing I have ever done for my health that came close to making as much of a difference as having my amalgams replaced. The husband of the married team of health professionals told me in front of all attending that the same is exactly true for him.

Over all, I have a lot to be thankful for. Although I am upset that the dental community would do something as absurd and negligent as putting toxic metal in my mouth, and I hope, but nevertheless doubt, that someone will be held accountable when the fog finally lifts on this grand conspiracy.

Nevertheless, I can be thankful that, although my hair is now thinner, it's density has not changed since the removal. I can be thankful that, although I'm older, and a large part of my life was spent in ill health, I still have time to live. I can be thankful that, although I share my story with hope that some will benefit, some day, after enough have died, after enough have suffered, and after enough have been fined or imprisoned, after enough have been and been ridiculed at the hand of media and government, after enough have lost their licenses, businesses, and families, perhaps everyone will be "mercury free" and healthier.

The last great and amazing thing that I will mention is this: Although a few people bravely push forward and seek answers for their ailments, the vast majority of people that I share my story with, actually don't believe me. This attribute of human nature is truly one of the most unbelievable and amazing I've ever encountered.

I have found consistent, reliable research about various subjects and shared it with people; Like people with cancer, only to have them reject it and continue down the path that is not only currently failing them, but does not make any common sense at all. Like sheep following each other over the cliff, they continued doing what most people who have had cancer have already done and failed.

In speaking with numerous natural health professionals over the years, I have learned that I am not the only person who is astonished at this attribute of human nature. In fact, for most natural health professionals, it's a way of life that becomes a philosophy... "Share the truth with them; That's all you can do."

It does not matter how many studies you have, how many people it worked for, how long it's been working, or why it makes common sense. Some people just cannot bring themselves to believe that some doctors, the media, the aluminum manufacturing industry, or pharmaceutical companies have ulterior motives that have nothing to do with your good health.

Even if you tell them... Is it not true that they only profit when you're sick? Is it not true that it would require a CEO of exceptionally noble character to sacrifice company profits for your benefit? Is it not true that the essence of the CEO's job is to maximize profits for shareholders? So where is your health in all this? If conventional medicine was winning against cancer, then why do 1 of 3 people in the leading civilized nation in the world have it?

If you're afraid believe that the mercury in your amalgam fillings can hurt you... good. It's a sign that you are alive. Now, before you let your fear get a hold of you, and before you start making decisions that are not based on logic and reason, sound information and common sense, but rather emotionalism and fear, try something different.

If you've taken the time to read all this, I commend you. More than likely, you're someone who really cares. You probably have vision and faith. I encourage you to continue to seek the truth. If I can help, please feel free to contact me. It's my greatest reward to help people.

It is also my hope that you can lovingly convince the ones you care about to search for truth, no matter how ugly it may be, no matter how hard to attain, no matter how humble you have to become to accept it, the truth will indeed, set you free.

## **The New Battle: A Long Look Back Chapter 28**

**August 27, 2009**

It's hard to believe that it's only been 7 years. So much has changed, and my amalgam years seem like a distant dream -- another life really.

I decided (today) to add this chapter to this story because there are new developments that need to be known and shared. These are very important developments that affect you directly.

I moved back to my birth-town in 2003 and continued my business (this website). Life continued to be fantastic. I felt great, loved life, and always wondered in the back of my mind where I would be if I never had amalgam fillings.

In 2005, my health started to decline, suddenly and dramatically. The very strange thing about this change is that the symptoms I experienced were identical to mercury poisoning, except for a few additional symptoms.

These symptoms would come on suddenly and continue for several hours at a time and then vanish. Some days, I didn't have any of these episodes at all.

Besides having all of the characteristics of mercury poisoning, I also had intense burning sinuses, a terrible headache, horrible fatigue, and several other symptoms.

To make a long story short, I eventually correlated these health "events" with the appearance of large plumes in the sky. I photographed and studied this activity carefully and discovered that large low-flying, slow-flying jets would pass over our entire town leaving these enormous plumes. This activity would typically continue for 2 to 4 hours and then suddenly stop. My health episodes began about 30 minutes after this activity began. My health episodes ended about an hour or two after this activity ended.

From 2005 to 2008, this activity continued, and I continued to research it. During this time, my symptoms continued and -- except for the additional symptoms that I mentioned earlier -- were absolutely identical to mercury symptoms; Every last one.

The spraying activity became so intense in 2008, there were hours throughout each day that I was physically unable to breathe the air. I had to go into a bathroom and run the shower, which helped enormously. I finally decided to move out of the area.

After some exploration, I settled on moving to Maine. I had taken 2 trips there and had found that there was very little spraying in the area I visited. I moved near Bangor in 2008.

Shortly after the move, I began seeing spraying activity take place on a daily basis. My symptomatic reactions to the spraying were identical to those in my birth-town. The smell of the plumes and the taste of the air was identical as well.

Throughout the summer of 2008 until now, the spraying as continued and become nearly as intense as it was in my birth-town. Consequently, my symptoms have increased as well and now, I'm living a life that is about 70% as bad as when I had amalgam fillings in my mouth.

I have done much research and experimentation on this subject and have concluded that there are at least 5 different "types" of plumes, and that one of these types contain aluminum and barium, among other things. Another type of plume contains -- based on my symptoms and long-term reactions to them -- mercury, probably ethylmercury. This is the same type of mercury that was used as a preservative in vaccines. It was supposed to have been taken out of vaccines a few years ago but it was not completely removed, but that's another story.

Finally, I have watched as these huge plumes suddenly changed into short plumes in one day. During this time people appeared all over the internet saying that these short plumes are "contrails". I have watched the sky for well over 30 years of my life and I have never seen a contrail (except on TV). Now, it's nearly impossible to see a jet without one.

So, here I am in a very interesting position. Having experienced mercury poisoning in the past and knowing exactly how it affects me, I am able to compare my reaction to amalgam fillings with that of the spraying activity and determine that both contain the same common poison: Mercury.

In all honestly, this does not surprise me. I know that the federal government is tightly knit with corporate America, and considering that currently over 12% of Americans have (wisely) decided to stop vaccinating, and considering that countless Americans are having their amalgam fillings removed, the pharmaceutical companies -- the second most powerful class of corporations in the world, second only to oil -- need a way to keep their profits secure -- that is -- to keep people sick, and their favorite cash cow have always been mercury. At the same time, the United Nations is implementing Agenda 21 for global population reduction, so the result of this merging of power and world-view is chemtrails: The spraying of humans like insects to first make them sick -- so as to profit from their illness -- and then to kill them so the Earth can have a "sustainable" population (according to U.N. Agenda 21).

This is the reality of the world we live in, and whether-or-not people "wake up" soon, we are all going to suffer greatly at the hands of our neglect. We should have been defending personal freedoms, human rights, and constitutional law. Instead, we were playing video games, watching TV, and indulging ourselves in worthless entertainment.

I'm not trying to be negative or pessimistic. I'm simply a realist who believes one of the greatest acts of love is telling the truth.

### **### The Beginning! ###**

#### ***Need more information?***

Please take a look at the best reference I've ever found on this subject.

This is the book I keep within arms-reach of my desk chair:

**AmalgamIllness.com**

Learn about Chemtrails: **ChemtrailsConnect.com**

Join our Yahoo! group named: **amalgamillness**

The HTML version of my story is online at: **herballure.com/mms**

Visit my online mercury forum at: **herballure.com/mercuryforum**

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