

## When My Parents Began to Poison Me and the Dentist Who Saved My Life

### My personal story of mercury amalgam poisoning

I grew up in Sheridan Oregon, moving to McMinnville in 1994. At age 4, my parents began taking me to the dentist and I received my first mercury amalgam fillings. They called them silver fillings. Of course, my parents thought they were getting me the best dental care possible. Shortly after, I began having problems. I could not sleep at bedtime, would lay awake for many hours into the night, finally falling asleep in the wee hours and could not awake until noon. My attempts at sleeping were interrupted by many trips to the bathroom to urinate. I did not have the energy to play with other children and would often sit outside by myself. When company would arrive, I would hide under tables and my Aunt and Grandmother who were caring for me while my parents were commercial fishing, did not know what was wrong with me. My hair went from curly to straight and thin, in no time. I seemed to always be in trouble, and my dad had told me that I just didn't use my brain and think. This was the beginning of a life filled with proceeding ailments and eventual diseases that I would come to attribute to mercury poisoning from my amalgam fillings.

As time went on, I entered school and was very shy and never felt a connection with other children. My parents continued taking me to the dentist where I would receive many amalgam fillings. Over the years, fillings would fall out and were replaced, exposing me to more and more mercury. In school, I experienced great difficulty in concentrating and what would take others a short time to do, would take me much longer. I loved sports, but was always puny, unable to build muscle and always at the end of the pack when any exertion was required. My lack of energy and urination frequency problems continued. In fact, I would only drink a carton of milk for the entire day just so I would only have to go to the bathroom about 3 times instead of 10 or more. In my teens, I began having anger problems and my parents took me a psychologist, but that only led to more anger. In retrospect, my mother said she simply didn't know what was wrong with me and didn't know what to do. My inability to sleep caused me to attend school in an exhausted state. Many times, I would be up all night. My mother continually tried to wake me in the morning and most of the time I would drag myself to school at the last minute, then come home afterward and fall asleep until she woke me for dinner. Often times, I was up the whole night again.

Throughout my childhood, my parents would take me to doctors for various things. As a baby, up until about 7, my mother recalls horrible bouts of colic that would wake me up in tears with symptoms which would not subside. As a youth, I complained of what I referred to as "toothpick pains" in my esophagus. When I ate, especially meat, it would hurt and feel like something was poking me; It was very painful. Many years later, I would read how mercury depletes the body's enzymes, leaving one unable to digest food properly and sometimes causing sharp pains in the chest and/or stomach. The doctors diagnosed it as only esophageal spasm and said I would grow out of it. I was taken in for horrible ear infections time and time again and my mother would often be up all night with me. About age 10, I became ridden with mucous in my throat that I continuously had to spit out every few minutes, the kind you get when you have a bad chest cold. The doctors said it was allergies caused from living in Oregon and that I might grow out of it. I recall a lot of periodic episodes of aching joints; Those would eventually become an every day battle of what the doctors would diagnose as fibromyalgia. In my teens, I began having chest pains, where my heart would beat rapidly for a minute or more. I would actually beat my chest to try and get it to beat normal. My parents took me to the doctor who put me on a 24 hour heart monitor and eventually dismissed it as a heart murmur, saying I would grow out of it. I did not.

At age 19, I experienced my most frightful symptom, one that would be diagnosed in 1994 (after two such episodes at college within 3 months of each other) as Multiple Sclerosis. I was at work when the first one hit. I had numbness in my finger which began traveling up my whole arm. I could not speak well, saying only a word here and there. It felt like people were at a distance rather than right in front of me and I could only see half of their bodies. I could not understand their sentences either, only a word or two. A euphoric feeling came over me which I can only describe as being under nitrous oxide in a dental chair. My parents were called to come get me, but I seemed to be fine 20 minutes later. I went on to have over 20 of these episodes in the coming years. I began noticing after each one, that I would have difficulty talking and thinking of words to say, often slurring my speech for several days.

In my twenties and early thirties, I had a lot of muscle pain, tingling and numbness in my arms and legs, lack of energy, depression, nausea and vomiting, just an overall illness that affected every aspect of my being; Going to doctors and specialists became a way of life. I was diagnosed with many more conditions: Depression, Fibromyalgia, Arthritis, Chronic Fatigue Syndrome (Epstein Barr Virus), Lhermitz's

Syndrome, Degenerative Disc Disease, Cervical Spinal Stenosis, Mitral Valve Prolapse, and Hypothyroidism.

In my mid-thirties, my appetite decreased, but my weight went up; No matter what little bit I ate, I just keep gaining. My hair began falling out rapidly and my muscles began aching more than ever. I still battled my sleep disorder, often having to stay awake 30 hours or more. (I now make the comparison between mercury poisoning sleeplessness and being on caffeine 24/7). When I awoke, I would have a piercing pain on one side of my neck, what I associated with sleeping wrong; Later, I would read it is something called "Broken Neck Syndrome" caused by mercury poisoning. When I was awake, I could not lay in bed, as my muscles and bones ached too bad. Sitting for long periods would cause more numbness and tingling in my arms and legs, so it was an endless battle of moving around trying to alleviate symptoms. Walking just half a block drained what little energy I had. Eventually, eventhough I struggled through five years of college and had several jobs, I was simply too sick to work; So, after my M.S. diagnosis, I ended up on disability. I moved out on my own, but life was a day to day struggle.

In 2000, at the library computer, I happened to find an article on the internet that said, are your fillings poisoning you, did you know that your silver fillings are 50 % mercury? I had nine in my mouth, some more under crowns, and many had fallen out and been replaced over the years. I printed off about 30 pages of information, but filed it away. I did not want to believe the government would allow poison in my mouth, and I knew that if it was true, it would cost a fortune to replace. Still, I felt I was dying and I actually went out and bought a Harley-Davidson motorcycle so that I could ride out my last days. But, I soon became too ill to ride. As the next couple years passed, I was so sick that I pulled out the mercury files and started reading. I was so shocked that every symptom I had was a symptom of mercury poisoning. I studied for 7 days straight, taking time out to cuss the government and cry my eyes out like I had never cried before. I began calling dentists, but many would not remove them and the ones who would were telling me \$20,000 or more.

One day, I was telling the maintenance man at my apartment I was dying, that I had mercury poisoning from my fillings and felt I would not live much longer; I just wanted to die. He said I should go to Tijuana, that it was inexpensive and he and his wife had went there 5 years prior. I ended up sending an x-rays. Shortly after, my mother told me to go to her new doctor, Dr. Radzik in McMinnville. He ran tests

and said I had mercury and nickel poisoning (nickel is commonly under crowns and it is a cancer causing agent). I told Dr. Radzik about Tijuana and he said I needed to get there as soon as possible because I would eventually develop Cancer, Alzheimer's, and Diabetes from the mercury.

I had bought a car on the internet about 8 months prior, because mine had a blown engine. It was in Texas and I had been saving up the money to fly and drive it home to Oregon. My mother suggested I stop at the dentist office and get an estimate. So, I made an appointment; But, before my trip, I cancelled it, figuring I could not afford it, and resolved to just die. I also had 5 root canals (which are toxic) and needed bridge work, figured things were just hopeless. I flew to get the car and stopped at a truck stop, in the middle of the night, somewhere in Arizona. By this time, I had been throwing up nearly everything I ate for a couple of weeks. I ordered a chef's salad, sat there 30 minutes trying to keep each bite down. I couldn't eat much and spent 20 minutes in the bathroom trying not to vomit. I decided that was it, that I could not live that way; I definitely wanted to die. I called my parents at about 4 AM from a phone in the booth, sobbing; I told their answering machine I was driving home to buy a gun and kill myself. It was the hardest call I ever had to make. It was daylight and over 100 degrees in Arizona. All morning I had been thinking of my mother. I could kill myself, no problem, but it was going to devastate her life and that was the hardest thing about it. I knew she didn't deserve it. So, at 9 AM, I pulled into a rest stop, called a Dentist and made an appointment. I drove all day and ended up at a motel in San Ysidro. The next day I got my estimate. The Dr. jokingly said (referring to my x-ray). I went back to the motel and called my mother. She still didn't know how to get the money, even though the cost was a fraction of what U.S. dentists wanted. It was very stressful, because I still felt death was going to be my only option. But, she called my grandpa and he loaned us some of the money.

I had my dental work done the following week and immediately after I noticed miraculous changes. I could eat whatever I wanted in any amount I wanted. I took full advantage. My Aunt, whom I was staying with, lived near a mall filled with fast food restaurants. I was eating double quarter pounder cheeseburgers, hitting the candy shop every day, just going on a food fest. For the first time in my life, it seemed, I could sleep when I was tired and sleep the whole night. I had so much energy that within a week I was walking five to ten miles a day, three to four times a week. I ate continuously, but dropped twenty pounds in one month. One day, I looked at my arm and saw a muscle I had never seen before. Apparently, the heavy metals caused such bloating that no matter how much I tried to build muscle, I was

never able to see it. It was shocking and I flexed it often, in amazement. After a month, one morning I suddenly noticed the sun shining through the curtains and I began singing a song on the radio. At that moment, I realized my depression had lifted. I started to feel like what I imagined normal people without mercury felt like. Other symptoms left me as well. I no longer hurt all over, could sit, lay down, run, nothing bothered me, no more pains. I continued to improve. I did follow an oral chelation program for four months, which I feel is vital to recovery. The Multiple Sclerosis exacerbations stopped. The Mitral Valve Prolapse episodes stopped. I had energy that I never experienced in my entire life. All my health issues I had been enduring since age 4 seemed to vanish virtually overnight.

I decided to add my story about mercury poisoning to my website. I had no idea, but in a short while, many people across the nation began contacting me and wanting to go to Mexico. Over time, I began adding more and more information. Most patients fly in from all over the U.S.

I only refer people to "Biologic" dentists. It simply means they will not put anything in your mouth that causes harm. Often, people contact me who are as sick as I was, and it is not uncommon to hear them say they want to die or commit suicide. That is a symptom of mercury poisoning. Symptoms can vary based on the individual's immune system, but there are similar ones shared by many people. Some include, headaches, lack of concentration (brain fog), stomach problems, mitral valve prolapse, insomnia, lack of energy, autoimmune disorders, hypo/hyper thyroidism, low body temperature, low blood sugar, cold hands and feet, and aches and pains. More symptoms and information are listed on my website. If you or someone you know has mercury fillings or root canals or just need low-cost quality biologic dental care you can contact me at (503) 883-9999.

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[www.BiologicDentists.com](http://www.BiologicDentists.com)