

## Protocol for Mercury Removal- Dental Phase: Mercury & other Heavy Metal(s) Detoxification

Add'l reading information, See: Dental Protocol for the Safe Removal of Mercury Fillings from the Teeth- Dental Detoxification Phase, Mercury Detox Instructions, and Safe Removal of Dental Amalgams (Chairside protocols)

Name \_\_\_\_\_ Date \_\_\_\_\_

This protocol is suggested for the patient *without major health problems*. If patients have critical health issues, stabilization with bowel detoxification, reduction in allergic reactions, building up vitamin & mineral stores, herbal & functional support of "drainage" organs as well as other stabilization therapies can be appropriate prior to dental mercury removal.

- I. **Complete Dental Oral Exam** w/x-ray(s), (panoramic, bitewing) and treatment strategy with cost estimates.
- II. **Functional testing:** A.R.T., and/or E.A.V., H.R.V.
- III. **Other Biochemical Labs** (optional prior to dental phase, but not optional for medical detoxification phase): Packed RBC metal/mineral analysis; Blood chemistry with CBC, thyroid & lipid panels, organic urinary acids (these lab tests are highly recommended in the medical phase of heavy metal detoxification).
- IV. **Refer to:** \_\_\_\_\_ for **Neurological Allergy Elimination Therapeutics**, for mercury and other heavy metals, foods, nutrients. **The next step prior to removal of mercury amalgam fillings.**
- V. **Nutritional protocol** prior to Dental removal
  - A) **Heavy metal binding:**
    - Chlorella (if tolerated): \_\_\_\_\_ g (\_\_\_\_\_ Caps) taken all at once away from food; preferably 1 week prior (but at least 1 day)
    - Other HM binding nutraceuticals if Chlorella is not tolerated: Chloralyste, porphazyme, Metal free, NDF, PCA, NCD (National Cellular Defense)
  - B) **Vitamins and Minerals:**
    - General V&M formula \_\_\_\_\_
    - Minerals: multiminerals, liquid minerals, specific mineral (as determined by RBC analysis): \_\_\_\_\_
  - C) **Antioxidants:**
    - Vitamin C 1-3g/ day (stop the day of dental appointment)
    - Vitamin E 400-800
  - D) **Garlic:** \_\_\_\_\_
  - E) **Sulfur:** MSM 1-3g \_\_\_\_\_
  - F) **Drainage remedies:**
    - Lymph:  Four + One;  Lymphonest
    - Liver:  Cholonest;  Hepatica
    - Kidney:  Solidago;  Bucco
  - G) **Protein:** In food and /or protein powder, goat whey
  - H) **Probiotics:** (Acidophilus, Bifidus), HCL, Digestive Enzyme \_\_\_\_\_
  - I) **MFT Tapping Points:** See instruction page.
- VI. **Schedule with Dentist**, 1-2 weeks after Initial AET for Safe Removal of Hg fillings.
- VII. **Follow up with Dentist** 5-14 days after removal for bite adjustment as needed.
- VIII. Now after completion of the dental phase, you are **eligible for the Medical Phase of Heavy Metal Detoxification.**