

## **Nutritional Support While Undergoing Dental Treatment With Amalgam**

I am a dentist and therefore am not qualified to diagnose, measure, assess, or treat toxic metals like mercury. You are strongly advised to seek medical expertise to assess and treat any toxification. If you are pregnant, nursing or immuno-compromised, **DO NOT HAVE AMALGAMS REMOVED WITHOUT THE ADVICE AND SUPPORT OF A KNOWLEDGABLE HEALTH PRACTITIONER.**

Listed below is a suggested nutritional supportive protocol during placement/removal of Amalgam fillings. Amalgam is still considered a safe and recommended material by the Royal College of Dental Surgeons in Ontario (please see attached appendix). Please do not mistake this for chelation or detoxification.

We like to encourage the inclusion of a whole food diet rather than supplementation. A diet complete with very high levels of antioxidants and essential trace minerals are very important. Foods with Vitamin C, Vitamin E, Beta-carotene, selenium, zinc are key. Below is a list of some choices to key in on during and after treatment

Garlic	Sea Kelp	Egg Yolks	Chlorophyll	Asparagus	Cilantro
Apples	Milk Thistle	Lentils	Live Algae	Seaweed	

### **AMD Mineral Supplementation**

One/two Capsule three times per day with fruit juice following meals Pre-treatment

Two/three Capsule three times per day with fruit juice following meals Post-treatment for 6 weeks

### **Other Suggestions:**

1. Do not rinse with Hydrogen Peroxide until all metals have been removed. Peroxide induces the release mercury from fillings
2. Drink lots of water – 2 liters a day in small gulps.
3. Dry skin brushing releases toxins coming through the skin. Shower after.
4. Hot baths with Epsom salts or hydrogen peroxide. Soak for 20-30 minutes, and rinse off with clear water after.
5. Dry saunas-develop a full sweat, shower with soap and water. Repeat process 2 more times.
6. Cleanse bowels with Psyllium Hulls, Colonics, Acidophilus.
7. Consider bodily cleanses under professional supervision (Kidney and liver)
8. Avoid 7 day appointment scheduling for best protection of the immune cycle.
9. Do not eat fish more than once a week during treatment, especially tuna.
10. If working in a mercury environment take aggressive and proper protective measures to protect self from further mercury exposure.