

# What Are the Symptoms of Mercury Toxicity?

Mercury, the only metallic element that is a liquid under standard temperature and pressure conditions, is widely utilized in many industries and processes. It has been used as a component of dental amalgam since ancient times and is found in fluorescent tubes and thermometers; it is also released into the environment as a result of industrial processes, such as smelting, mining, and energy production. Some mercury is introduced due to naturally occurring phenomena, such as volcanic eruptions.

This widespread presence of mercury facilitates the possibility of its introduction into the body, where it can cause either chronic or acute poisoning. The simplest ways to avoid mercury exposure in your immediate environment are to remove fluorescent tubes and thermometers (or, at least, to handle them with extreme care to avoid breakage), to avoid consumption of certain types of fish known to harbor high accumulations of mercury in their tissues, and to undergo a process of [safe amalgam removal](#) to replace old fillings with a substitute amalgam that eliminates the possibility of mercury toxicity.

[Mercury toxicity symptoms](#) are many; mercury poisoning takes a heavy toll on the body, affecting the neurological and central nervous systems, as well as the gastrointestinal, immune, neuromuscular, and cardiovascular systems. Major organs, such as the brain, liver, and kidneys, also suffer as a result of mercury toxicity.

A wide variety of symptoms is attributed to toxicity resulting from mercury amalgam. This list includes but is not limited to:

- Headache, fatigue, loss of concentration, irritability, depression, insomnia, and dizziness
- Diverticulosis, stomach cramps, bloating, loss of appetite, and gastrointestinal disturbances
- Muscle fatigue and tremors, sciatic and chest pains, leg cramps, joint pain, and tachycardia
- Oral health problems, such as bad breath, blisters/sores, tender teeth, and bleeding gums

Multiple studies have reported on both the symptoms associated with mercury toxicity and the likelihood of treatment to mitigate the effects of mercury toxicity. These studies investigated the cases of hundreds of patients who were poisoned by mercury. In most cases, a positive effect (reversal or improvement in symptoms) was later observed in patients who were treated by safe removal of mercury amalgam, suggesting that mercury toxicity had been a likely cause of their symptoms.

Our next article discusses [how your systems react to the presence of mercury](#) in the body and the types of health damage that may result from mercury toxicity.

A [safe, effective program for removal of mercury amalgam](#) is the first step toward reversing the effects of mercury toxicity in your body. [The Center for Systemic Dentistry in Berkeley Heights, New Jersey](#), is committed to being the state's leading dental practice that focuses on holistic, healing-focused dentistry. [Dr. Philip Memoli](#) is ready to help you recover your health so you can begin to lead a life free of mercury toxicity.

The Center for Systemic Dentistry will work with you to determine the best course of treatment to safely remove your existing mercury amalgam. Call us today at (908) 464-9144 or contact us via our [online contact form](#).

Read more about safe amalgam removal at

# What Does the Research Say About Mercury Toxicity?

Any given person may be more resistant or more susceptible to mercury poisoning, depending on that person's individual biology. Each body possesses three systems to deal with foreign substances: the immune, detoxification, and elimination systems.

The immune system functions to recognize substances and pathogens that are not meant to be in the body. Depending on a person's overall health, the immune system may react in one of several ways. It may neutralize the substance, it may shut down, it may respond with chronic inflammation, or it may overreact. Inflammation can progress into any number of degenerative diseases and conditions. Immune overreaction can result in tissue or organ damage.

Once the foreign organism or toxic substance has been recognized by the immune system, the detoxification system works to prevent it from harming the body. The liver is the main component of the detoxification system, although detoxification processes also occur in other organs, such as the lungs and kidneys, and to a lesser extent in every cell of the body. Detoxification occurs in stages; in the first phase, enzymes prepare toxins for the second phase, in which other enzyme systems attach to the toxins both chemically and electrostatically. Difficult-to-neutralize toxins, such as mercury, may undergo multiple series of similar reactions until they can be safely contained.

The elimination system is the process for removing the contained toxins from the body. Kidneys eliminate simple toxins in urine; more dangerous toxins are excreted through the colon. Certain health afflictions can cause a reversal of the detoxification process, causing the cycle to begin anew, repeatedly, in the elimination system.

Certain substances called xenobiotics, which include heavy metals such as mercury, stress all the systems and are difficult to neutralize and eliminate due to their complexity and high toxicity. Even if toxins like mercury are successfully removed, they can still leave in their wake severe damage, such as inflammation, autoimmune diseases, and cell death.

Diagnosis of [mercury toxicity](#) is extremely difficult. The question of mercury presence must first be addressed: what (chemical) form(s) of mercury are present, what tissues or organs are harboring mercury, and what is the extent of the damage caused? Additionally, there are no laboratory tests or biomarkers to indicate which of the systems (identification, detoxification, elimination) has been affected by mercury exposure. Many physicians, frustrated by the difficulty of diagnosing mercury toxicity and the complexity of [safe amalgam removal](#), opt instead for medications to mitigate pain.

[Click here](#) to read detailed scientific and clinical information about the biological and chemical processes that occur in the body in the presence of mercury poisoning.

Our next article is a [step-by-step guide to the procedures followed by The Center for Systemic Dentistry](#) to ensure for our patients a safe and comprehensive program of amalgam removal.

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Read more about safe amalgam removal at <http://www.holisticdentistrynj.com/our-services/safe-mercury/>.