



Dental fillings, mercury and... your health.

Dental amalgams are not completely "harmless" fillings.
They are composed of 52% mercury (the rest being silver, tin, zinc and copper).



Based on several studies investigating the dangers of mercury, many countries have banned the use of amalgam since several years. Mercury thermometers are no longer manufactured for example.

In the same way :

- **Asbestos** is now banned in civil engineering because it causes serious lung diseases
- **Lead** paints were removed because of their toxicity
- **Glyphosate** will soon be removed due to its carcinogenic effects

...even if all these substances were used massively for years with no apparent problem.

It is only after several decades of use that some products have been proven to be **harmful to one's health**.

- While getting older, dental amalgams allow bacteria to go through, which causes recurring decay (it is painless because it is gradual and not exposed to temperature variations).

Useful websites :

- ♦ 2-Effets du mercure sur la santé : Réponses SST
- ♦ WHO Mercury and health
- ♦ Amalgames dentaires et métaux lourds – Naturopathie et hirudothérapie
- ♦ Mercury poisoning - Wikipédia





 This evolution often leads to **partial fractures** of the tooth or to great pain.



 **Removing old dental amalgams is a major preventive act for your dental health, but also for your general health.**

Caution, the removal of amalgam is done according to **a specific protocol** in order to minimize the swallowing of particles and not to upset the body by drastic changes.

Your old fillings are replaced by (white) composite resins or ceramics made by 3D processes, which are extremely solid, precise and durable.

By **spectrophotometry** (light rays) of the palm of your hand, we can check your degree of heavy metal contamination. This completely painless examination is repeated after amalgam removal and a **decontamination diet** to check whether the excess mercury has been evacuated.

Ask your dentist for any additional information..