

Dr. Joel D. Singer

Mercury and Your Health Don't Mix



Many people do not realize that their dark, "silver" amalgam fillings are 50% mercury. A large filling may contain as much mercury as a thermometer. Mercury vapor is continuously emitted from dental fillings, inhaled, readily absorbed into the bloodstream, and accumulated in the body over time. The damaging effects of this exposure may not manifest for years or even decades.

A brochure offered by the New Jersey Department of Environmental Protection, "Is Your Life Mercury Free," warns of the health effects and environmental effects of mercury. It states:

"Mercury can cause a variety of health effects. Exposure to mercury can damage the brain, central nervous system and kidneys and is particularly harmful to children. Since mercury can pass from expectant mother to unborn child, women of childbearing years and children, especially those younger than 6, are most susceptible to mercury poisoning. Don't put your family at risk. Learn how to identify products containing mercury and mercury-free alternatives."

Under laboratory conditions, mercury has produced brain cell deterioration identical to that seen in victims of Alzheimer's disease. Mercury poisoning has been implicated in immune system depression, multiple sclerosis, depression and chronic fatigue syndrome and autism.

The World Health Organization

has concluded that dental fillings contribute more mercury to a person's body than all other sources of mercury combined. Mercury is a powerful poison. Published research demonstrates that mercury is more toxic than lead, cadmium or arsenic. No amount of mercury vapor can be considered harmless, especially considering its cumulative effect.

To prevent additional mercury

exposure, find a biologic dentist properly trained in the safe removal of mercury fillings. For more information visit our website at www.SingerDentist.com or call 201-592-6222.

Dr. Singer's practice is located at 327 Bridge Plaza North, Fort Lee, NJ. Questions to him can be sent to the Editor of MY WHOLE PERSON.

'I AM YOUR JOB'



**I am your job,
Please take good care of me.**

**Perhaps, you don't think much of me at times,
But if you should wake up one morning and find me gone,
You would start the day with an uneasy feeling.**

**From me you get food, clothing, shelter and necessities.
Considering that you need me for so many things,
I wonder why you neglect me as you do at times.**

**What if I should slip away from you?
Your happiness would go along with me,
Your folks at home would worry,
And your bank account would dry up.**

**You would be forced to give up many little things
That make life pleasant.**

**Your clothes would look shabby,
Your courage would weaken,
Your dash would depart,
You would feel beaten...**

So, after all, I am very important to you.

**Please, cherish me,
Please, take good care of me,
And I will take good care of you –
I am your job!**

Anonymous