

AMALGAM FILLING REPLACEMENT & DETOXIFICATION PROGRAM (ARDP)

If you have, or have ever had mercury amalgam (silver) fillings, you are mercury toxic to some degree.



Mercury is extremely toxic because it damages a spectrum of biological systems and it is difficult to remove from body tissues.

A critical step in achieving optimal health is to participate in the safe and effective amalgam filling replacement and mercury detoxification program (ARDP) offered through **Health First Dental** and the **Calgary Centre for Naturopathic Medicine**.

Amalgam Fillings

Dental amalgams, commonly known as silver fillings, are the largest source of mercury in the general population. Each filling contains up to 50% mercury, 30% silver, and the remaining 20% consisting of copper, tin and zinc. The average amalgam filling contains close to one gram of mercury. To put this into perspective, that is enough mercury to contaminate a 5 acre lake and declare it unsuitable for drinking and fishing according to the Environmental Protection Agency.

Small amounts of mercury are continuously released from these fillings and absorbed in the body. Once mercury binds to organs and tissues in the body there can be cell death or irreversible chemical damage that impairs the function of vital organs.

Mercury from amalgam fillings may be linked to Alzheimer's disease, Parkinson's disease, multiple sclerosis, Lou Gehrig's disease (ALS), infertility, neurological disorders, immunological suppression, kidney disease, and cardiovascular disease.

The harmful accumulation of mercury from amalgam fillings can remain present in the body for decades after the fillings have been removed.

How does the ARDP work?



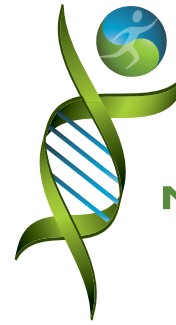
Step 1: Your amalgam fillings are removed and replaced.

Health First Dental has the competency and training to safely remove your amalgams without exposing you to high concentrations of mercury. As we practice only "*Biological Dentistry*" at **Health First Dental**, each amalgam we remove will then be replaced with the biocompatible and highly esthetic alternative of your choice.

A biological dentist appreciates that the diseases and materials in your mouth can have lasting, negative affects on other systems in your body.



Given that the objective is to halt any further exposure to mercury, we recommend that you replace all of your amalgam fillings over the shortest time frame possible.



CALGARY CENTRE FOR NATUROPATHIC MEDICINE

Step 2: You are tested to determine the degree of toxic metal exposure.

The toxic / heavy metal testing and detoxification protocols (treatments) will be carried out by the doctors at the **Calgary Centre for Naturopathic Medicine (CCNM)**. CCNM is Calgary's premiere alternative medical clinic, offering leading edge medical expertise, testing, diagnostics and therapies from all over the world.

Analysis of the levels of toxic metals in urine after the administration of a metal detoxification agent is an objective way to evaluate the accumulation of toxic metals. Acute metal poisoning is rare. More common, however, is a chronic, low-level exposure to toxic metals that can result in significant retention in the body that can be associated with a vast array of adverse health effects.

If you have any of conditions listed on the back of this brochure, or are subject to multiple allergies or a depleted immune system, it is strongly advised that you be tested for heavy metal toxicity.

To evaluate net retention, the doctors at CCNM will compare the levels of metals in urine before and after the administration of a pharmaceutical metal detoxification agent such as EDTA, DMSA or DMPS.

Different compounds have different affinities for specific metals, but all function by sequestering "hidden" metals from deep tissue stores and mobilizing the metals to the kidneys for excretion in the urine.

Step 3: You are detoxified over a series of special oral and/or IV treatments.

The doctors at CCNM may also request the analysis of essential elements in urine specimens to evaluate nutritional status and the efficacy of mineral supplementation during metal detoxification therapy.

"Mercury amalgams are as close as you can get to the centre of the illness universe; their use in dentistry has set us up for most of the health problems we see today."

- Bruce Shelton, M.D., M.D.(H), Di.Hom.

THE AMALGAM FILLING REPLACEMENT & DETOXIFICATION PROGRAM

REMOVING AMALGAM FILLINGS & DETOXING MAY IMPROVE

Autoimmune disorders	Arthritis, MS, ALS (Lou Gehrig's Disease) Parkinson's disease, muscle tremor, Alzheimer's, muscular and joint pain, fibromyalgia, Crohn's disease, lupus, scleroderma, chronic fatigue syndrome, endometriosis, diabetes
Neurological (including mood disorders)	Memory loss, depression, schizophrenia, insomnia, anger, anxiety, mental confusion, neuropathy/paresthesia, tinnitus, dizziness/vertigo, headaches/ migraines, epilepsy, ADD, autism, dyslexia, learning disabilities, hearing loss
Oral disease	Periodontal diseases, oral lichen planus, amalgam tattoos, metal mouth, halitosis, oral keratosis (pre cancerous)
Immune system disorders	Allergies, asthma, multiple chemical sensitivities, eczema, psoriasis, other skin conditions, susceptibility to infections, antibiotic resistant infection, sinus problems
Cardiovascular conditions	Tachycardia, angina, arteriosclerosis, hypertension, and other blood conditions
Hormonal conditions	Hypothyroidism, adrenal problems, chronic chills, Hashimoto's disease, alopecia/hair loss, urinary/ prostate problems, depression, suicidal thoughts
Reproductive disorders	Infertility, reduced sperm counts, PMS, spontaneous abortions, birth defects, developmental disabilities, children with learning disabilities and low IQ
Eye conditions	Inflammation, iritis, astigmatism, myopia, cataracts, macular degeneration, color blindness, vision disturbances
Stomach & digestive problems	Leaky gut, candidiasis, malabsorption of essential minerals and essential fatty acids, blocked cellular enzymatic processes related to the ATPASE energy function and sulfur oxidation

FOR FURTHER INFORMATION CONTACT EITHER:

Calgary Centre for Naturopathic Medicine (403) 270 - 9355
www.calgarynaturopathic.com

Health First Dental (403) 286 - 9175
www.healthfirstdental.com

ARE YOUR DENTAL FILLINGS A CAUSE FOR CONCERN?



The "silver" fillings in your teeth consist of 50% mercury.



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NATUROPATHIC MEDICINE

Health First
DENTAL