

# 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.

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 <http://www.holisticdentistrynj.com/our-services/safe-mercury/>.