

REFERENCES AND RESOURCES:

Prepared by the [International Academy of Oral Medicine and Toxicology \(IAOMT\)](#) to accompany our Mercury Detoxification Online Learning Video and listed by video section:

Introduction:

The Integrative Health Organizations and Practitioners section at the IAOMT's Friends and Allies page includes access to directories of professionals who have incorporated the oral-systemic connection into their education and practices:

<https://iaomt.org/about-iaomt/visit-friends-allies/>

Mercury Exposure and the Human Body:

Risher JF, Nickle RA, Amler SN. Elemental mercury poisoning in occupational and residential settings. *International Journal of Hygiene and Environmental Health*. 2003 Jan 1;206(4-5):371-9. Abstract available from:

<https://www.sciencedirect.com/science/article/abs/pii/S1438463904702333>

Source of information included in chart: International Programme on Chemical Safety. Environmental health criteria 118: inorganic mercury. World Health Organization. Geneva, 1991. Available from:

<http://www.inchem.org/documents/ehc/ehc/ehc118.htm>

Richardson GM, Wilson R, Allard D, Purtill C, Douma S, Gravière, J. Mercury exposure and risks from dental amalgam in the US population, post-2000. *Science of the Total Environment*. 2011; 409(20): 4257-4268. Available from:

https://www.researchgate.net/profile/Colleen_Purtill2/publication/51514541_Mercury_exposure_and_risks_from_dental_amalgam_in_the_US_population_post-2000/links/5ae0ed0d458515c60f65f2bd/Mercury-exposure-and-risks-from-dental-amalgam-in-the-US-population-post-2000.pdf

Lorscheider FL, Vimy MJ, Summers AO. Mercury exposure from "silver" tooth fillings: emerging evidence questions a traditional dental paradigm. *The FASEB Journal*. 1995 Apr;9(7):504-8. Available from:

<https://faseb.onlinelibrary.wiley.com/doi/pdf/10.1096/fasebj.9.7.7737458>

Health Canada. *The Safety of Dental Amalgam*. 1996. Available from:

https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/hpfb-dgpsa/pdf/md-im/dent_amalgam-eng.pdf

Bernhoft RA. Mercury toxicity and treatment: a review of the literature. *Journal of Environmental and Public Health*. 2012 Nov;2012. Available from:

<https://www.hindawi.com/journals/jep/2012/460508/>

Clarkson TW, Magos L. The toxicology of mercury and its chemical compounds. *Critical Reviews in Toxicology*. 2006 Jan 1;36(8):609-62. Available from: <https://www.tandfonline.com/doi/abs/10.1080/10408440600845619>

Magos L, Clarkson TW. Overview of the clinical toxicity of mercury. *Annals of Clinical Biochemistry*. 2006 Jul 1;43(4):257-68. Available from: <https://journals.sagepub.com/doi/pdf/10.1258/000456306777695654>

Rice KM, Walker Jr EM, Wu M, Gillette C, Blough ER. Environmental mercury and its toxic effects. *Journal of Preventive Medicine and Public Health*. 2014 Mar;47(2):74. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3988285/>

Rooney JP. The retention time of inorganic mercury in the brain—a systematic review of the evidence. *Toxicology and Applied Pharmacology*. 2014 Feb 1;274(3):425-35. Abstract available from: <https://www.sciencedirect.com/science/article/pii/S0041008X13005644>

Photo of [Woman Anatomy from Pixabay](#) by user [geralt](#) Gerd Altmann.

Kall J, Just A, Aschner M. What is the risk? Dental amalgam, mercury exposure, and human health risks throughout the lifespan. Epigenetics, the Environment, and Children's Health across Lifespans. David J. Hollar, ed. Springer. 2016. pp. 159-206 (Chapter 7). Abstract available from: https://link.springer.com/chapter/10.1007/978-3-319-25325-1_7

Photo of [Male Anatomy from Pixabay](#) by user [geralt](#) Gerd Altmann.

Detoxification Mechanisms in the Human Body:

Shade C, Elias A. Quicksilver Therapeutic Detoxification System: Understanding Detoxification Strategies for Mercury Intoxication. 2015. Available from: <https://www.slideshare.net/AndrewElias/quicksilver-scientific-therapeutic-detoxification-system-compatibility-mode>
See also <https://www.quicksilverscientific.com/detoxification/>

Photo of [Glutathione Molecule by Benjah-bmm27](#) made public domain by user.

Vector of [Gut Bacteria from Pixabay](#) by user [OpenClipart-Vectors](#).

Diagnosing and Testing for Mercury Toxicity:

Rice KM, Walker Jr EM, Wu M, Gillette C, Blough ER. Environmental mercury and its toxic effects. *Journal of Preventive Medicine and Public Health*. 2014 Mar;47(2):74. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3988285/>

Chart of [Symptoms of Elemental Mercury Vapor Exposure and Toxicity from IAOMT](#). 2016.

Kall J, Just A. [Heavy Metal Detoxification for Biological Dentistry from the IAOMT](#). 2020 update.

Initial Steps for Reducing Mercury Burden:

For more information about IAOMT's Safe Mercury Amalgam Removal Technique (SMART), see the following resources:

- [Safe Mercury Amalgam Removal Technique \(SMART\) with scientific references](#)
- [The SMART Choice website](#)
- [Safe Amalgam Removal Online Learning Video Activity](#)

Photo of [Old Stone Stairway from Pixabay](#) by user [omourya](#) Mohit Mourya.

Video of [Mixing a Fruit Bowl from Pixabay](#) by user [Coverr-Free-Footage](#).

Video of [Drinking Bottled Water from Pixabay](#) by user [Lademenorca](#) @barbaraprohens.

Video of [Blood and Diet from Pixabay](#) by user [IUQZ707](#) Emagrecer saúde.

Vector of [Vitamins from Pixabay](#) by user [Clker-Free-Vector-Images](#).

Photo of [Organic Summer Food from Pixabay](#) by user [ponce_photography](#) Aline Ponce.

Video of [Bicycles and Exercise from Pixabay](#) by user [Life-Of-Vids](#).

Photo of [Glutathione Molecule by Benjah-bmm27](#) made public domain by user.

Photo of Human Microbiome Project (HMP) by National Human Genome Research Institute. National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services.

<https://www.flickr.com/photos/genomegov/27058469155/in/album-72157672130483806/>

The Center for Ecogenetics and Environmental Health, University of Washington. Fast Facts about the Human Microbiome. 1/2014.

https://depts.washington.edu/ceeh/downloads/FF_Microbiome.pdf.

Video of [Intestines from Pixabay](#) by user [F1 Digitals](#).

Video of [Vegetables and Cutting Board from Pixabay](#) by user [AleksiyPovar](#) Алексей Повар.

Photo of [Antioxidant Rich Foods from Pixabay](#) by user [5389939](#).

Detoxification Products Including Chelating Agents:

Video of [Toxic Smoke Animation from Pixabay](#) by user [Prawny](#).

Video of [Matrix Tunnel from Pixabay](#) by user [FindingFootage](#).

Video of [Green Light Background](#) by user [llensgraf](#) Leif Lensgraf.

Escolar E, Lamas GA, Mark DB, Boineau R, Goertz C, Rosenberg Y, Nahin RL, Ouyang P, Rozema T, Magaziner A, Nahas R. The effect of an EDTA-based chelation regimen on patients with diabetes mellitus and prior myocardial infarction in the Trial to Assess Chelation Therapy (TACT). *Circulation: Cardiovascular Quality and Outcomes*. 2014 Jan 1;7(1):15-24. Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4111470/>.

Lamas GA, Goertz C, Boineau R, Mark DB, Rozema T, Nahin RL, Lindblad L, Lewis EF, Drisko J, Lee KL, TACT Investigators. Effect of disodium EDTA chelation regimen on cardiovascular events in patients with previous myocardial infarction: the TACT randomized trial. *JAMA*. 2013 Mar 27;309(12):1241-50. Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4066975/>.

Photo of [Spring Green Leaves from Pixabay](#) by [jeonsango](#) Jeon Sang-O.

Vector of [Medicine Bottle from Pixabay](#) by user [Clker-Free-Vector-Images](#).

Photo of [Green Leaf Medicine from Pixabay](#) by user [_mequable](#).

Video of [Spiral Movement from Pixabay](#) by user [TheDigitalArtist](#) Pete Linforth.

Video of [Sunlight in Tree Branches from Pixabay](#) by user [CLEARSTREAMFILM](#) John Macdougall.

Kall J, Just A. [Heavy Metal Detoxification for Biological Dentistry from the IAOMT](#). 2020 update.

In addition to the references above, the resources listed below are also being provided as relevant supporting materials:

Script for Mercury Detoxification Online Learning Video

Selected Scientific Literature Related to Mercury Detoxification

Mercola J, Klinghardt D. Mercury toxicity and systemic elimination agents. *Journal of Nutritional and Environmental Medicine*. 2011; 11(1): 53-62. Available from:

<https://klinghardtinstitute.com/wp-content/uploads/2016/05/Mercola-mercury-paper-text.pdf>

Sears ME. Chelation: Harnessing and enhancing heavy metal detoxification—A review. *The Scientific World Journal*. 2013. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3654245/>.

[IAOMT Friends and Allies Relevant to Mercury Detoxification](#)

The IAOMT promotes active cooperation between dentists, other health practitioners, and researchers so that patients can experience a more optimum level of health. The following organizations advocate for integrative health approaches, and most of them offer directories of professionals who have incorporated the oral-systemic connection into their education and practices.

Explore our integrative health organizations and practitioners section at [IAOMT's Friends and Allies](#) page to find access to professionals who can help patients with the mercury detoxification of their wellbeing.