



## Mercury Exposure

Mercury is the only elemental metal that is liquid at room and body temperature. It has a high vapor pressure, which means that it evaporates just as water evaporates. It is the most toxic non radioactive metal, more toxic than arsenic and lead. Once in the body it binds to proteins and destroys intercellular biological functions. Most people have various body protective mechanisms to remove mercury or detoxify, while some don't deal so well with it and can be severely affected.

Mercury fillings are a mixture of silver, mostly mercury, and some copper and tin. Formulations can differ slightly. After a mercury filling is placed in the tooth, the mercury remains in its liquid state and evaporates out over time. A person with average mercury fillings can, after chewing, which warms and disturbs the mercury filling surface, have breath mercury levels that exceed the allowable mercury in the workplace. Point pressure on the surface of a mercury filling can bring tiny bubbles of mercury to the surface of the filling. This mercury is absorbed by the tissues and the lungs and has a quick route to the brain. Removal of mercury from the brain is very slow.

Mercury is especially toxic to the developing fetus and the young. Mercury placement or removal in a pregnant woman can expose the fetus to large doses of mercury. The ethyl mercury, Thimerosal, that is used in the manufacture of vaccines represents a huge dose of mercury to children, and is linked to skyrocketing autism levels. There is stronger scientific evidence that mercury is linked or causal in Alzheimers. .

The science and politics of mercury has government agencies arguing about the amount of mercury that is emitted from coal fired power plants, warning that the eating of fish is dangerous, and claiming that mercury fillings are safe. Mercury fillings can easily represent the highest dose and chronic exposure of mercury to the human being.