



Many of us now know that metal fillings are indeed toxic. They are called silver fillings, metal fillings and sometimes even mercury fillings. The bottom line is they have toxic levels of mercury in them. "They" say they are completely safe. In fact, many dentists have deemed them safe and STILL CONTINUE TO USE THEM. The fact of the matter is, they are safe UNLESS YOU CHEW OR EAT OR DRINK ANYTHING HOT! So good luck being in the human body and not constantly leeching mercury from your mouth into your liver, stomach and other related organs. And you teeth grinders....nuff said!

Basically, many people now understand that these silver fillings are not safe. It's so great that more and more people are now making appointments to get these fillings taken out. Remember, it's important that you use a holistic dentist that is able to use and apply the proper safety procedures so you don't get another huge dose of mercury upon removal!

Once you get your fillings removed, it's very important that you see a holistic practitioner that is trained in getting heavy metals out of the body. Chelation therapy or chlorella is just simply not enough and can block or switch the nervous system affecting your digestion and mineral absorption. It's important you find somebody who can track it and make sure you are getting rid of it. You may wonder why would I have to worry about that? Doesn't my body simply kick out the mercury on it's own?

No, it doesn't! Your body actually thinks the metals are minerals and as a result, it holds onto it and also rejects other minerals it may need! This metal toxicity, affects thyroid function and inhibits mineral absorption and taking the fillings out does not change this issue. It stops additional cumulative poisoning but it does not remove the mercury from the organs and tissue.

When there is too much metal present, the body won't absorb the minerals it needs. Everybody's body has different needs and that includes what types of minerals are best for each body. There is no cookie cutter replacement program that everybody should follow. It's unique to your individual body and what it needs. That's why it's important to work with somebody who can help pull the mercury out of your body and then help you with which minerals your body needs to function properly.

It's also important that you take something to help repair your parotid glands. They are located on either side of your jaw and their dysfunction frequently is connected to grinding issues. These glands secrete enzymes that help your body repel chemicals and metals and if they have been overwhelmed for years by these toxic metals located directly over them, they just become too pooped to pop and stop working properly! These will not just kick back in and start working properly on their own without a little help because in many cases, there have been years and years of overwhelm from the mercury in the fillings.

If you don't get these things addressed properly, they will suppress your immune function and as a result, you can get many immune issues including fungus (candida) which is attracted to and loves metals. Also, you are more likely to take on pathogens like bacteria, virus etc that you get exposed to because your immune system is suppressed by the toxic metals and chemicals from the parotid gland dysfunction. Guess what else it's connected to....ALLERGIES!!

What is an allergy? It's an "inflamed immune response". When you have toxic metals and chemicals overwhelming the immune system and your parotid glands aren't working properly to do their job of repelling these toxins, and you are minerally deficient from this situation as well, you now have an inflamed immune system and wallah...you have allergies (don't bother taking minerals to try to compensate since your body will just pee them out thinking it doesn't need them!)

It's important that you take your health into your own hands. Don't wait until things have gone too far and you can't get any answers. You can find the proper holistic dentist in your area by going to <https://iaomt.org/for-patients/> Remember the way to real health repair is to treat the source...not the symptom!