

Chemist, M.Sc., retired, completely independent.
Extensive studies during fifteen years on diseases of
amalgam origin due to severe cases in the near family.

Jan 10, 2006.

European Commission,
Directorate-general for Health and Consumer Protection
Unit C/2 "Health Information", L-2920 Luxembourg.

**Re: THE GREEN PAPER ON MENTAL HEALTH.
DOCUMENTARY EDITION. The escalation of mental diseases is caused by the
aggressivity of dental mercury and universities neglecting the science controlling it.**

Mental diseases have been known for millenia. New is their alarming escalation during the latest decennia with no sign of deceleration. Extensive medical efforts to solve the mystery have failed. Toxicity of amalgam has been widely proposed, but is still dogmatically denied. Its mercury Hg is, of course, entirely controlled by the Laws of Physics and Chemistry, which confirm a release in large quantities - the very issue - that cause non-resistant patients to fall chronically ill in due time. They make up more than half the population above 55 years of age. Thus the denial is pure nonsense.

The steady deterioration of mental health is the result of amalgam toxicity, when defence is inadequate. Universities and establishments must accept the basic science and consider the use of amalgam as criminal. To remedy the widely distributed and demented treatment, which became systematized in about 1940, requires hard work. The size of the inner pollution and its chemical aggressivity makes amalgam more toxic than any REACH-chemical.

Your introduction names anxiety and depression as the most common mental disorders in the EU. They are the most frequent symptoms of Hg toxicity. Suicide, another scary number, is often related to anti-depressive drugs.

The committee behind the Food Supplements Directive, FSD, has not the faintest idea of the pathogenic oxidative stress caused by Hg, which requires extra antioxidants and vitamins. Neither did it know, that they are the universal gift of the evolution to all beings - plants, animals, humans - to defend health! Why then restrict them politically. The FSD is crucially against the prevention and cure of mental diseases, and it damages the level of intelligence! It must be suspended until properly adjusted.

All this is well-known to physicians outside the Establishment. The matter is fully cleared up and described in this paper aimed at presenting effective facts for the political decision-takers to act. The understanding will bring you to a turn around.

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A. As extensive release of Hg is proved, the rest is simple inference! The controversy has existed over 150 years due to the dogmatic safe claim of amalgam that totally lacks scientific evidence. To defend it because of its use in over 100 years is foolish.

On www.iaomt.org (1) two DVD's show:

- a) Even a 25 years old filling emits lots of vapour.
- b) Nervecells are struggling against death when attacked by tiny amounts of Hg. The myelin is peeled off; like the pathogenesis of multiple sclerosis shown on film.

Further: After 4 years 25% have left the fillings, after 12-15 years 50%. Isotopic studies show quick migration from teeth to body in sheep, lamb and monkeys (2). Instruments are able to register Hg-vapour emitted by congress participants in large rooms during coffee breaks (3). All is beyond dispute.

Commissioner Mrs. Wallström circulated her strategy on Hg in 2004. In EU-15 1300-2200 tons of mercury have been placed in our teeth, i.e. 5 grams/capita. Even a few mg. are highly toxic. Her department did not understand the impact. The now elderly have got most of it, more in Northern Europe suffering from the systematization since 1940.

Does any person in his senses actually accept teeth as the only safe place for our most toxic metal, a few inches from the brain with open access through the olfactory bulb? Do dentists not learn anatomy? When drilling out fillings they breathe vapours and dust through the nose. High amounts have been found in their pituitary and thyroid glands, cerebral cortex and kidneys (4, 5 a-c). A dentist of 30 years had 10 times more in her pituitary gland (5c). Brain tumours in dental staff were more than double (6), dentists had 10 times more kidney diseases (7) and dental assistants have reproductive disorders. Dentists are the profession with the highest rate of suicide.

Prof. Alfred Stock, Germany, demonstrated the open access to the brain when poisoning himself in 1936 (8).

B. Universities neglect natural science. The most important tool of medicine, Hg-analyses of blood and urine is misinterpreted. They are media for transport, not storage. They may trace acute poisoning, never chronic ones, as pathogenic Hg has accumulated elsewhere, in nerve tissue and organs.

Medical authorities must confess that Hg behaves entirely as programmed by the laws of nature. I am educated to this programming. Medical students do not learn it. Instead they are deserted with "statistical evidence" only, i.e. probability, not facts.

Chemists also argue differently. Medicine begins with the disease, sets up a series of hypotheses and choose the one of highest significance. If amalgam is left out due to ignorance or - on purpose - to professional or public policy, e.g. no funding, it will never be found. This is not science - definitely not.

A chemist starts with the origin and by means of biochemistry he reaches the illnesses

Without this basic know-how physicians diagnose all diseases of amalgam origin, treat and medicate them and do research on wrong hypotheses - an enormous waste of resources. Many results are to be reached by biochemical thinking alone, quicker, more reliable and cheaper.

The man-made diseases are the biological consequence of Hg moving from teeth to organs all over the body. Main targets are the brain, the central and the peripheral nervous systems, the pituitary and thyroid glands, the immune system, the heart, liver and kidneys. Transplants of kidneys - the waste bin - are double that of all others together, heart, lung and liver. Once deposited the excretion of Hg is very slow; in nerve tissue half-life is over 25 years. When an attack on an organ increases considerably to overcome the defence for a longer time, a disease breaks out in that organ. It may happen anywhere. Toxicity is chronic and so are diseases.

The Nobel laureate in Medicine, 2004, prof. Richard Axel stated in his banquet speech: *We have to use the Sciences of Physics and Chemistry to understand the diseases.* A dawning recognition of an obvious truth.

C. The chemical aggression comprises four tragic attacks. Hg is released by vaporization, increasing with temperature, by friction, chewing, tooth brushing, cleaning and polishing, in particular chewing gum and by corrosion. Gold and Hg create an element, that tendoubles the migration of the less noble Hg. Other amalgam metals also corrode. Hg passes mucosa and the skin.

1) In a healthy person the attacking free radicals are in balance with defending antioxidants. Radicals are highly reactive, shortlived, split any substance hit and set it out of function. A long, large surplus is pathogenic. Hg is the only permanent source of free radicals causing an imbalance as antioxidants are not increased.

The Encyclopedia of Food Sciences (9) lists some 50 mostly chronic diseases plus ageing involving free radicals. The illnesses in par. I are also caused by free radicals. The imbalance is counteracted with antioxidants, not foreseen in the FSD, par. G.

2) Cysteine, the most abundant amino acid with sulphur is very important in active sites of enzymes, e.g. Coenzyme A and the many mitochondrial enzymes, some hormones, proteins, DNA. It is a tragedy that Hg attacks just cysteine so avidly. A folding of proteins is disturbed, they are denatured. Risk for mutations? Disulfid-bonds from two cysteines in insulin, growth hormone, DNA etc. get vulnerable to Hg when enzymatically broken.

Some enzymes contain selenium, e.g. glutathione peroxidase important to recycling of this essential antioxidant. Selenium binds Hg even stronger than sulphur does.

3) Like other organisms we form the most toxic organic methyl-Hg by streptococci in plak on fillings and the alimentary canal. It is cytotoxic and penetrates protective barriers **a)** the blood/brain --> mental disorders, **b)** blood/retina --> age-related eye diseases and **c)** blood/testes --> reduced fertility. It passes **d)** cell membranes, **e)** placenta and **f)** mammary glands to the developing brain of the foetus/infant exactly during its formation. Mothers suffer from reduced fertility, abortion, premature birth; children from birth defects, reduced IQ and other mental disorders, even diabetes-2 at school age. In the umbilical cord and breast milk Hg is up to eight times that of mother's blood according to isotopes (2c). Chemistry is master, cp. thalidomide, Minamata.

4) All the eggs of a girl get polluted as formed during the pregnancy.

Do stem cells stand the attack? No. Do gene-scientists hunt Hg-damaged genes? Not to be excluded. Bacteria take part in the reactions; they become resistant to antibiotics. Thiomersal with 50% Hg. often used to preserve vaccines, causes similar disorders.

Different heavy metals impair health by synergy. Amalgam metals as silver, copper and tin act similarly to Hg. Some extremely toxic substances in dentistry need public attention.

Prof. Maths Berlin, Sweden, headed the WHO-committee on mercury, 1991. He reported Medline 1993-2002 cautiously to his government (7):

The safety margin thought to exist on Hg exposure from amalgam has been erased.

Mercury is a multipotent toxin with effect on several levels of the biochemical dynamics of the cell, so amalgam must be considered unsuitable for dental restoration. This is specially true since fully adequate and less toxic alternatives are available.

With reference to the risk of inhibiting influence on the growing brain it is not compatible with science and well-tried experience to use amalgam fillings in children and fertile women.

Every doctor and dentist should, where patients are suffering from unclear pathological states and autoimmune diseases, consider whether side-effects from mercury released from amalgam may be contributory to the symptoms. An unusual recommendation.

In Oslo he said: The risks of using amalgam are too high. The toxicological profile of the adverse effects on the CNS is nasty enough to motivate the exclusion of amalgam (10)

D. Why are some people resistant to Hg? Probably they are able to bind and excrete Hg by metallothioneins before it reaches vital organs, i.e. small proteins with 22 cysteines, excreting up to 22 atoms of Hg each. They are produced on demand with the function to manage the tiny amounts of heavy metals we need for life. Other substances in plasma do the same, i.a. glutathione, uracil and the like.

In case the Hg-load is larger than the excretion it reaches the organs, becomes accumulated and pathogenic.

E. Three age-groups are identified. In spite of serious warnings by Prof. Alfred Stock (8) the Nazis began to systematize the use of amalgam and the idea spread to Western countries "to create the best dental standard in the world" (Sweden). The patients got up to 22 fillings - on average 12-16, depending on country. **What a horror!** They have up to 5 g in depots all over the body, on average about 200 millions Hg-atoms in every single cell. These patients are now getting old.

From the 60'ies onwards caries got successfully fought.

In the 70'ies dentistry introduced "high copper amalgam" in children, 50 times less stable according to the Nordic Institute of Dental Materials (11). Even fewer fillings double the load many times. They are now fertile and transfer organic Hg to the brains of the fetus/infant explaining the epidemic of mental retardation. It was a turning point for the worse regarding the children. Their parents gets severely hit in due time.

No wonder that chronic diseases in the brain and nervous tissue are exploding in the next generation and among the elderly.

F. Surprising results of amalgam replacement. Dr. Hal Huggins, the dentist mostly skilled in amalgam replacement, reports spontaneous cure of i.a. leukemia, epilepsy, fibromyalgia, hypertension, hypercholesterolemia (12a). Once Hg is bound to hemoglobin the transport of oxygen is blocked, more cells are formed, the blood gets more viscous --> hypertension. Later he reports improving or curing 85% of 1.000 MS-patients (12b). He himself is a victim.

He found the spinal - and the brain fluid of MS-patients polluted by several weird proteins. They disappeared in 1-2 days after replacement (13)! An alarming discovery.

In the spectacular Coors Study 1996 funded by Coor's Foundation 27 patients with Hg as sole toxin had their amalgams replaced with a plastic. Smaller fillings were placed and removed. Blood analyses were taken before and after removals. HH found:

The body rids itself rapidly of Hg-contaminated red blood cells. Oxyhemoglobin had risen dramatically; 8 patients had more than doubled. Patients felt far more energy than for years.

Exorbitant amounts of white blood cells in people with leukemia dropped considerably. Hg interferes with the metabolism of porphyrins in the synthesis of hemoglobin. Patients had 416 microgrammes, norm = 12, dropped to 35, up to 149 after the second filling and finally down to 80. A sclerotic patient got her amount of 2100 down to 200.

Hg changes cholesterol levels. A striking trend was detected: Most high levels came down and low levels came up, centered at 221 mg%. Hypercholesterolemia and hypertension may in other words be cured by amalgam removal.

After reimplantation patients became argumentative and unpleasant. The findings have not been published due to censorship. Ref. Internet and (12a).

Prof. Boyd Haley, Univ. of Kentucky, has done a tremendous research on Hg toxicity, i.a. on Alzheimer's Disease. He correlated the onset of AD with Apolipoproteins E2-4 with 2, 1 and 0 cysteines, roughly > 90, 70-90 and < 70 yrs. (14).

Mutter J in a review: "epidemiological and demographical studies, frequency of amalgam application in industrialized countries, clinical studies, experimental studies and the dental state of AD patients in comparison to controls suggest a decisive role for inorganic mercury in the etiology of AD" (15).

An aorta from a by-pass operation had > 3.000 times, and a biopsy of an idiopathic dilated cardiomyopathy 20.000 times the normal figure (16). High Hg in a thyroid cancer. Removed tissues ought to be standard-analysed to collect information.

Anecdotal or simply unknown? They can be repeated over and over again; many are scientifically explainable. How much is required to convince medicine of the truth?

G. The Food Supplements Directive is ruinous to mental health. Negative findings of FS's are flourishing these years in order to condemn their healthy impact and favour man-made drugs with toxic side-effects. Negative findings are worthless, they could be due to a surplus of radicals caused by Hg. In contrast positive results are valid: Antioxidants/vitamins are strong enough to defeat Hg. This simple argument pulls the carpet from under the FSD.

Further two essential papers have appeared since the Scientific Committee reported:

1) Two scientists of **Harvard University** reviewed Medline 1966 - 2002 on the need of vitamins in JAMA (17-18): *Vitamins for Chronic Disease prevention in Adults*. Ex abstract: *Suboptimal intake of some vitamins, above levels causing classic vitamin deficiency is a risk factor for chronic diseases and common in the general population, especially the elderly. Suboptimal folic acid levels, along with vitamins B6 and B12 are a risk factor for cardiovascular disease, neural tube defects, colon and breast cancer; low levels of vitamin D contribute to osteopenia and fractures and low levels of the antioxidant vitamins A, E, and C may increase risk for several chronic diseases. Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements.*

2) **The UN University**, April 2004: *The brainpower of entire nations has diminished due to a shortage of the right vitamins. A difference of 5-7 IQ points does not sound like a lot, but you are significantly reducing the number of gifted people and increasing those with mental incapacities. Vitamin deficiency is a disease and when people have this disease, they do not reach their ideal mental potential.*

As a matter of fact evolution has developed vitamins and antioxidants as the universal gift to defend health in all beings, plants, animals and humans. Thus the FSD is pseudoscientific. Those who restrict the optimal intake = much more than Recommended Daily Allowances, are responsible for missing prevention and partial cure of mental and other chronic diseases. They also damage the level of IQ. Shortly, the FSD fight your goals. A suspension is urgently

demanded until FSD is correctly adjusted. You will then reach the great objective to bring mental diseases of the Northern Europeans down to the level of the Mediterraneans!

Vitamins have shown ability, too, to influence genetic diseases positively (19).

H. Conclusions. The paper presents the steady deterioration of mental health as the result of the widespread Hg-poisoning of the Western population. Universities and establishments are responsible because they neglect both its existence and the controlling science. There are two alternatives and no mid-solution:

1) Medicine applies natural laws, gets amalgam banned, at any rate according to the principle of prudence adopted in Nice in 2000, starts detoxification and mental health will improve.

The extent of the enterprise and missing capacity will limit the speed of progress.

2) Medicine continues to neglect Nature as the stronger part: The trend is going to continue. We have much more to expect.

The art of replacement of fillings is well documented. Carelessness has led to disablement. Detoxification of the depots takes years. More research is necessary.

Dentists and physicians have to be reeducated to the whole area i.a. by studying reviews on 18.000+ papers. A few dentist schools have changed side, e.g. Zürich university.

Physicians and dentists having learned what it is all about, reach far better results at much lower cost: They are humiliated, but are worth listening to.

As to the Food Supplements Directive, please see par. G.

All Commission committees dealing with mental health, FSD and Hg need to be upgraded to understand the toxification and make genuine scientific decisions.

In a decennium the norm shall be, that people above 80 are healthy. Depression no longer threatens as the number one disability. We know what to do and have still time to save many of the elderly from ending as mental wrecks, to stop children becoming mentally handicapped. If not acting their disorders will last the whole century.

The Commission should be in front, convince WHO and force Codex on track.

I. List of symptoms and diseases, in total the most costly ones:

Mental symptoms are well-known to poisoned patients. An incomplete list is:

Depression, anxiety, shyness, suicidal thoughts, headache, fatigue, tremor, muscle and joint pain, vertigo, nervousness, numbness, irritability, tingling of lips and fingers, visual disorders, lack of concentration, loss of memory, insomnia, damaged immune defence --> frequent colds --> sinusitis, cold extremities, loss of appetite --> loss of weight, heavy menstrual pains.

Patients are sent from one costly test to the next one; they are not hypochondriacs, but Hg-poisoned. "Experts" have no explanation.

It is remarkable that highly qualified biochemical science has documented antioxidants to help **chronically ill in general** (20,21). It supports that the escalation of the diseases listed below is mainly the consequence of Hg-toxification as described in particular in par. C. Hg promotes the ageing process, too.

Senile dementia, Parkinson's and Alzheimer's dz. MS and ALS, schizophrenia, fibromyalgia, epilepsy, migraine, tinnitus, chronic fatigue, atherosclerosis, cancer, osteoporosis, some rheumatic dz., hypertension, hypercholesterolemia, some allergies: asthma and psoriasis, reduced quality of sperm, cataract, AMD other age-related eye diseases, bacterial resistance to antibiotics.

The mental retardation of many children, reduced IQ, demand for social assistance and special education, DAMP-children, autism, diabetes-2 at school age, hyperactivity, violence and criminality.

J. References.

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