

TOPICS IN MODERN HOMEOPATHY

HOMEOPATHIC MEDICINE FOR THE 21st CENTURY

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New combination homeopathy chatroom, check it out . . .

<http://health.groups.yahoo.com/group/Mediral/>

"The primary cause of disease is in us, always in us."

- Antoine Beauchamp
French Physician 1883

"It is not from external things that man becomes sick, not from bacteria nor environment, but from causes in himself. If the homeopath does not see this, he cannot have a true perception of disease. Disorder in the vital economy is the primary state of affairs, and this disorder manifests itself by signs and symptoms."

- James Tyler Kent
American Homeopath

HOMEOPATHY AND DENTAL ISSUES

Since its introduction in the early 1800's, mercury amalgams (fillings) have contained 45-52% mercury. Mercury is a cumulative heavy metal poison, known to cause damage to the central nervous system, endocrine system and other organs. Despite mounting evidence of their toxicity, mercury amalgams are still the standard in most dental offices today. Think about that – half of every dental filling you have is mercury.

Back in the 1800's, the National Association of Dental Surgeons (the original dental association) had already recognized the dangers associated with toxic mercury and threatened to ban as unethical any dentist using mercury with a patient. Unfortunately, the organization was replaced by the ADA, which favored the cheaper mercury fillings over safer, but costlier, gold fillings, and our health has been at risk ever since.

So are mercury amalgams really dangerous to your health? This is a controversial issue, but the fact remains: Mercury is a toxin – period. Mercury is known to:

- Kill living cells
- Interfere with metabolic enzymes
- Cross the blood/brain barrier
- Cause CNS damage
- Accumulate in body tissues
- Crosses the placental barrier
- Contaminate breast milk
- Implicated in autoimmune dysfunction
- Linked to Alzheimer's disease & MS
- Linked to ALS & Parkinson's disease
- Compromise the immune response
- Increase allergies
- Cause kidney damage
- Bind to RBC hemoglobin

The World Health Organization has published research (1991 Criteria 118) demonstrating that between 3 and 17 micrograms of mercury are released into the body every day simply by the act of chewing with silver/mercury amalgams. Some is inhaled into the lungs and absorbed into the arterial blood supply, some

is absorbed directly into the bloodstream and surrounding tissues or lymph. Of that amount, it is estimated that 74-90% is absorbed into the tissues of the body. Another study at the Rocky Mountain Research Institute reported that the concentration of mercury vapor in the mouth increase almost 300% after chewing for only 10 minutes (maybe a good reason to reduce gum chewing until the amalgams can be replaced).

Research has shown that bacteria commonly found in the mouth converts the mercury found on the surface of amalgams to methyl mercury, a more toxic form of mercury that subsequently concentrates in the pituitary and thyroid glands.

OSHA requires that all scrap amalgam material be stored in air-tight containers to avoid exposing employees to the hazardous vapor. It is interesting to note that, even with all of their precautions, the level of blood mercury is twice as high in dentist and the rest of the population.

The EPA categorizes amalgams as a waste disposal hazard, which means it isn't legal to throw it in the trash or bury it, but it is somehow legal to permanently implant it in living tissue. Additional research has shown that sensitive vapor analyzers held over a filling for 10 seconds after chewing can register mercury vapor levels higher than the EPA safely allows exposure to in a 40 hour work week - and of course amalgams emit mercury vapor 24 hours a day.

Even the ADA admits that there is a potential hazard for dental office personal working with dental amalgams and recommends a 'no-touch' policy because of contamination danger. The ADA is finally admitting that mercury is, in fact, released from amalgam fillings after placement, but still insists that it is at perfectly safe levels and continues to support the use of mercury amalgams.

... continued

The statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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Mercury accumulation doesn't cause disease, per say, it causes poisoning. The most common sites for accumulation in the body are the brain, liver and kidneys. Small quantities of mercury are tolerated, but the questions becomes, at what point does it become toxic? Not everyone who has mercury amalgams will experience symptoms, and not everyone will be toxic – the threshold for toxicity is different for everyone. Patients should consider having amalgams replaced if they regularly experience any of the following symptoms:

- foul-smelling breath or a metallic taste in the mouth
- imprints of teeth on the sides of the tongue
- recurrent sores in the mouth or lips
- bleeding, receding or ulcerated gums
- heavy salivation and nausea
- abscessed roots
- trembling tongue and slurred speech
- recurrent pharyngitis or colds with swollen glands
- fatigue & tiredness
- headache and weak memory
- depression
- loss of motor coordination
- chills and fevers with night sweats
- volatile nature (mercurial, changeable, impulsive)

Homeopathy can help. Through detoxification and boosting the body's natural coping strategies, combination remedies like Mediral's **Dentex** can help alleviate these symptoms until the old mercury amalgam fillings can be replaced. To find a local mercury-free dentist, go to http://www.dentalwellness4u.com/freeservices/find_dentists.html or <http://www.mercuryfreenow.com>. There are any number of more suitable alternatives, including gold, glass, porcelain and new composites that are now available.

Since constant exposure to amalgams has created a higher level of mercury in dental professionals, it might be a good idea for dentists and their assistants to go through a course of **Dentex** a couple of times a year, just to keep the circulating mercury at manageable levels.

The good news is, once a source of mercury is eliminated, half the remaining mercury is eliminated within 3 months, and after a year, 95% of the mercury has been eliminated. Homeopathic detoxification can help speed up the process, but it doesn't reverse the damage that was done.

It seems clear that mercury is a dangerous toxin that doesn't belong in the human body, and unfortunately the mercury amalgams that the dental profession regularly uses are not inert – they give off significant levels of mercury and pose a very real health risk. Until your patients can have their fillings replaced with more biocompatible materials, Mediral's homeopathic **Dentex** can help the body cope with the problems associated with ongoing exposure to mercury and related dental toxins.

Thank you to "Comprehensive Dental Center" in Fullerton, CA for the research and statistics on mercury amalgam toxicity.

Besides mercury amalgams, there are other dental concerns that homeopathy can also help with; anything from the anxiety to pain (before and after a procedure), even tooth decay. Below are a few more commonly used remedies for dental issues.

Gelsemium sempervirens 30c or 200c:

Gelsemium is the number one remedy for the generalized fear and anxiety related to dental visits. A dose taken the morning of the visit does wonders to settle the nerves and dissipate the normal anxiety associated with dentists. Children especially become calmer almost immediately, and also allows the dentist to work more gently and efficiently.

Chamomilla 30c or 200c:

Good for pulsating, jerking, drawing pain. Worse from: cold, drafts, drinking coffee or other hot drinks, chewing, pressure and warmth of the room. This is also an excellent remedy for the oversensitive patient who fears pain in general, and faints or screams at the thought of pain; good for children and nervous patients. Take every 15 minutes as needed.

Mercurius vivus 30c or 200c:

Helpful with drawing, pressing or tearing pain. Worse at night, from cold air, in bed, from damp weather and during eating. It goes with involuntary flow of saliva and swelling of the face, abscess of the roots of the teeth, and nasal discharge. These symptoms necessitate a visit to the dentist, but Mercurius vivus will help make a painful nights a little more durable until you can make an appointment for professional attention.

Nux vomica 30c or 200c:

Nux vomica is a valuable remedy for pain that is worse in the middle of the night, especially around 3-4 a.m., from drinking cold drinks and after eating.

Arnica montana 30c or 200c:

After a filling, Arnica montana is by far the most useful remedy to assist with the healing of the pulp and the associated discomfort. The most common pain has a sensation of pulling in the teeth while eating, is worse from chewing, a bruised, sore feeling, and worse from touched.

Dentex:

People who have fillings removed run the risk of symptoms getting worse due to the release of mercury during drilling. Dentex taken the morning before and the evening after drilling will help detoxify the system from the mercury released into the system and keep the symptoms in check.

Cell Salt #2 (Calc. phos. 6x):

Calc. phos. can help strengthen teeth and prevent decay, just as it strengthens bones weakened by osteoporosis.

Injury Med:

If facing dental surgery, Injury Med taken for a week before the procedure will help ease the trauma and speed up the healing process.

SAVE

15%

PRODUCT OF THE MONTH'

Take an additional 15% discount on these Mediral products during their featured months (wholesale and retail accounts only)

September – **Vermex**
October – **Gastro Med**
November – **ENZ-Essence**

August-September is a good time to tone your client's immune systems and prepare them for the inevitable onslaught of viruses, bacteria and funguses that their families will encounter as they head back to school. Mediral's **Defense Med** is the preventative remedy of choice. Use preventatively 10-20 drops once a day for 2 weeks (5-10 drops per day for children under 12 years of age – check with your physician for infant use).

To help rebuild that inner terrain, **Defense Med** includes seven different multiple-potency sarcodes, as well as 8 other traditional immune-enhancing remedies to make sure your clients can handle any infectious agents that come their way. Stock up this month while its discounted 15%.

New Product

Mediral is pleased to offer '**A Nurse's Herbal Tea**,' manufactured by the Tehachapi Tea Company in Texas.

This is **Rene Caisse's** famous herbal tea containing Sheep Sorrel, Slippery Elm Bark, Burdock Root and Turkey Rhubarb. Wholesale cost for a 32 fl. oz. bottle is \$16.95 (plus shipping).

Recommended use: Add 2 fl. oz. "**A Nurse's Herbal Tea**" to 2 fl. oz. of boiling water and drink daily on an empty stomach for general wellbeing and detoxification.



Classical Corner

Arnica montana, also called Leopard's Bane, is probably the best known and most widely used



homeopathic in the world. This is the trauma remedy that should rightly be in every medicine cabinet and first aid kit. Arnica belongs to the daisy family, and is found in fields across North America and Europe, although because of its medicinal value, it is becoming harder to find.

Arnica is best with a sore, achy, bruised or strained feeling, particularly following a trauma, blow, contusion, injury or strain of any type. It can reduce swelling and bruising of the muscles and connective tissue, and it accelerates healing. It is even helpful for past injuries, no matter how distant the injury.

It has also been used successfully with tinnitus, influenza, and is recommended for use prior to and following dental work.

It can be used preventatively before and after either surgery or dental work, and is particularly helpful for recovery after childbirth. It is also appropriate for mental



Arnica montana

and/or emotional states surrounding loss, grief, remorse or shock.

Acutely, Arnica may be taken every 10-15 minutes until the intensity lessens, then three to four times per day until the symptoms subside completely.

REFERENCES

We don't normally list references and websites consulted while writing our newsletters, but the issue of dental amalgams is so controversial that we thought you might appreciate knowing some of the references that were consulted, they may be useful in your own research:

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<http://www.holisticmed.com/dental/amalgam/>

<http://www.drcranton.com/mercury/amalgams.htm>

<http://www.yourhealthbase.com/amalgams.html>

<http://users.penn.com/~rarearts/mercurypoisoning.htm>

<http://www.algonet.se/~leif/AmFAQigr.html>

The following references were found through the "Health, Wealth & Happiness" website <http://www.reife.com/mercury.html>, and proved to be a valuable aid to our research.

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CLEARANCE - NATURE KNOWS FORMULAS 50% OFF*

The Nature Knows line of products is being discontinued to make room for two new lines being introduced soon. Nature Knows is now available for 50% off* the regular price. **Quantities are limited.** Order now while supplies last! Once our inventory is exhausted, these product will not be available again. If you are unfamiliar with Nature Knows, call for a brochure.

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TOPICS

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**September
2008**

Homeopathy has many things to offer the profession of dentistry. This month we look at some of the options available to help both patient and doctor.

PLEASE DELIVER TO:

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