

My Story

My name is Kathleen Dornn and I am a mercury detox coach. I am really passionate about this subject because I was mercury poisoned and it nearly took my life. I would like to tell you my story and my journey to find healing.

My health challenges began as a child, so this is where I will begin. Heavy metal poisoning is easily passed down from a mother to her children and has a detrimental impact on their health. As a child, I suffered from periodic stomach pains, leg aches, and allergies. I remember getting horrible leg aches and stomach pains. When all else failed, my exasperated mother stood me on my head and managed to momentarily relieve the pain. I know it sounds crazy, but whenever I didn't know what to do years later, I would do a handstand against a wall to try to alleviate the pain.



https://www.google.com/search?q=amalgam+filling+images&client=firefox-b&tbm=isch&source=ju&icb=1&fir=plThAZ4gKaDM%253A%252CLY6xvTcnpVY-M%252C_&usq=AFrgEzdgpAA6rqsC6HtzZw4vo60a0WVQ&sa=X&ved=2ahUKEwLnMnSlvDcAhXLx/GKHfmcGqMQ9QEwAHoECAMQBA#imadi=-veYc0Eq99DAM:&imgrc=FzwaK5FixTZIQM:

LESSON: Today I realize that my mother had many amalgam fillings, which contain 50% mercury. That is how mercury is passed down from mother to child through the placenta and breast milk. Lead is also passed down to children through their mother (see appendix B for further information). In addition, mercury depletes the body of zinc and magnesium, which is also a cause of leg aches. All of this has contributed to the leg and stomach pains I suffered during childhood.

As a teenager, I had a strong reaction to carbonated drinks and fast food. Every time I drank pop, I would get a nosebleed. So I gave up drinking pop and began cleaning up my diet. To my amazement, the nosebleeds stopped. I had an epiphany as a teenager. I noticed that what I ate had a direct impact on my health. Even though giving up pop and cutting back on sweets felt weird at the time, I didn't want to get nosebleeds anymore. This provided me with a strong incentive to stay away from junk food.

Mercury Amalgams & Root Canal

My periods began when I was around 13 years old. They were normal at first, but then became very painful. In my late teens, I got 10 amalgam fillings and a root canal within a short period of time. All of the amalgam should be removed when preparing a root canaled tooth for a crown. In my case the dentist left some amalgam under the crown, as you can see in the diagram. This amalgam leaches down through the root of the tooth and into the gum, causing the tattoo in the gum.

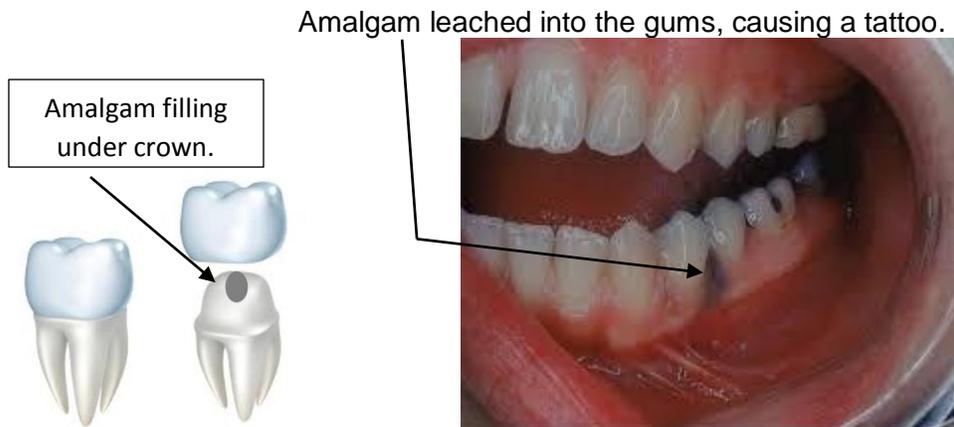


Image file: <http://genevieveverompre.com/couronne-dentaire-a-montreal-prix-types-et-conseils/>

Image file: <https://www.life-smiles.net/dr-geislars-blog/tattoo>

LESSON: In my opinion it should be illegal to place a crown over amalgam fillings because it leaks mercury into the tissues causing mercury tattoos. However, several years later I questioned my dentist and he said this was within the guidelines of the dental association.

At this point, chronic fatigue set in and my periods became a nightmare. I dreaded that time of the month, because I was bedridden for a week due to the heavy bleeding, and it took another week to recover my strength. I never made the connection that the dental work was poisoning me with mercury and causing hormonal imbalances and menorrhagia (heavy bleeding).

I sought help from conventional doctors and specialists and they did numerous tests and found nothing wrong. They gave me birth control pills and other medications to try and control my pain and heavy bleeding. Nothing worked and the medications only made me feel worse. My last resort was to have a hysterectomy, but the risk of complications was too great.

Many of my aunts from my first dad also suffered from menorrhagia, so I thought I inherited this mystery illness. In my quest to find answers, I turned to the alternative health care field. I tried naturopath doctors, iridology, live blood cell analysis, and allergy elimination, just to name a few. Although I found some relief, my problems continued.

Premium Health Clinic

I then decided to get treatment from experts in the field of alternative health. I chose Century Wellness Center in Reno, Nevada, because I read some amazing testimonies of people who were cured by their treatments, so I was very hopeful. At the time, I was experiencing electric shocks that came from the left side of my mouth where I had a root canal tooth. They did a number of tests and determined that my root canal tooth was indeed the cause of the electric shocks. It was recommended that I should have it removed as soon as possible, because it was leaking mercury into my system. They said that after the tooth was extracted, the mercury would surface on my gum line in the form of a tattoo.

I followed their advice and had the tooth extracted by a dentist in Reno whom they recommended. It should be noted that root canaled teeth tend to be very brittle and should be pried loose before pulling, or they will shatter. The dentist did not use this procedure and the tooth shattered during extraction. He dug out the pieces that he could find, but the root tips were left behind making it impossible for my jawbone to heal properly. My experience has been that most regular dentists make this mistake, because it is not required in their protocol.

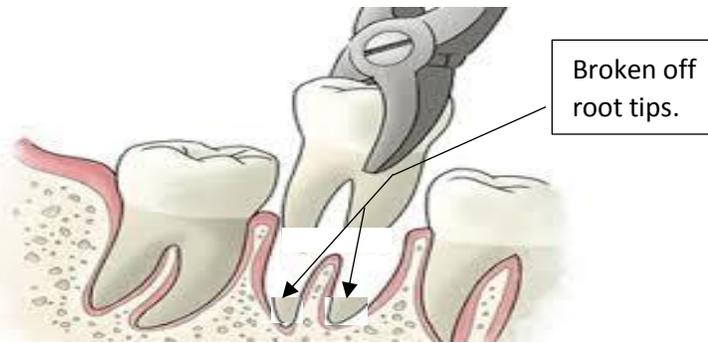


Image file: <http://www.medhalt.com/procedure/tooth-extraction>

LESSON: That is why it is so important to find a holistic dentist and insist that a tooth is extracted completely without leaving fragments behind. Always ask to see the tooth to make sure that none of the root tips broke off. I did not know any of this at the time.

To my delight, the electric shocks quit overnight and after the site healed, mercury tattoos surfaced. The doctor at the clinic also told me to replace the 12 amalgam fillings in my mouth when I got home. They even had Hal Huggins book called, "It's All in your Head," in the waiting room, but I failed to read it because I was still of the opinion that the doctors would fix my problem. I didn't think I needed to inform myself and get involved. I am embarrassed to admit that now. I could have saved myself years of confusion and suffering had I picked up it up and read it.

LESSON: I failed to do my own research on mercury poisoning. This is the reason why I am sharing my experience, so that you don't make the same mistake.

While at the clinic, I was treated daily with intravenous vitamin C, homeopathics, and other products for four weeks, as well as several months at home. Although it was very expensive, there was very little improvement in my health.



<https://www.dm.com.br/saude/2017/09/anvisa-proibe-amalgama-de-mercuro-utilizada-na-odontologia.html>

LESSON: The clinic had a lot of advanced treatments, but my body could not respond and benefit until I got rid of all the mercury in my mouth. I don't blame the doctors at the clinic as they tried their best and informed me about the dangers of mercury poisoning. However, they are not dentists and it is not ethical for them to be very critical about the work of other professionals.

In hindsight, I should have used the money I spent at the clinic to replace my amalgam fillings and detox from mercury. I mention this because I frequently meet people who waste their money on supplements and treatments and don't get well, because they haven't gotten to the root of the problem. Please inform yourself and don't ignore the root cause of your health problem like I did.

We kept searching for answers and after several years discovered NAET (Nambudripad's Allergy Elimination Techniques). These treatments improved my state of health and my menorrhagia and chronic fatigue abated. I was thrilled because I thought I found the cure to my health problems.

LESSON: I often see this with people who are mercury poisoned. They find something that gives them a substantial improvement, and think they have addressed the root cause. Don't be fooled like I was.

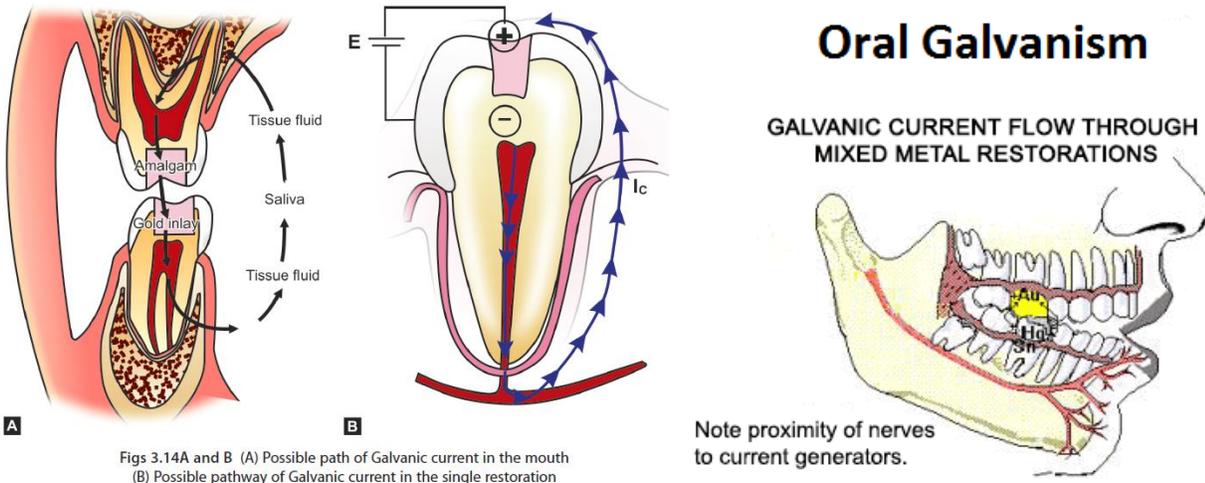
Installing a Dental Bridge:

At this point I began replacing the amalgam fillings with a regular dentist because I was convinced that mercury was bad for me, but I was still very uneducated about the whole subject. I also wanted to replace the missing tooth and I asked the dentist to remove the tattoos on my gum line. He talked me out of it saying tattoos are harmless and suggested that I place a bridge over top of the missing tooth. I reluctantly agreed. After all, I wasn't the health professional, what did I know?

LESSON: My understanding is that amalgam tattoos are quite common. Conventional dentistry teaches that they are generally harmless, which is not true in my experience. Never put a bridge or an implant over a tattoo area. Find a holistic dentist who has a 3D X-ray to assess the health of your jaw bone and look for cavitations and do necessary corrective surgery, before considering a bridge or implant.

I also asked for a bridge that was made of pure porcelain. No more metals please! We later discovered that the bridge material consisted of 60% aluminum oxide and 40% zirconium.

LESSON: It is best to avoid the use of metals in the mouth as much as possible, especially if a person is mercury poisoned. The different metals act like a battery to generate stray currents, which leaches mercury into tissues, and causes amalgam tattoos. They can also cause electric shocks.



Figs 3.14A and B (A) Possible path of Galvanic current in the mouth (B) Possible pathway of Galvanic current in the single restoration

Image file: Dental Materials Science, by Rama Krishna Alla

Image file: <https://dentagama.com/news/oral-galvanism>

Once the bridge was placed in my mouth, it wreaked havoc in my body. I remember it well, because we went to my parents for Christmas and that evening my heart began racing so rapidly that I couldn't settle down and go to sleep. I was awake all night long. For the next six months, I slept very little. My health went downhill quickly. My heart seemed to be racing constantly, which left me exhausted, but unable to sleep. I experienced sharp pains in my temple area. I couldn't seem to catch my breath, so I began sleeping with an oxygen tank. This helped improve my breathing.

I also began to feel an electrical current on the left side of my head where the bridge was placed. I began producing a huge amount of saliva. If that wasn't bizarre enough, my entire left side became numb. I went back to the dentist who placed the bridge and he told me to go see a doctor, because he didn't know what was going on. So off I went to a doctor's office. He ran a variety of tests and found nothing wrong. He suggested that I was stressed out and prescribed anti-depressants and sleeping

pills. It was true that I was stressed out because my body was falling apart! I felt like hitting him over the head! I tried the sleeping pills for one night, but they exacerbated my symptoms so much that I never tried them again.

Mental Health & Mercury

Mercury is a neurotoxin, meaning that it affects the nervous system. During this time I also had increased anxiety, worry and trouble thinking clearly and making decisions. Little problems would become overwhelming and I would easily get very stressed. My husband was very understanding and helped me to stay hopeful and keep a positive prospective during that critical time.

***LESSON:** Someone who is emotionally challenged due to mercury poisoning needs a support person to help them figure out a plan of action and make decisions. The support person should become informed by reading books like “It’s All in Your Head.” My husband would always go to my doctor and dental appointments to help explain my problems and ask questions. It is also important to remain hopeful and encouraged as you are going through all of this.*

Finding the Cause

We now realized that we were barking up the wrong tree. In desperation, my husband went to the library and got all the books he could find on mercury poisoning from dental amalgams. One of them was “It’s All in Your Head” by Dr. Hal Huggins, the same book I had seen at the Century Wellness Clinic in Reno. We were absolutely shocked when we read Huggins’ book. It clearly explained the nightmare I was going through. This was a direct answer to our prayers. I recommend it to everyone who wants to learn about mercury poisoning from dental amalgams.

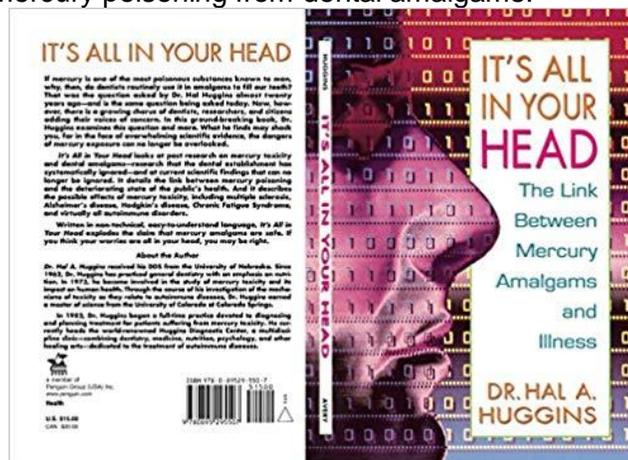


Image file: <https://www.amazon.ca/Its-All-Your-Head-Amalgams/dp/0895295504>

After that we set up a phone consultation with Dr. Huggins, who is a pioneer in mercury-free dentistry. He didn't think I was going crazy. He told me to have the bridge removed “yesterday”. He said that it was most likely made of some metals which were causing a battery-like current, mobilizing mercury in my mouth. I finally understood why I felt this current on the left side of my head.

I followed his instructions and had the bridge removed and to my amazement, the numbness on my left side disappeared, I could breathe easily again, without an oxygen tank and my saliva production became normal. The electrical current on the side of my head stopped and I slept like a baby for the first time in months. The difference this made was miraculous!

After this experience I was completely convinced of the dangers of mercury and proceeded to have the rest of my amalgam fillings replaced. My body was so weak and allergic that I couldn't tolerate anesthetic and had to do without freezing. I had suffered so much by then, I didn't care, I just wanted to get all the mercury out!

Detox is Delayed:

The next step was to begin the detox process, however, I still had the mercury tattoos and a sensitivity in that area of my jaw. I was aware that cilantro pulls out mercury, so when I accidentally ate something in a restaurant with cilantro, I would get a severe reaction. All the mercury needs to be out, before you can begin to detox.



Amalgam
Tattoo

Image file: <https://www.life-smiles.net/dr-geislens-blog/tattoo>

We showed the tattoo and shared my story with all the holistic dentists in my city, but they were afraid to do corrective surgery. We knew of a holistic surgeon far away, but we had young children and very limited resources. We spent all our money to figure out the problem and had no means left to fix it. It took a lot of patience, but after about 10 years, we found a dentist in a nearby city who was trained in cavitation surgery. The picture below shows what a cavitation looks like.

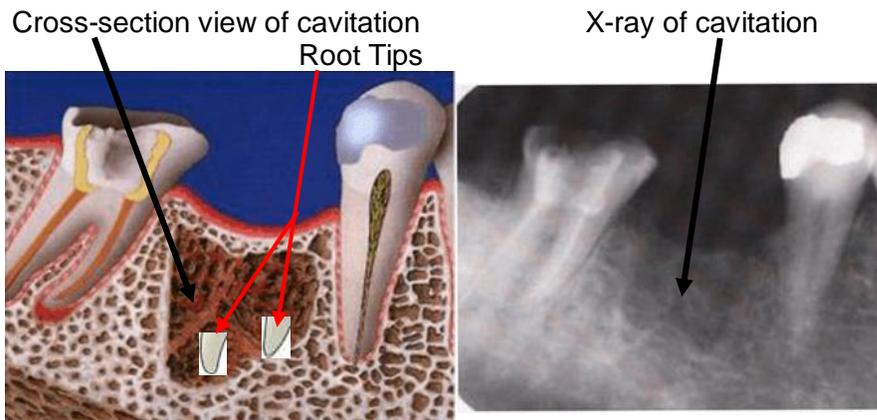


Image file: <https://odontomedik.com/cavitation-surgery/>

There were two root tips inside the cavitation. The inside of the root tips were filled with amalgam. Even though the tooth was pulled about 12 years ago, the root tips were still connected to periodontal ligament. My husband watched as the dentist tried several times to remove the root tips, but the ligament stretched tightly like a rubber band and sprung back into the hole. It took several tries, but the dentist eventually got them out and then scooped out the infected material and used a drill to grind off the periodontal ligament. Afterwards, it was sewed shut to heal. I had a small sensitive swelling in the palm of my hand that hurt terrible when I touched it. It disappeared overnight!

LESSON: My understanding is that most dentists are not taught cavitation surgery in dental school. Most conventional dentists do not know how to do this, or believe it is important. Cavitation surgery is typically only done by holistic dentists who are specially trained.

Learning to Detox

I was finally ready to begin to detox. All the mercury fillings and tattoos had been removed and the cavitations cleaned! We searched for a practitioner in our area who was experienced with mercury detox, but never found one. We searched online and discovered Dr. Andrew Cutler's detox protocol with alpha lipoic acid (ALA). My whole family used his detox protocol for several years and there was a substantial improvement in my health. After some time, we stopped seeing any benefits and it felt aggravating, so we halted the protocol.

Ultimate Detox program

We kept searching and eventually figured out a routine that I believe is the best detox program available. I say this with confidence because we tried many detox programs. There is a lot more to detox than finding the right chelator. The diet and supplement programs are equally as important. I have explained all this in this book. So please read on.

Solution to my Heavy Periods

Over the years, my body got very run down from all the blood loss during my periods, which compounded my mercury poisoning symptoms. I was repeatedly examined by doctors and there was never anything wrong. A hematologist (blood specialist) examined me and everything was normal. He said that his wife had the same problem and didn't know why. I also discussed the option of a hysterectomy with several surgeons who perform these operations. The risks really scared me, and with my history of being sensitive to invasive procedures, it was a last resort option. I heard stories of several women who reacted badly after a hysterectomy, and they really regretted it. Even so, I was desperate and made an appointment, but cancelled at the last minute. I had no idea that mercury poisoning could be causing my heavy periods. Today, it makes perfect sense, since a period is one way the body can get rid of toxins.

I am so thankful that I did not have a hysterectomy. As my detox progressed, my periods became pain-free and my blood flow greatly subsided. It is an amazing miracle to have this monthly burden go away, along with the mercury poisoning symptoms.

Some say My Amalgam Fillings don't Bother me

You might have amalgam fillings and yet have great health. How can that be? The mercury builds up in your body and eventually you will reach a toxic overload. I meet people all the time who were healthy in their 20's and 30's, but now that they are 50 or 60, they are struggling with the mercury poisoning symptoms I used to have. Mercury poisoning affects everyone eventually, so please get informed and take action while you can. Don't wait until you are suffering from chronic illness, because then detox becomes much more difficult and damage can be irreversible.

After hearing my story you now have a better understanding of why I am so passionate about mercury poisoning. It nearly took my life. My goal is to encourage you to get the mercury out, stop the poisoning and teach you a very pleasant and effective detox program.

I would love to hear your stories related to dental work and mercury poisoning. Please email me a copy, if you feel comfortable to share.

Thank-you for taking the time to read my story,

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