

MURCURY DETOXIFICATION AND SAUNA THERAPY

The Natural Healer magazine

2004

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Many people visiting their dentists today are opting to remove their silver fillings and to replace them with a white composite resin. For years dentists have used silver or amalgam fillings which contain nearly 50% mercury. Mercury gases are released inside the mouth when we eat food or chew gum. This can cause low levels of mercury poisoning to accumulate resulting in a host of general health problems.

Dr. Oxanna Sawiak of Mississauga is one of a growing number “biological dentists” who base their entire practice on mercury-free dentistry. A biological dentist is one who recognizes the close connection between dental health and the bodily system as a whole.

There are over 225 million people in the United States and Canada with mercury/amalgam fillings. This means that inside our bodies it is common to have levels of mercury that far exceed acceptable limits, even if we avoid traditional high-mercury foods such as fish or seafood. The World Health Organization has stated that there is no known safe level for mercury which is classified as a neurotoxin.

The danger that biological dentists are addressing is that at high levels mercury can damage the endocrine, immune, cardiovascular, enzymatic, gastrointestinal, reproductive, and urinary systems. It can interfere with, or overload, the natural detoxification pathways of the liver, kidneys, skin, and intestine. Too much mercury can also cause the depletion of the body’s supply of many critically important antioxidants.

Many of Dr. Sawiak’s patients are suffering from these ailments, and are referred to her by complementary doctors such as Jozef Krop, author of *Healing the Planet: One Patient at a Time*. When the doctors begin treating patients they try to reduce the total load of toxic burden on the body, and for that they turn to dentists.

Dr. Sawiak goes further than removing the fillings. As an avid user of the far infrared sauna, she highly recommends this type of sauna therapy to all of her patients. “It’s the safest way to detoxify,” she says. It is particularly effective for removing mercury or other metals that have been stored in the body’s fat cells over the years.

In 1976, an article in National Geographic described how workers in the Cinnabar mines in Spain were able to rid themselves of toxic mercury accumulation by means of sweat baths after work. Confirmation of this mechanism came shortly after in a study of chlorine manufacturers who were exposed to significant quantities of mercury in the workplace. Special suits were used to collect perspired excretions of these workers during part of their workday. The results showed significant mercury excretion. In this example, sauna therapy was shown to have played a major role in environmental detoxification. Further research into the best type of sauna led researchers to discover that use of the far infrared spectrum sauna was most effective in the removal of a vast amount of toxins via the skin, thereby bypassing the kidney and the need for oral or intravenous chelating agents. While the high temperatures of regular saunas have posed a concern for some individuals, infrared saunas offer the same advantage without the intense heat that may be harmful.

Following months of research into far infrared therapy, Alan Clark, M.D., FACEP, chairman of the Department of Emergency and Trauma Services at St. John's Regional Health Center Emergency & Trauma Department in Springfield, Missouri fully supports the use of the far infrared saunas.

In his review of literature he has found that these saunas are particularly useful in helping the body to purge harmful chemicals absorbed in our bodies. More than 77,000 chemicals are in use in the US with more than 3,000 chemicals added to the food supply. About 10,000 chemicals are used in the form of solvents, emulsifiers, and preservatives found in food processing, packaging, wrapping, and storage. Studies by the Environmental Protection Agency (EPA) of human fat biopsies have found styrene residue in 100% of people. Our bodies accumulate 210mcg of plasticizers (phthalates) everyday. Other studies have demonstrated that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies. Excretion of these chemicals becomes a problem. Most of these potentially harmful chemicals remain in the body and cannot be metabolized.

Together with providing an effective mean for detoxification, far infrared sauna therapy has been used successfully in patients with cardiovascular conditions such as congestive heart failure and angina. It enhances endothelial nitric oxide, which helps to lower blood pressure and improve cardiovascular function.

There are a variety of these saunas now commercially available for home or medical office use.

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