



## How to Detox After the Mercury Amalgam Filling Removal

It's imperative you do a dental detox after the filling removal, despite the precautions some vapors or particles can still enter the body despite the dentist's best efforts. Using the right supplements and diet can help the body quickly eliminate these toxins so they don't take residence in your tissues and cause problems

<u>DO:</u>	<u>DON'T</u>
<ul style="list-style-type: none"><li>-Maintain a diet high in protein</li><li>-Eat plenty of fresh vegetables</li><li>-Take in plenty of water</li><li>-Take unprocessed pure oils including flax oil, sunflower oil and sesame oil</li><li>-Take healthy, natural fats including seeds, nuts, avocado and free range poultry and eggs.</li></ul>	<ul style="list-style-type: none"><li>-Consume predatory fish such as tuna or salmon. These larger fish have levels of mercury much higher than smaller fish such as sardines</li><li>-Chew gum</li></ul>

### Garlic

Three cloves of garlic a day is thought to enhance sulphur in the body which helps the body to remove mercury. Garlic tablets or a liquid garlic supplement can be taken instead of fresh cloves if you prefer.

### Regular bowel movements

Removing mercury from the body involves excretion through bowel movements. 2 or 3 movements per day is thought to be optimal. Taking freshly ground flaxseed can help this.

### Water

Up your daily intake of fresh water to at least 2 litres per day. This will help your body through the elimination process.

## Chlorella

The powerful detoxification qualities of chlorella can also help with preparing for amalgam filling removal. This is something I would advise post amalgam filling removal also. It binds to metals in the body which facilitates their removal through the bowel. I would always advise caution in using chlorella however, as one third of people do not have the enzyme required to break it down.

Start with a very small dose, about 500mg once a day to ensure that you don't show any sensitivity to this algae. If your body proves tolerant, you can up this dose to 1 gram, 3 4 times a day. If you feel unwell, discontinue use and contact your holistic dentist. It's Important to listen to your body.

## Chelating Agents

A chelating agent is a substance whose molecules can bond to metal ions, helping to remove them from the body. These can come in a tablet or intravenous drip form of medication. In this regard, it's best to discuss your options with your holistic dentist.

However, nature also provides its own natural chelating agents. These include;

- Milk thistle
- Cilantro (Chinese parsley) extract

## Antioxidants

It is likely that you will have started taking the recommended antioxidants prior to your amalgam filling removal. These might include vitamin E, vitamin C, and selenium.

Vitamin E has been shown to protect the brain from methylmercury. Vitamin C mobilises mercury, preparing for its removal from the body. Oranges, guava, kiwi, strawberries, Brussels sprouts, broccoli and dark green leafy vegetables are just some great sources of vitamin C. Selenium will help to stabilise your immune system and your overall health. I discussed antioxidants to complement mercury detoxification in this post.

This post is designed as a rough guide on the kind of diet and supplements that might be recommended following your amalgam filling removal. You may notice the benefits within the first week or you may find it taking 60-90 days before you start to notice an improvement. This can be frustrating, however we would encourage you to stick with it and if you have any questions please contact us at 360.896.1449 or email us at [info@dentaldesignsvancouver.com](mailto:info@dentaldesignsvancouver.com)