

Amalgam was guilty

Our teeth may be the cause of chronic disease

Report

by Claudia Peter

A dentist from Biel would not believe it for a long time. He followed the health record of 160 of his patients with skepticism. However, it has become increasingly clear for him: in retrospect, dental amalgam was responsible for many persistent chronic diseases.

At the age of nine Ursula Mueller lost her long, blond hair. It fell out patch by patch. Splitting headaches soon followed. Sometimes the child fainted at school. At age twelve, she was diagnosed with rheumatism and arthritis. Frequently she felt profoundly sick. She could hardly eat. Almost every cold ended in sinusitis, a chronic inflammation of her nasal sinus. In addition, she was plagued by psychic problems. As an adult Ursula Mueller still suffered from severe depressions. "No doctor could help me", she remembers. "Each symptom was treated separately. And no one ever had the idea that all of my complaints might have a common cause."

Ursula Mueller became female patient number four in the study of the dentist Paul Engel. She is one of more than 160 patients whose amalgam fillings were removed under dentist Engel's care during the last eight years. Engel followed their state of health closely after the removals. The result: one year later four fifths of the patients qualified their state of health as "much better" or "better". These results show clearly: amalgam removal can permanently heal or greatly improve a wide range of physical and psychic disorders.

Patients' concrete stories forced Engel to change his view.

Ursula Mueller feels healthy today. Eight years ago her doctor diagnosed her with "amalgam intoxication" and wrote a certificate stating she was partially unable to work. And today? Ursula Mueller works full time as a primary school teacher again. "My whole body is rid of mercury from amalgams" she says proudly. The complaints which had been troubling her more than twenty years are a thing of the past.

Dentist Engel has published the detailed case histories of Ursula Mueller and his other amalgam patients in the Swiss monthly dentist publication SSO. For a long time he shared the belief of most of his professional colleagues that doubts towards amalgam were simply "hysteria". But these patients' case histories modified his opinion radically. Today he is convinced: "Amalgam does not belong in the mouth. It can poison the body slowly, but chronically."

This is concurrent with recent scientific findings. Veterinary research has shown that mercury can rapidly move into sensitive organs. Canadian researchers put amalgam fillings into the teeth of sheep and apes. Only one month later they discovered mercury deposits in the stomach, intestine, kidneys and gums of these animals. The kidney function of mercury-burdened sheep was reduced by half.

In humans mercury gradually builds up in the brain, the central nervous system and kidneys. This has been seen in autopsies. The more amalgam fillings doctors found on a deceased person, the greater the quantity of mercury in his or her organs.

Deceased Alzheimer patients show a substantially higher concentration of mercury in their brains than other humans. Two Swiss scientists from Basel, Hannes Staehelin and Gianfranco Olivieri have found through laboratory researches that mercury does in fact play an important role in the development of Alzheimer's disease. The same is feared with other diseases such as Parkinson and multiple sclerosis.

Mercury damages the health of unborn children and nursed infants. The more amalgam fillings there are in a mother's mouth, the greater the mercury concentration that can be found in her placenta and milk.

If mercury, which evaporates from amalgam fillings, is really that dangerous, why don't more humans fall ill? This question has been pursued by a German toxicologist, Gustav Drasch, in the Philippines. On behalf of the UN, Drasch examined workers in mountainous gold mining areas. These humans come into daily contact with mercury from the mines. "Nobody can dismiss them as amalgam cranks", declares Drasch. The disease symptoms these workers suffered were very different from each other. Some of them could hardly stand up straight, others went about their work as usual, even though Drasch found high mercury concentrations in all their bodies.

"There is no limit, below which mercury can't cause ailments", concludes he. "Some humans are healthy despite increased concentration of mercury in their body – whereas others fall ill at the slightest trace of the metal".

This was the case of Swiss school boy Tin Curtins. A single amalgam filling threw him completely off course. The previously healthy boy experienced severe migraine. "I had to come home from school and go straight to bed, so I could lie down until the pain faded", he recalls. This occurred up to three times a week. A holistic doctor, who treated the boy, said Tin showed clear symptoms of mercury intolerance. She recommended he should have his lone amalgam filling removed.

But after Engel had removed the filling, Tin's migraine intensified instead of disappearing. The dentist consoled the desperate boy: "These things happen. The process of removing a filling can temporarily increase a patient's mercury burden even if the dentist is careful". He told Tin not to give up hope. Today, more than a year after treatment, the teenager is completely free of any major health problems.

In spite of these evident health improvements after amalgam removal Swiss dental experts have expressed reservations. Professor Adreian Lussi, amalgam expert at the University of Berne, misses a control group in Engel's study. "An appropriate control would have been a group of patients with amalgam fillings and the same health problems, who refused removal", he explains. "A comparison of the two groups would have shown whether it was actually the amalgam removal which improved patients' health."

Professor Jakob Wirz of the University of Basel is convinced that the complaints Engel's patients expressed were mainly caused by their psychic condition and their environment. "Amalgam only serves as a scapegoat here", he criticizes. "It is still the best and most extensively examined material used in dental medicine."

A comparative study is long overdue.

"I am a dentist, not a scientist", Engel responds. "I published my observations, nothing more. The rest I must leave to the professors". Engel is surprised why none of the Swiss dental faculties ever

published such a comparative study with amalgam patients, even though Adrian Lussi clearly states: "Amalgam does release mercury. This much we are sure of."

Scientists at Swiss universities have nevertheless always contested that mercury in the body causes widespread organic damage. At most, they contend, only a few people should be fall victims of this condition.

As for patient Georges Krattinger, he never believed he could possibly belong to the amalgam-sensitive people. "15 years ago I watched a television broadcast on amalgam", he remembers. "I simply laughed at it". Therefore, it never occurred to him that his chronic migraine might be caused by his amalgam fillings. In due course, Engel removed several of his amalgam fillings and replaced them with composites - without telling him that amalgam could have something to do with his complaints. Later Engel inquired about his patient's health: Krattinger reported that his migraine attacks had decreased. The time frame corresponded exactly with the period after the fillings had been removed.

Now Krattinger wanted to know whether his 66-year-old wife Jeanette suffered from chronic mercury poisoning as well. At age 30 she had developed heartbeat rhythm- and blood circulation disturbances. Later dizziness occurred frequently. So Jeanette Krattinger had her fillings removed as well. In fact: her state of health improved likewise - slowly, but steadily. Today her dizziness attacks and heartbeat irregularities have decreased "considerably". Jeanette Krattinger states: "An amalgam filling will never enter my mouth again". Her husband now opted for the radical cure and had Engel remove all his remaining amalgam fillings. Result: Georges Krattinger no longer suffers from migraine attacks at all.

"Amalgam is by far not the only cause of a patient's health problems, Engel thinks. "But it plays an important role, probably more frequently than we would like to think."

S.L., born 15.02.48, nurse

I suffered since 30 years from migraine. I was treated by several family doctors and neurologists. I tried as well acupuncture, acupressure, craniosacraltherapy, psychofonia and psychotherapy. I always used the most recent drugs on the market and I invested a lot of money for treatments and medications.

15 years ago I did an allergy test for amalgam with negative result. Though I complained about a strong metallic taste in my mouth and about an electrical current feeling in the teeth and in the brain, my dentist at that time had the opinion and reassured me that this had nothing to do with amalgam; amalgam be inoffensive.

3 years ago I suffered, as already several times intermittent, from a massive increase of migraines attacks, finally daily batches. I went to a neurologist to take a three week infusion cure (sleep therapy). After that I still suffered from frequent attacks but I could control them so far with drugs that I was able by observing a stern discipline to continue to work.

About a year ago the paraesthesia grew in my arms, my legs and in the back of my head. My neck was like steel and the right shoulder joint ached so much that I felt ill. The right half of my face was numb and when I wanted to sleep on it, I had the feeling to loose consciousness. I had heavy disturbance of concentration, my thinking, and my speech did not match. I felt often nausea, often pains in the stomach and extremely strong flatulences. My right arm was heavily restricted in movements and I had signs of palsy until to the fingers.

In November 2001 I started with a therapy with a kinesiologist. He recommended me to remove the amalgam fillings. Two weeks before the first appointment with the dentist I started with the daily intake of 30 Chlorella pyrenoidosa algae pills.

On January 29 Dr. Engel removed the first 5 amalgam fillings. The day of the treatment I took the double dose of Chlorella algae. Already a few hours after the 5 fillings had been removed, the palsy feelings in the right arm degenerated and the mobility improved a bit. The numb feeling in the face weakened and I could sleep already during the first night a few times on the right side. In the following 2 weeks I felt continuously better. I had only two times a light migraine, which disappeared within an hour after a single intake of Naramig and Zomig. Also the pains in the stomach weakened and became rarer.

February 12, 2002, Dr. Engel removed 3 more amalgam fillings. My state of health improved further day after day. On February 25, the last 4 amalgam fillings were removed.

Today, two months after the first removal of the amalgam filling, I have a new life. In those two months I had 3 light migraine attacks, I am able to concentrate already well, my thinking and my speech are again in agreement. No pains in the stomach, rarely flatulences or only weak ones. My arm moves again better, the pains in the shoulder are minimal. No paraesthesia in the back of my head and in the extremities, no stiffness of the neck, no metallic taste, no feeling of electricity in the head. The numb feeling in the face disappeared completely and I can sleep without restrictions on the right hand side.

I continue to take daily 30 pills, trace elements and vitamins. From April 15 on I will make a therapy in the Aeskulaplinik in Brunnen to wear away the mercury from the brain and the central nervous system.

As a person affected I cannot grasp how arrogant and intolerant parts of medical doctors ignore problems and misery of patients. Those years were for me a walk through hell, and I am horrified and disgusted that the topic amalgam that provokes so much distress is still considered to be tabu and is still used.

By the quick help of Dr. Engel and by being taken seriously by the kinesiologist a new life has started for me. I feel fit and my social and professional life has obtained a new quality.

(April 8, 2002)

Comment:

It is very impressive, how fast attacks of migraine can disappear, once the amalgam dental fillings have been removed. An explanation I can find for this is: In heavy-metal-sensitive-patients the attacks of migraine occur also because of the electric current in the mouth due to different metals. The moment the metals are removed the electric current stops and the attacks diminish considerably . This electric current can be measured with an ordinary ammeter. Compared to the electric current in the brain the electricity produced by the different alloys and amalgam in the mouth is much stronger. Removal of amalgam also stops the battery effect and the resulting release of metallic ions from dental fillings.

Dr. Paul Engel