

# Amalgam Fillings

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(Mercury Fillings)

**1. Date: 06/07/00**  
**Name: Barbara**  
**56, White, Female**

**Experience since the removal of amalgam fillings.....**

Physical Symptoms

Alopecia  
Ataxia  
Blushing  
Dizziness-sometimes  
Fatigue  
Gum problems  
Immune system dysfunction  
Kidney damage  
Metallic taste  
Migraine headaches- occasional  
Numbness/tingling  
Salivation – excessive  
Tachycardia  
Thyroid dysfunction  
Urinary problems  
Vision loss

Mental Symptoms

Anorexia  
Depression  
Discouragement  
Insomnia  
Irritability  
Lack of concentration  
Loss of Self control  
Memory loss  
Schizophrenia  
Timidity

Results

Alopecia is gone  
Better coordinated  
No blushing  
Much less fatigue  
No gum problems  
Better immune and kidney function  
No metallic taste  
No numbness or tingling  
Excessive salivation is gone  
Thyroid is functioning better  
Depressive state is better  
No psychotic symptoms  
Social anxiety is much better

**2. Date: 03/01/00**  
**Name: Vince**  
**44, White, Male**

**Experience since the removal of amalgam fillings....**

Since completing amalgam removal and DMPS treatment my lower back pain is all but gone! My herbalist had told me every time I saw her for back pain that my kidneys were very low in energy. She would give me herbs for the kidneys with great relief to my lower back pain. I believe metal toxicity in the kidneys may have had very much to do with my back problems.

Since after just the first DMPS treatment I noticed significant improvement in lower back pain. I tested very high in mercury toxicity when a metals test was performed for me. My candida yeast overgrowth seems to be getting better with every day that goes by.

Thank you so much for doing the amalgam removal that you believe in. I am also a believer now.

Thanks again,  
Gratefully

**3. Date 02/17/00**  
**Name: Yvonne**  
**60, White, Female**

**Experience since the removal of amalgam fillings....**

Prior to getting rid of the greatest mercury problems, upper and lower right teeth; I was getting sluggish by 3-4 p.m. I have always been known for my limitless energy and never felt “tired” during the day – until the last several years.

Further, I had trouble sleeping when I did go to bed, regardless of the time. There was a “taste” of metal in my mouth.

After the initial replacement my energy level increased dramatically. There is now no metallic taste at all and I am sleeping well whether I go to bed early or late. I seldom fall asleep during movies or theater performances anymore.

I know I still have a ways to go, but I am thrilled with my progress.

P.S. Migraine headaches began about 2 years ago, coming about 1 or 2 times per month. I have not had one since the filling replacement.

**4. Date: 8/16/00**  
**Name: Ann**  
**48, White, Female**

**Experience since the removal of amalgam fillings....**

The removal of my fillings has given me more stamina. As a mother of 5 kids, there has been a noticeable difference in my energy level.

I think it will even be more noticeable when I get more DMPS treatments to remove the mercury on a cellular level and when all of the permanent dental work is in and my teeth have settled down.

I think a follow up in six months would give you a more accurate accounting of the real results.

**5. Date: 06/02/00**  
**Name: Carolyn**  
**64, White, Female**

**Experience since the removal of amalgam fillings....**

The most obvious change for me was the return of stamina and energy. I felt like my old self. However, as I went through the check list I also realized that irritability that I had associated with stress has all but disappeared. That realization makes great sense to me because the stress has not decreased.

**6. Date: 06/30/00**  
**Name: Connie**  
**48, White, Female**

**Experience since the removal of amalgam fillings....**

Within two weeks of having the first quadrant done, my mother noticed I was not clearing my throat as much as usual. I experienced almost immediately a lessening of my allergies. I'm not blowing my nose as much. I have not taken any antihistamines every day like I used to. The left side of the base of my head was less sore, even the day of the removal. My left temple was sore. There was a significant reduction in the amount of mucus my sinuses usually secrete. Then about two weeks ago, I realized that I hadn't had to take something for a headache for at least a week! There has rarely been a day in the last 10 years that I have taken Tylenol, Ibuprofen, aspirin, etc., for the daily headache I used to experience. In fact, that is why I have to rotate the remedies. I guess I build up a tolerance to them over extended use. All these changes have happened over the last 4 months. I am looking forward to the next round, when all the mercury is gone.

**7. Date: 10/07/00**  
**Name: Beverly**  
**52, White, Female**

**Experience since the removal of amalgam fillings....**

For the first time in my life, I can honestly say that after undergoing extensive dental treatment I am feeling well. Previously, I had gone through two regimens of dental treatment at two area dental schools. After the first, I was diagnosed with severe depression and began to suffer recurrent bouts of bronchitis. After the second, I developed acute anxiety and paranoia, a sclerosis of the cornea (shadow vision) which made it impossible to do any extensive reading, contact dermatitis (which prevented one from wearing jewelry), and severe pet allergies.

One year ago, I found that I was suffering from acute mercury toxicity. Several upper molars that had shattered around their mercury amalgams were replaced with more compatible materials. My mercury levels were reduced with DMPS IV's to a level where I can now take DMSA orally. I am continuing to take vitamin and mineral supplements and am still doing periodic liver-gallbladder flushes. Since beginning treatment with alternative medicine and biological dentistry, I have not had a single bout of bronchitis, I no longer suffer anxiety or depression, I am able to wear jewelry without breaking out and not only has my shadow vision improved to the point that I can now safely drive at night, but I can even sometimes read without my glasses- for the first time since 6<sup>th</sup> grade! My pet allergies are even a little better. My students no longer complain about my illegible handwriting.

We are about half way through the treatment program. I am very optimistic about my full recovery.

The AMA and ADA approved treatments I received almost ruined my health and my life.

**8. Date: 3/01/00**

**Name: Blaine**

**30, White, Male**

#### **Experience since the removal of amalgam fillings....**

I have seen a gradual reduction in many of my symptoms since I had my mercury/amalgam fillings removed.

These physical symptoms still persist: dizziness, fatigue, muscle tremor, numbness/tingling, pain in limbs, and weakness (muscle).

These mental symptoms still persist: discouragement and insomnia.

Food allergies are still some of my most troubling symptoms. However, they are not as severe as they were a year ago. Symptoms that are completely gone include chest pains and rashes. Also, I have much less brain "fog". I am still undergoing treatment to remove mercury from my body. I was found to be off the chart with mercury toxicity. Today, I'm having my last amalgam removed. It is very small. All the others were taken out late last summer and during the fall.

**9. Date: 02/01/00**

**Name: Benedict**

**66, White, Male**

#### **Experience since the removal of amalgam fillings....**

During this last year I have had all of my amalgam fillings removed, to include the replacement of seven crowns (six of which had amalgams underneath).

I **urgently** advise everyone to have the amalgam removed from his or her fillings and crowns. I have already witnessed substantial progress in my health. Along with chelation therapy, a substantially changed diet, and the use of diet supplements, I have experienced increased energy and the absence of illness (colds, flu, etc.). In my diet, I have essentially eliminated the use of sugar, sweets, white bread and refined carbohydrates.

**10. Date: 02/04/00**  
**Name: Judy**  
**45, White, Female**

**Experience before the removal of amalgam fillings....**

My mouth just doesn't feel good. I always have a bad taste in my mouth and my gums are always sore. I have been self-conscious of my teeth for years, sometimes to the point that I hold my face and lips in a position that makes me feel tense and headachy. I always feel tired, achy and down.

**11. Date: 02/01/00**  
**Name: Judy**  
**45, White, Female**

**Experience since the removal of amalgam fillings....**

My mouth feels so much better. I no longer have the bad taste, the gum problems, or sore throats. I feel like smiling and talking at/to people. I generally feel better all over. I can concentrate. It sounds silly, but I actually feel smarter.

**12. Date: 12/19/00**  
**Name: Randy**  
**47, White, Male**

**Experience since the removal of amalgam fillings....**

Since the completion of removal of nine amalgam fillings and replacement of them with eight porcelain onlays and one composite filling. I have noted a distinct increase in energy. This has been through being able to work longer during the day, but also in having more energy during the day. I also seem to be able to recover more quickly from days of higher than normal physical stress. The only significant difference in my general lifestyle during this time period was the replacement of my amalgam fillings, which leads me to believe that this event was most probably responsible for my health improvement. I would note that both physicians whom I see, my general practitioner and my allergist had strongly recommended that for several years that I take this action. Testing prior to the procedure confirmed that I had a much higher than safe mercury level in my body. I am undergoing intravenous DMPS therapy to correct this.

Overall, I would recommend that all individuals consider removal of their amalgam fillings. The thought to consider is that there is definitely a potential for gaining enhanced health and nothing to lose.

**13. Date: 04/12/00**  
**Name: Sue**  
**57, White, Female**

**Experience since the removal of amalgam fillings....**

Last summer, after having a panorex x-ray of all my teeth, it was discovered that everywhere I thought that amalgam had been removed for health reasons, there remained significant amalgam in all of my thirteen fillings. I was then tested for mercury and was found to have a mercury level far higher than the acceptable score of three. The score I received for the Mercury Urine Challenge Test was an 87. At that time I began a program of detoxification that would coincide with the removal of existing amalgams. I had my blood tested in order to find the most compatible materials that should be used in the replacement of the fillings. After extensive consultation and testing he started removing them in October of 1999.

Since the removal of amalgam on March 7, 2000, I feel that there are significant changes in my overall health. I was diagnosed with Systemic Lupus Erythmatosis in 1979 so I have had a myriad of symptoms from fibromyalgia to chronic fatigue syndrome to arthritis. When I began treatment I noticed small improvements but also suffered from detoxification symptoms such as extreme fatigue and catching every common illness that was being passed around. But when I finally had all the amalgam removed I found that within two days arthritic pain in my hips disappeared. I also stopped dragging my right foot after walking about one-half mile. Neuralgia in my right shoulder, hip and knee greatly improved and pain in the abductor muscle of my right leg also subsided. Trigger points in my neck and shoulder seemed to disappear also. They were so bad that in the past I received neural therapy to help alleviate the pain.

Another problem that I was experiencing that was almost completely ameliorated by the final removal was a zapping sensation in my right foot. The best description if this pain was a searing, caustic pain. It began at the base of my great toe and traveled up the instep. Last summer, when I began oral chelation, the pain was only in the joint of my big toe but as the detoxifying continued it traveled toward my ankle and into my heel. The intensity increased to the point that it was uncomfortable to wear shoes that pressed in the top of my foot. Even tennis shoes were uncomfortable; I had to wear them with the laces completely loosened. I also could not bend over without being jolted by a stinging, sharp pain in my heel.

During the last ten months since I began the detoxification program I have noticed many changes. In the beginning I was extremely tired and felt sick with flu-like symptoms. Long before I knew I had a problem with mercury I would wake up at night with hands so stiff that they were frozen with pain, stiffened in a robot-like position. The best relief for this pain was to hold my hands under cold water, something I thought was strange since I always used heat for aches and pains. I felt like I had a metal snake whipping through my body. In fact this was the imagery that I saw long before I knew anything about mercury toxicity. These pains have improved so much now that I only experience mild stiffness, if any. I am to take the Mercury Challenge test in a few days and look forward to doing so because the last three times that I have received the mercury chelator DMPS I have felt better both physically and psychologically. I can best describe it as a "lifting" of symptoms that have plagued me for years.

**14. Date: 07/24/00**  
**Name: Genevie**  
**76, White, Female**

**Experience since the removal of my amalgam fillings....**

I thought that you would be interested in knowing that blood work taken just last week showed a 10-count drop in my lymphocytes. I have had a elevated lymph count for a long time.

Perhaps being mercury free is the reason.

And Yes, no one can tell where real teeth begin and artificial ones begin.

And I do not have a sore mouth.

Thanks for a great job.

**15. Date: 10/05/00**  
**Name: Gloria**  
**56, White, Female**

**Experience since the removal of amalgam fillings....**

All dental work has been pain-free.

Since the work a number of medical conditions have improved:

1. Anxiety and depression have eased and lifted.
2. Big improvement in ability to concentrate.
3. Big improvement in the pain and fatigue from the fibromyalgia and osteo-arthritis.

This has all come to pass since this dental work in spite of working a high stress retail management job with weird hours and great physical demands.

Thank You.

**16. Date: 06/14/00**  
**Name: Robert**  
**55, White, Male**

**Experience since the removal of amalgam fillings....**

Since the removal of 10 large amalgams and 2 toxic metal-based crowns, I noticed blunting of extreme peaks of “craziness” during rain and thunderstorms. Lowered barometric pressure caused mercury in teeth to give off more mercury vapors, which caused me to feel very crazy every time a rainy-weather condition occurred – since earliest childhood (50 years). However, daily manias continue unchanged.



Chlorella mercury cleanses (25-40gms/day) seem useful and gives “mind clearing” feelings.

I am glad that I had the mercury from my teeth removed. Actually, I read about mercury poisoning 28 years ago, when I worked briefly in the dental supply business, but several dentists said mercury amalgams were completely safe, and they refused to remove my mercury fillings.

**17. Date: 04/19/00**  
**Name: Daralyn**  
**52, White, Female**

**Experience since the removal of amalgam fillings....**

I began treatments to remove my mercury fillings in August of 1999. We completed the treatment by December 1999.

I would like to report the improvements in my health:

1. My energy levels are much improved as well as depression.
2. My mental abilities have improved. I have more memory, clarity, and improved cognitive reasoning skills.

My level of mercury has decreased from 75 to 17 within 6 months.

I have done a great variety of healing modalities to improve my health. The removal of mercury is on the most beneficial.

**18. Date: 09/25/00**  
**Name: Daralyn**  
**52, White, Female**

**Experience since the removal of amalgam fillings....**

In the past 13 months I have been focused on “healing my body and spirit after my treatments from breast cancer.

Removing heavy metals from my body has been one of the main focuses. I need also to interject that changing the acid base part of my body, the chiropractic along with other modalities have all added to my increasing great health. My energy levels have greatly increased. My depression, fatigue, apathy, and grief have decreased to a point where I no longer identify with those emotions. My hair and skin are outward signs of my increasing healthy body.

If I were to tell “my story” to a group of cancer patients and offered them a checklist of what is essential to do in healing yourself, removing heavy metals (mercury) would be top on the list.

**19. Date: 05/16/01**

**Name: Don**

**51, White, Male**

**Experience since the removal of amalgam fillings....**

Prior to having my amalgam fillings removed and starting my treatments for mercury toxic, I had suffered with chronic health problems for over 13 years. I had been treated by numerous physicians and institutions (including Mayo Clinic). No one was able to tell me what was causing my problems until I had my amalgam fillings removed.

My insomnia was so severe, for thirteen years I could not remember ever reaching a deep enough sleep to even enable me to have a dream. My depression was so bad I was taking as many as fifteen antidepressand pills a day and I still felt horrible.

Thanks to the removal of my amalgam fillings. I am now sleeping and dreaming. My depression has improved dramatically, the hypoglycemia is just about gone and my hypothyroidism and fibromyalgia continues to improve. I am finally starting to achieve a quality of life that I never thought I would see again.

Overall, I would recommend that all individuals consider removal of their amalgam fillings. The thought to consider is that there is definitely a potential for gaining enhanced health and nothing to lose.

**20. Date: 01/25/01**

**Name: Ruth**

**58, White, Female**

**Experience since the removal of amalgam fillings....**

I was experiencing extreme exhaustion. My chiropractor felt it stemmed from my mercury fillings. I saw my dentist and began the process of replacing all my fillings. The moment the last mercury filling came out my body relaxed and I lost a humming sensation in my body that I didn't even know was there. I now sleep better and my body is relaxed. Also, heart palpitations that had been plaguing me stopped at that moment.

As I have continued the process of removing mercury from my system my energy level is continually improving.

**21. Date: 10/20/00**  
**Name: Vanessa**  
**44, White, Female**

**Experience since the removal of amalgam fillings....**

I first came to you in March 2000 to have my amalgam fillings removed. Then, on May 30<sup>th</sup> we began the process. I had been suffering from cancer and was trying to rebuild my immune system in order to fight the disease. My doctor had suggested that I consider the procedure.

Though I have not had my immune system tested recently, I have noticed the following improvements in my health:

1. It has been approximately 5 months since the removal of my amalgam fillings. In that time period, I have noticed several changes in my health. Before the removal of the fillings, I had an almost constant metal taste in my mouth whenever I brushed or flossed my teeth. That is no longer the case. I now seldom have any hint of metal in my mouth.
2. Also, before the removal, I experiencing ringing in the ears and jaw pain which caused tightening of my jaw muscles. Now, the ringing in my ears has subsided and my jaw pain is much improved.

I attribute these improvements to the fact that the fillings have been removed.

**22. Date: 02/06/01**  
**Name: Victoria**  
**43, White, Female**

**Experience since the removal of amalgam fillings....**

The main difference that I have noticed since I had my amalgams removed is that I sleep much deeper and fall asleep early.

I was not lacking in energy before, but I can say that now I always have energy and can't remember a time recently that I have been tired.

In six months, I would like to update this, as I will be training for a race and hope that I can tell a difference in my aerobic abilities.

**23. Date: 07/11/00**  
**Name: Judith**  
**60, White, Female**

**Experience since the removal of amalgam fillings....**

In December 1999, my mercury count was 230. After removing all amalgams it is down to 52. I still have lots of swallowing (excessive salivation), hoarseness, allergies?, and TMJ. The pain in my upper back (osteoporosis) is gone, the sinus problems have diminished and teeth are beginning to settle down, although they are still sensitive to cold.

I also had trouble walking earlier, taking higher steps than needed.

P.S. I am very grateful!!

**24. Date: 06/01/00**  
**Name: Jeri**  
**76, White, Female**

**Experience since the removal of amalgam fillings....**

Symptoms of fatigue, low immunity system, insomnia and lack of concentration have reduced significantly. I'm confident my teeth are not adding more mercury! Because of my age, the mercury will take longer to clean out of my system.

I feel blessed to have been treated with the techniques used in biological dentistry.

Many thanks and God's blessing to all !!

P. S. As to my memory - - I FORGET!!

**25. Date: 09/06/01**  
**Name: Catherine**  
**49, White, Female**

**Experience since the removal of amalgam fillings....**

Four years ago my husband left college with no job or insurance, and the three of us moving back to my hometown to rent a small house from my mom. We also found dental care at a local college. Within thirty days of having six teeth treated with amalgam fillings I became depressed, angry and unhappy with a six-year marriage. At forty – my menstrual cycle was off, so I thought it must be hormone related. I purchased a book at a very reputable health store in our community, and that's when the healing process started.

Thinking I needed saliva testing, I called a lab in the appendix and they recommended a doctor in St. Louis. Well, he tested my mouth, but not the saliva. The result was a shocking amount of electric currents being produced by 12 molars – all with amalgam fillings, mercury. Reviewing my medical history provided a lot of insight. I had suffered with many illnesses associated with mercury poison, acne and rheumatoid arthritis to hyperglycemia and low thyroid (just to name a few). And now, it was a mental struggle to home school my son, run a home, stay active in church, maintain my appearance, control my anger and in general, just live life. My doctor did a hair analysis and a DMPS. My mercury level excretion was almost five times higher than normal. He also gave me lots to read and recommended seeing a dentist for mercury removal.

June 8:32, "And you shall know the truth, and the truth shall make you free." Healing was going to be all three: Spiritually, mentally, and physically. I trusted the Lord to provide the dentist and the finances, since He had already lead me to a doctor. My husband and family were very skeptical, but I provided them with lots of information. I also talked to a couple in another state that had gone through this. Finally, my dentist discussed the plan for my mouth. I wanted to do it immediately, but that didn't happen. In the process of removing the mercury, the metal post in the two front teeth became infected and a root canal started giving me problems. They had to go, too!!!

It has been three years and we are just about complete with my mouth. It took supplements and dental work to fight and rid my body of all mercury. The healing did not come overnight, but I noticed changes in chunks. About every three or four months, I would think, "Hey, I feel better, I haven't been sick,

depressed or yelled at anyone.” My energy level is high most of all, my husband and son have noticed an improvement. Exercise and a healthy diet have been a part of my life for over 20 years. I’ve weighed the same since high school, took first place in a bodybuilding contest at thirty and had natural childbirth at 41. But, little did I know that the run of the mill dental care was my enemy.

**26. Date: 11/08/01**

**Name: Dorothy**

**66, White, Female**

**Experience since the removal of amalgam fillings....**

My doctor tested me for heavy metals and my mercury level was 40 and is now 6.4. It should be 3-5 at the highest acceptable level. I did a detoxification program (DPS) in conjunction with silver removals. I had psoriasis on my knees and elbows, which has nearly disappeared, and lessening steadily even with putting cream on.

I had a PH test and it was low, I was given information on how to eat correctly to bring the level up to the proper level.

When my local dentist removed fillings to put on crowns (one at a time) I would feel a pulsing sensation in my hips and thighs and at times down to my feet when near electrical appliances and even 15-20’ away from the television. Finally, this would lessen slowly over a few months.

**27. Date: 11/08/01**

**Name: Mike**

**61, White, Male**

**Experience since the removal of amalgam fillings....**

My dental treatment to replace amalgam fillings was completed six months ago. Today I received from my medical doctor the results of a test to evaluate heavy toxic levels in my body and the test revealed that all metals, mercury, tin, arsenic and lead were now down to normal levels.

I have noticed a positive change in my ability to walk without pain and an increase of energy and endurance. It is now my hope that with the toxic metal levels down, my body will be able to fight the advancement of the scleroderma that has been the main manifestation of the high heavy metals in my system.

**28. Date: 10/03/01**

**Name: Barbara**

**57, White, Female**

**Experience since the removal of my amalgam fillings....**

My first mercury level (before amalgam removal) tested at 150 (very high). My second testing (after removal of amalgams) was 300. The seemed backwards to me, but my physician explained that it showed that the mercury was now coming out into my body (from chelation) and therefore, the reading was so high. I have not yet had further testing, but I expect it to be lower. However, I also expect that it will take quite awhile for my levels of toxins to get to something acceptable. I am OK with that, as long as things are going in the right direction.

It is very hard to measure and evaluate depression. I am still taking the lowest level of Effexar, usually prescribed for serotonin replenishment. It is far too early to tell, but I have a hunch that I am less depressed. I am still very fatigued, but I also understand that my body is doing a lot of work in this healing and detoxification process, and this consumes a great deal of energy. My mineral analysis recently showed that my glandular exhaustion is also gradually recovering. The amounts are extremely low, but again, it is the new direction that is significant. I am encouraged and glad to be on the upswing, no matter how long it takes.

**29. Date: 10/06/01**

**Name: Chris**

**43, White, Male**

**Experience since the removal of my amalgam fillings....**

As a 43 year old male, I have become more conscious about my health. My wife and I had the debate about the effects of mercury amalgam. So, we elected to have the mercury replaced by a suitable and healthful alternative. While I did not have any noticeable health problems prior to the removal of the mercury.

I remain convinced that this was the right thing to do. Of course, psychologically, I feel good about taking positive steps to maintain my health.

**30. Date: 11/11/01**

**Name: Gretchen**

**44, White, Female**

**Experience since the removal of amalgam fillings....**

Since having the amalgam/mercury fillings removed from my mouth, I have experienced the following:

Decrease in:

1. Fatigue
2. Mood Swings
3. Depression
4. PMS
5. Feeling of overwhelm
6. Headaches
7. Body weight

Increase in:

1. Sense of well being
2. Ability
3. Desire to exercise
4. Clarity of thinking
5. Energy

I still must complete the treatments to remove the mercury stored in my body tissues in order to bring the mercury levels down into the "acceptable" range.

If I'm feeling this much improvement now, I wonder how good I'll feel when my body is free of all mercury residues.

**31. Date: 06/25/01**  
**Name: Mike**  
**40, White, Male**

**Experience since the removal of amalgam fillings....**

Before going to my medical doctor and dentist I've had sinus problems and pressure in my forehead. My medical doctor told me to get my amalgam fillings removed. After doing this, I've noticed my bad breathe and the film on my tongue seemed to greatly improve.

With the help of my medical doctors treatment and my dentist removing my amalgam fillings my sinus and other problems are greatly improved.

**32. Date: 11/18/01**  
**Name: Pam**  
**53, White, Female**

**Experience since the removal of amalgam fillings....**

Last year, I was only able to "crawl" home from my nine hour a day job as a middle school teacher and collapse into a chair. Even a short period of rest before my evening activities could not improve my energy level or general health condition.

During the last week of school, I accidentally popped off a crown biting into a piece of caramel. Within two hours, my sinuses filled, my throat became extremely sore, and I spent the next two days in bed with "flu-like" symptoms.

I had my mercury fillings removed and one very decayed tooth extracted.

Over the course of the summer, my energy level improved dramatically! I spent the summer traveling across the United States, visiting friends and family, and looking forward to the next school year. When I was home, I was even able to help our middle son rehab a fifty year old home.

In addition to a twenty pound weight loss, I am now able to hike four miles at Queeny Park every day after school. I have been sinus-infection free for six months and am seeing changes in my sleep needs.

My colleagues and husband are amazed at the energy level I maintain, and at how much I can accomplish each day.

**33. Date: 01/16/02**  
**Name: Diane**  
**51, White, Female**

**Experience since the removal of my amalgam fillings....**

I began treatment to remove my mercury fillings in July 2001, completed the treatment by October 2001. I initially saw my dentist because I found out I had candidiasis. I became aware that my mercury fillings were greatly contributing to my ill health. I am now free of candidiasis and I feel the removal of all mercury from my mouth played a major role in my recovery. My health has improved remarkably, my digestion is much better and regular bowel movements are an everyday reality. I don't think my recovery from candidiasis would have been so rapid if I had not attended to the removal of the heavy metals from my mouth.

I am very happy that I had this treatment.

**34. Date: 02/13/02**  
**Name: Debbie**  
**42, White, Female**

**Experience since the removal of my amalgam fillings....**

After my second quadrant removal, my friends and family noticed color returning to my face. I had always been pale, washed out. The things most obvious to me at this point are my emotions, energy level, and thought process. I am much more positive in my outlook, the little things that used to seem like huge annoyances, I now laugh off. Energy level definitely improved.

I feel like a caged bird that has been set free!!

Looking forward to optimum health and am optimistic that it is attainable.

THANK YOU

**35. Date: 03/18/02**  
**Name: Bob**  
**67, White, Male**  
**(12 silver fillings)**

**Experience since the removal of amalgam fillings....**

For some 6 to 7 years, I have had bad headaches almost daily. Now I have a headache only once or twice a week, and much less severe.

In the past year I have gone from 152 pounds down to 130 pounds. I have now regained to 138 pounds and climbing. My sinus problems have decreased approximately 50%. I have had mild depression in the past and that has improved probably 90%. I still have problems with arthritis, but am still seeing my alternative doctor for that problem.



My fatigue problems have much improved. I used to be exhausted by 11 am. Now I can keep going most of the day. My irritability problem has decreased approximately 75%, my sleeping soundness has improved approximately 50%.

Lastly, and best...I was plagued with ED. Now I am back to normal and the spouse is much happier, as well as myself.

**36. Date: 08/26/02**  
**Name: Annetta**  
**78, White, Female**

**Experience since the removal of amalgam fillings....**

I noticed metallic taste was gone after nickel fillings were out. My complexion was much better. I have much more energy, no more allergies or sinus problems.

**37. Date: 08/06/02**  
**Name: Becky**  
**40, White, Female**

**Experience since the removal of amalgam fillings....**

I had all my mercury fillings removed and though it was a big expense, I feel like it was a real investment in my health. I had the metal fillings since childhood and I had become aware of some of the dangers of mercury. I had a metal taste in my mouth which I no longer have. I was noticing a tremor in my right hand which is no longer there. My depression (along with therapy and anti-depressants) is much better. I have more energy and more of a desire to eat healthy and exercise. I have a more confident smile.

**38. Date: 02/13/02**  
**Name: Russ**  
**52, White, Male**

**Experience since the removal of amalgam fillings....**

A note of thanks to you and your Staff for your care of my dental needs that has improved my life. Since you removed most of the mercury from my mouth and two root canals, my life has changed drastically, (for the good).

I was having irrational thoughts and now they are gone. The color has returned to my face. My outlook on life is now. "nothing is going to defeat me." I am once again ready to face challenges that I used to avoid.

Thank you for your boldness to be forward with what you believe and do. You will be known as a pioneer of your day!!

**39. Date: 11/21/02**  
**Name: Mila**

*65, White, Female*

**Experience after the removal of amalgam fillings....**

I came in contact with your office and staff when we were seeking a dentist to remove the amalgam fillings from my husband's teeth. He had experienced failing health for about 2 years, which several doctors could not explain. When friends suggested this might help we were eager to give it a try.

I was so pleased with his recovery that I elected to have my teeth examined. They discovered I had one tooth that was traumatized, probably due to an auto accident in 1988. I had some back pain once in a while before the accident, but never to the degree of pain after the accident. I had sought medical help to no avail. I have received chiropractic adjustments, on the average of once a month, over the past few years.

When I came to the dental office with my husband I read a chart pinpointing which tooth affected certain parts of the body. I realized if the injured tooth were extracted, there would be a possibility that my back would improve. On the day I had the appointment to extract the tooth in question, I was having severe back pain. To my surprise, the pain was relieved as soon as the tooth was extracted. That was October 8 and the pain has not returned.

In Psalms, the Bible states, "We are fearfully and wonderfully made," I believe this verifies that scripture.

Thank you for all your help and support!

**40. Date: 10/14/02**

**Name: Sharen**

**47, White, Female**

**Experience since the removal of amalgam fillings....**

I came to your office, diagnosed with allergies, depression, sleep apnea, fibromyalgia/chronic fatigue. I could only be up one hour at a time, due to the fatigue. I was in intense pain. I had itching all over my body, skin was really dry, even though I used lotion. I had brain-fog really bad. If I were asked a question it took me a while to process it. I couldn't concentrate on anything.

Since having my amalgam fillings removed, "I have a life". I can walk 1 mile every day with out the fibromyalgia burn in my legs. I wake up at 8 am and don't have to take naps. I can sleep with out my c-pap machine, and even with the windows open! I have lost the deep deep horrible cough I had. I have a renewed interest in my hobbies. My skin is clear and doesn't itch anymore. I have a bounce in my step again – I'm in the process of weaning off my antidepressants.

I thank God constantly for answering my prayers. I "would" and "do" highly recommend having any mercury fillings removed. You and your staff have been wonderful. They "actually" care about you and it shows in how they treat you.

**41. Date: 12/13/02**

**Name: Albert**

**74, White, Male**

**Experience after the removal of amalgam fillings....**

I had been experiencing extreme nervousness, unable to sleep (even with sedatives), loss of memory, weakness, etc. The doctor did a very thorough check up which included a heavy metals tests. The results showed a high level of mercury, cadmium and aluminum. The doctor suggested that all dental work be redone which included fillings, crown and partials.

It is now 7 months since the completion of the dental work. My strength is returning. I am no longer experiencing the extreme nervousness. I sleep well without sedatives, my memory has improved and my personality is much more normal. I was having difficulty taking care of myself, and now I can dress myself with help, take a shower, shave and brush my teeth – all without assistance.

My wife has noticed improvements in many areas, such as, vocabulary, attitude, interest in things around me and a longer attention span.

We are both looking forward to a time when all of the metals are at an acceptable level. We are so very pleased that there is no further experience of muscles twitching.

**42. Date: 11/07/02**

**Name: Debbie**

**39, White, Female**

**Experience after the removal of amalgam fillings....**

A year ago I had overwhelming health concerns. I was exhausted every day of my life. Just getting up and getting ready for work, school, or whatever event was, to me, a major chore. That was doing the bare minimum. I had head to toe problems. There were headaches, and generalized muscle aches and pains. I had mental and visual fogginess, popping in my ears and choking/gagging sensations with meals. Did I mention a profound sense of fatigue?

Needless to say I was on antidepressants as well, to help with all these overwhelming, nagging, continuous, never-ending health concerns. And, believe it or not, I was doing better (a lot better) in that I had been treated by an environmental health doctor. A year into that, I noticed a flyer about Environmental Health Dentistry. Thank God for that, for it's been one year since I had all my amalgam fillings out. All of my symptoms have resolved or greatly improved. I no longer take antidepressants. I have more energy and resolve than I've had in 10 – 15 years. For that I am grateful.

Even through all of this, my faith withstood. Even when I talked negative, to flush the bad stuff out, I thought positive. One thing I am positive about is that I have the amalgam fillings removed. I'm positive there is a direct connection in how I was feeling then and how I am feeling and living today. I know I am better from it.

**43. Date: 06/26/03**  
**Name: Nova**  
**52, White, Female**

### **Removal of amalgam fillings....**

I am 52 years old. Before I had all the amalgam fillings removed from my teeth there were days that I would have welcomed death. I know that sounds like a strong statement, but, everyday I had a headache of some magnitude. They weren't normal. They felt like my brain was on fire. The headaches were a burning, stinging, throbbing, and the pain felt like it was shooting out of my ears with every heartbeat. I lived on decongestant and pain pills everyday. It appears that my sinuses were inflamed as well, because, my face also hurt. It was difficult for me to go to work and try to think. There were times I had to go home because of the pain. Sometimes it was so bad I had to have someone else drive me home.

Over time I became depressed, irritable. My co-workers and family gave me a wide berth so to speak. I also began having other physical problems. As I would flex my right foot upwards I got a pricking pain and I thought, "oh no, a heel spur."

On December 9, 2002 we took the mercury out of five teeth on my upper right side. Interestingly, when he had finished the last one that day, my right nostril started pouring out watery mucous and kept doing that for the next several days.

To my pleasant surprise I did not have a headache all the following week.

The heel spur sensation was 95% gone in a week and a half.

I was still getting headaches, but they only occurred about every 7-10 days and they were not as painful as the burning, stinging, throbbing, feeling like my brain was on fire headaches.

At my second appointment I had the amalgam fillings removed from teeth on my upper left side. I didn't notice anything physically different, but, my daughter called me that evening and remarked how good I sounded. She said, "Mom, are you sure you went to the dentist, you sound great!" I could only conclude that I must have had a real bear-like personality before.

As the mercury was removed from my teeth I kept feeling better not only physically, but, I noticed even my mental and emotions were better. I didn't realize how awful I had become.

Everyday I wake up I find it remarkable that I don't have a headache. It's so nice not having my eyes, cheeks, teeth, and jaw bones hurting along with those awful headaches. My heel pain gone completely. To add to that I feel so much better mentally. I can actually go to work and think straight. Plus I feel better emotionally.

I find it interesting how much calmer I feel. I'm not getting upset at every little thing that happens. Before I had any of the mercury removed I was so distraught that I just couldn't take life anymore. I wanted to quit my job. I didn't want to go anywhere, see anyone. I hurt so much that I couldn't and didn't want to cook or clean my house. In fact, I didn't care if I even got dressed.

I am so happy to report that now life is good!

I firmly believe that the improvements in my health are due to the removal of the mercury fillings because it is the only thing that has been done different in my health care.

**44. Date: 11/16/02**

**Name: Logan  
32, White, Male**

#### **Experiences after removal of amalgam fillings....**

First removal: Within 24 hours I felt I could breathe easier in terms of "getting more air" per breathe. Overall energy increased, sleep disorder cleared up, 24 hour cycle started to get back to normal and it remained so. Metallic and warm solution taste disappeared. Breath smell became better, plaque build up is reduced by about half, and better sensation and taste in mouth, more clear-headed. About 24 hours later, brain recalibrated – a loud radio/tv sound (very distinct) occurred and lasted for about 10 seconds. I knew it was readjusting as it happened. All of these positives have been maintained. I cannot think of any negatives.

Second removal: Like the first removal, but not as profound.

I'm very pleased with my results. Definitely recommended. Yes, in a heartbeat, I would have these (5) 12-15 year old silver/mercury fillings removed again. Even though, I was certain beforehand that most of the mercury had leaked and I had already endured 90 % of the potentially damaging effects from them.

**45. Date: 09/23/02**

**Name: Debbie  
51, White, Female**

#### **Life is so much better**

In August 2001 I went to what I call my 99<sup>th</sup> doctor. After a year under her care I started to feel much better, but I was still dizzy, fatigued, and had severe headaches and nausea. She then tested me for metal toxicity. The results were devastating with mercury the highest 300+, which is off the charts. She suggested I come to your office, and help was on its way. I had all of the fillings taken out of my teeth and the results are wonderful. Instead of having only 3 good days a month, I have only 2 not so good days a month. Life is much better.

**46. Date: 01/13/03**  
**Name: Anne**  
**57, White, Female**

**Experience after being “Mercury Free”**

I am very pleased and relieved to have the mercury removed from my mouth. I believe strongly in the dangers associated with mercury and believe that several chronic health concerns I had been battling were exasperated by mercury in my mouth. After the first and most serious quadrant of my mouth was completed, I noticed a marked increase in energy. Subsequent quadrants did not produce results as dramatic but initial readings in these quadrants had been significantly lower so the detrimental effects may not have been as severe. I found Dr. Rehme and his staff to be pleasant, professional and compassionate and am very grateful to know be “Mercury Free.”

**47. Date: 01/07/03**  
**Name: Anne Margaret**  
**46, White, Female**

**Experience after the removal of amalgam fillings...**

I began the process of “un-mercurizing” my mouth because I had concerns about the future of my health. Although I didn’t have symptoms of anything dreadful – it was the worry that the mercury was a time bomb waiting to get me that prompted me to act. The differences I experienced are small – more energy is one. The biggest one is peace of mind and a feeling of well-being – knowing that I am actively pursuing a life of health. I took a stand for myself!!

**48. Date: 02/12/03**  
**Name: Michelle**  
**50, White, Female**

**Thank you ...**

I want to thank all of you for the wonderful treatment I have been given over these past two months while having the mercury fillings removed from my mouth and having them replaced with non-toxic crowns. I was first impressed with the explanations and educations that preceded the dental work. You took the time to truly educate me about the reasons why this procedure would improve my health. Secondly, the procedure was not nearly as taxing as I had expected. All of you worked slowly and carefully, frequently stopping to see if I needed a break or if you could do something to make me more comfortable. You couldn’t have been more thoughtful and caring. Finally, the results of the procedure are amazing. Prior to the procedure, I had been experiencing a great deal of back pain and I had seemed to reach a plateau in the treatment of the problem. Almost as soon as the mercury was out of my mouth, my back problems were resolved. It is still hard for me to believe how much better I feel! I now sleep better and have more energy because of not having to cope with chronic pain. And it just feels good to know that my mouth (and therefore my whole body) is healthier.

Thanks to all of you for your commitment to the health of your patients and for the friendly and caring was in which you offer service. I'm glad I was referred to you and I will recommend you to others.

P.S. Feel free to use this letter as a testimonial to encourage others who might be considering having this procedure done.

**49. Date: 02/24/03**  
**Name: Judith**  
**62, White, Female**

### **Thank You for all your help....**

For several weeks I have wanted to write and share the good news of my renewed energy. I am convinced it is related to the careful removal of mercury from thirteen teeth you and your staff accomplished. Let me share some of the differences I'm experiencing.

Three years ago I met an alternative doctor who recommended I see Dr. Rehme for an evaluation. At that time my mercury count was 230. I was unfocused, lacked energy, experienced many sinus infections each season, sore throats were common, upper back pain and pounding headaches added to my discomfort. I felt I was losing my mind and often lost my balance, walking in odd ways, almost feeling a "disconnect" between my legs and the rest of my body. I was dropping things, forever forgetting where I put things, etc. The simplest tasks seemed impossible.

When I had mentioned to my former dentist that I was concerned about the mercury he trivialized my fears and assured me there was nothing harmful in mercury fillings. I wondered where I'd be today if I had listened to him?

After your evaluation and subsequent replacement of all thirteen fillings, I have noticed a remarkable change in myself. Recently I have given presentations to group (50-60 people) with a minimum of anxiety, being able to focus and sustain thought patterns in questions from participants. I could not do this three years ago when I first began this process.

I also feel positive energy rising within me, something that had been so depleted by effects of the mercury poisoning. My attempts to compensate for the inability to focus led to extreme exhaustion. Now I find energy increasing as I research a topic, follow through in creating novel ways to present an idea, and do all the administrative task needed. An example of this new energy took place this past Saturday, when I met with 60 School Sisters of Notre Dame to discuss the topic: "The Lewis and Clark Expedition as a Metaphor of the Motherhouse Renovation." It was fun, energizing for the sisters, and gave them much food for thought. As the end of the presentation I felt their positive energy and have been invited to return and explore the topic further.

My primary ministry is that of Spiritual Direction and my office is a Maria Center, St. Louis. Before my treatment for mercury poisoning, I was beginning to feel unable to continue this ministry. It demands careful attention to the feelings under the statements an individual might make and the ability to reflect back what the person has said and where the Spirit might be leading. Due to the exhaustion and pain I previously felt, it was a constant battle to stay present to the individual. In a previous instance of consulting a medical doctor, I had been told I would probably be on tranquilizers for the rest of my life. Thank God I sought another opinion.

I realize that my recovery has also included a change in diet and nutrition, greater fidelity to exercise, (walking and yoga), more rest, focusing less on a filled calendar than times for Shabbat rest, and a steady

diet of good reading, good music, and good friends. I am no longer trying to handle difficulties alone, toughing it out as I had done before, but being a vital part of my parish community, my religious community, and my broader Franklin County community. Quality time for prayer and solitude are a “must” for the kind of ministry I offer and I honor that reality more than ever before. I continue to see a chiropractor whose philosophy supports my own.

As I consider how I’ve changed over the past three years I must admit it was a difficult road at times. I would receive chelation from my alternative physician, feeling depleted of any energy at all and then often come to your office for dental work. Sometimes I would drive home wondering if I could do it. But both your staff and the physician’s were so supportive and affirming. I remember how Melissa gave me pointers, and your willingness to listen to my fears and anxiety without judgment. That kindness kept me coming back and seeing the process through the end.

Finally, this whole process has taught me how threatening your approach must be to the ADA. Only once did I receive a prescription for a drug. Tylenol with codeine, after an especially difficult removal process. Yes, the initial cost was expensive and I wondered if my community could afford it. However, when I look at the benefits I see the whole process as an investment in better health in the future. I wonder what disease might have developed in me due to the mercury poisoning. MS, cancer, etc? The whole experience has made me even more a believer in alternative medicine.

To say I am grateful is an understatement. You have given me my life back and I will never forget your professional expertise and your personal kindness. The “Lazarus” in me says THANK YOU.

**50. Date: 06/03/02**  
**Name: John**  
**67, White, Male**

**Experience after removal of amalgam fillings....**

Since the removal of the mercury from my teeth, I feel better, more energetic, better disposition, walking better, less nervous, and an over all wellness feeling.

**51. Date: 03/19/02**  
**Name: Laura**  
**49, White, Female**

**Experience after removal of amalgam fillings....**

I had all my old mercury amalgams removed in 2001, for health reasons. I’ve had neuropathy in my feet, and still do. This condition has not improved, as yet. We don’t know if it’s a circulation/lymph problem, or toxins still in my system. But after learning about what mercury fillings can do to your body, I’m glad I had them removed. I hope in time, my body will respond. I also wanted to thank you and your staff for their fine work and caring attitude.



**52. Date: 03/18/02**  
**Name: Miriam**  
**48, White, Female**

**Experience after removal of amalgam fillings....**

Although the mercury removal is only part of my recovery program. I have noticed some physical changes. My body temperature seems to be warmer. The hair has grown back where it had receded around my hairline. I no longer have that metallic taste in my mouth. My vision has become less blurred. The numbness in my back is gone. My bowel movements are more formed and my periods are shorter. With the first quadrant removed, I felt very light, like a big weight had been lifted off me.

**53. Date: 03/12/02**  
**Name: JoAnn**  
**62, White, Female**

**Experience after removal of amalgam fillings....**

I am feeling fine and I believe I have more energy. My arthritis seems to have improved.

**54. Date: 06/18/03**  
**Name: Lisa**  
**42, White, Female**

**Experience after removal of an amalgam filling....**

I did not notice any difference after having my amalgam filling removed.

**55. Date: 06/12/03**  
**Name: Leslie**  
**49, White, Female**

**Removal of amalgam fillings....**

I was referred to your office for the removal of my silver (amalgam) fillings as part of a preventative approach to better health that my physician had prescribed. We are working on cleaning candida and metal toxicity from my system. Since the removal of my fillings I have noticed that I have much more energy, clearer thinking and surprisingly, relief from chronic pain in my left shoulder and elbow. The relief in my shoulder was felt immediately after my office visit. I am a massage therapist and have been amazed at the number of clients I am not able to work on with absolutely no discomfort. I also began testing this by playing 18 holes of golf (I normally would have to take a Vioxx before playing). I was amazed. No more pain!!!! I haven't needed medication since the removal of my fillings.

**56. Date: 10/28/03**  
**Name: Marie**  
**51, White, Female**

**Removal of amalgam fillings....**

As Christmas 2002 approached I had been ill for months but I was feeling even worse. I thought it was due to the holiday's but, after the first of the year, when I expected to "get over" all the extra busy-ness, I continued to feel sicker and more exhausted.

In February an acquaintance told me of a doctor she thought might be able to help me. I called the doctor and as I began listing the symptoms I was experiencing she interrupted me and said that she thought I had heavy metal poisoning. She ordered a test which showed toxic levels of mercury. She said the most likely source of the mercury was the "silver" fillings in my teeth. The pieces were beginning to fall into place. I had had an amalgam filling replaced in early December, just before my health problems became worse.

After complete removal of my mercury fillings in August 2003, I was feeling better than I had in over a year. As each quadrant was completed I felt a little better. Some of the improvement may be due of treatment of some other medical problems but I do know that when the last mercury was removed from my mouth I was able to do things I couldn't have done several months earlier. Family and friends all noticed the dramatic change. By the end of August I had improved from not being able to take care of myself to being able to take care of my daughter and her family when she experienced some health problems.

**57. Date 02/01/04**  
**Name: Nancy**  
**60, White, Female**

**Removal of amalgam fillings....**

In March of 2002, after several months of chest pain, shortness of breath, pressure in my neck and heart palpitations, the cardiologist diagnosed me the Pulmonary Hypertension. His idea of treatment was to put me on blood thinners for the rest of my life. Since he had no interest in finding what caused this condition, I knew I had to find out on my own. My research pointed to mercury poisoning. I began a program of detoxifying the mercury from my body with herbal supplements and acupuncture treatments. After a few months I was strong enough to begin removing the mercury amalgam fillings from my mouth. I am now completely symptom free with great energy and vitality back to what it was many years ago. The so-called incurable pulmonary hypertension healed with the removal of the mercury from my body.

**58. Date: 09/14/03**  
**Name: Malia**  
**45, White, Female**

**Removal of amalgam fillings....**

I had been hearing and reading about mercury toxicity as a result of dental amalgams. Since I had quite a few dental amalgams, I chose to have them removed and replaced with something more “body-friendly.”

Less than a year after having all of my amalgams replaced, I became a patient of an alternative physician and received a DMPS IV treatment. Pre and post urine collections yielded the following results:

Pre-DMPS urine sample	0.6	with reference range (Reference range<3)
Post DMPS urine sample	24.0	exceeds twice the maximum expected level

As a result, I will undergo at least 4 more DMPS IV treatments to attempt to rid my body of mercury.

In addition to mercury, prior to removing and replacing all of my dental amalgams, I had a consistently “stuffy” left sinus. I now breathe freely through both sinuses.

**59. Date: 01/06/04**  
**Name: Robert**  
**58, White, Male**

**About 3 years ago:**

Three years ago I had all mercury amalgams removed and replaced by composite overlays. The amount of mercury in my system did not decrease (actually increased – tested by my regular physician in 2002). However, I definitely feel much better since the amalgams were removed. I use to have constant generalized pains in my jaw, teeth and gums, with blackish grayish color to my gums. All pains have gone and I feel healthier since the amalgams were removed. I was originally skeptical about the removal. My primary care physician was treating me with thyroid medicine for manic depression and referred me to your office. Removal of mercury seems to lessen my manic peaks by lowering “barometric pressure” effect to the mercury. I am currently taking DMSA (post three months) to eliminate accumulated mercury in my body. It definitely seems to be helping. I will be retested for mercury toxicity after four more months of DMSA.

In conclusion, I am quit happy with the removal of all my mercury fillings.

**60..Date: 02/02/04**  
**Name: Ann**  
**45, White Female**

**Since the removal of my amalgam fillings:**

My uncontrolled sugar cravings disappeared. The heaviness in my chest disappeared and I was also overweight. I was diagnosed with depression. I did not respond to medication. I knew these were depressive symptoms of high mercury, nickel and tin in my system, and also other things mimic depression the disease. I am a "better" person for having my amalgams removed.

**61. Date: 08/20/03**  
**Name: Carol**  
**48, White, Female**

**Removal of amalgam fillings....**

I want to let you know the removal of my old fillings has certainly helped my overall health. My allergy symptoms are now minimal or non existing. I feel sure the dental work contributed a lot to this. You and your staff were always professional and caring throughout the many visits.

**62. Date: 09/15/03**  
**Name: Joan**  
**54, White, Female**

**Feeling Great....**

I am so glad that I have had all mercury removed from my mouth. Before that happened, I took a test that showed I had a very high mercury content in my system...and I have had cancer. So I was ready to have it all removed.

The main thing I felt was a lot of new energy that I had not experienced before. Fatigue that I had had disappeared, and I felt extremely energetic, and I felt very well. I highly recommend the removal of all mercury from the mouth, as it is a poisonous toxin in our bodies that can lead to illness.

**63. Date: 11/19/03**  
**Name: Laurie**  
**43, White, Female**

**Removal of amalgam fillings....**

Just a note to let you know that since removal of a mercury filling, December 2002, I've done great.

Prior to removal, I always had a chronic C1 subluxation causing upper neck pain. That no longer occurs. Also, my insomnia has improved. Thanks for your help.

**64. Date: 04/20/04**  
**Name: Kathy**  
**51, White, Female**

**Removal of amalgam fillings . . .**

For 10 years I have struggled with a variety of symptoms that would fit into a seemingly endless list of causes. Among these that most affected my quality of living were: blood pressure enough to cause headaches, nausea and a kind of stupor, weak and aching muscles, any kind of exertion would result in generalized weakness and increase the force of my heart contractions to an uncomfortable level, GI disturbances (gas, bloating, constipation), sugar craving, rashes on my chest and legs, edema that would change my belt size 2 notches overnight, metallic taste, 2 abscessed teeth, food allergies, swollen eyelids upon waking, a constant “sleepy” feeling and a general depressed, bitter attitude.

Allopathic medicine has its place but offered me little more than the knowledge that all my blood work is “fine” and a wide assortment of antidepressants. The proverbial door slammed shut, but that allowed the door to natural healing to open. With help from more directions than I can count, over the next 9 years I addressed my liver, adrenal glands, kidneys, parasites, yeast, intestinal tract, diet and emotional and spiritual issues (the e & s issues actually had a 9 year start). My regime was not perfect but in my opinion, I was doing enough stuff “right” with life style changes, supplements, unloading emotional baggage and increased spiritual awareness that I shouldn’t still be feeling so marginal and sometimes down right nasty.

Then, the door to therapeutic essential oils opened, followed by the urgency to remove the **metal** from my teeth (which, up until now I had ignored, sad to say, due to expense). This was the clincher! For the last 6 months I have been on a radical cleansing program (physically and emotionally), the last 12 months on which have included the dental work. ie –for me the key to health, I have finally discovered to detox, detox, detox - - all aspects of my being. I suppose I’ll be cleansing until the cow’s come home, but IT’S WORKING !

It’s nice to awaken in the morning free of a headache and be thinking “It’s going to be a beautiful day!”

**65. Date: 03/29/04**  
**Name: Jeff**  
**47, White, Male**

**Removal of amalgam fillings . . .**

I had neck and shoulder pain with limited movement related to arthritis in my neck vertebrae. After the removal of a gold crown and amalgam filling remnants, I started feeling relief while I was still seated in the dental chair. Now I have no shoulder and full movement. Now I only have a very slight feeling and stiff neck from arthritis. I think I am 90% better after the dental work.

**66. Date: 08/17/04**  
**Name: Vernon**  
**72, White, Male**

**Biologic Dentistry....**

My husband Vernon suffered a stroke following spinal surgery in December 2001. He could not comprehend the spoken word, nor speak correctly. His blood pressure was high and unstable. Biological dentistry was recommended by one of his doctors. After much research we found your office.

Vernon is now able to communicate much easier as well as having his blood pressure under control while taking much less medication.

**67. Date: 10/27/04**  
**Name: Jeff**  
**47, White, Female**

**Amalgam Removal...**

Six month ago I had all my amalgam fillings removed. I had immediate relief from my chronic neck/shoulder pain (90%). Now I would say I am at 95% and have many days without even thinking about it.

Thank You.

**68. Date: 12/01/04**  
**Name: Christa**  
**56, White Female**

**Amalgam Removal...**

I am delighted to share my experiences relating to the removal of thirteen amalgam fillings at the dental office.

When I was diagnosed with breast cancer in June 2004, I began a prayerful quest to educate myself on the effects of toxins in the body, especially mercury. I was able to make an informed decision to have the amalgam removed after surgery in August 2004. My alternative health practitioner highly recommended having the mercury removed and I am now pleased to be in the position to concur with her assessment wholeheartedly.

From the first moment I entered his office to the end of the extensive treatments, I was impressed that everybody was truly professional, competent, and caring at the same time. To my amazement, even the five-hour sessions to prepare my teeth for crowns were filled with laughter and passed quickly. Moreover, following the doctors instructions (like avoiding vitamin C but adding chlorella before treatments) aided my healing process, and I never had pain after the anesthetics wore off. His work was very precise, and he did not take short cuts at my expense.

Today, a month after my very last tooth of a total of thirteen teeth was crowned, I feel better than I have felt in years since the chronic fatigue and brain fog are gone. I have lots of energy and better mental acuity ( I even passed my Illinois real estate exam since the last appointment). Due to the modern techniques and equipment used in the office, I did not experience any ill effects after the treatments.

I attribute my improved health solely to the grace of God; it is He Who allowed me to find the right people in order to make necessary changes to eliminate toxins from my body and strengthen my immune system by adopting healthy eating habits and losing the excess weight. This office and staff are part of that wonderful group of people, and I am very grateful to you for the excellent work and care you provide.

God Bless!

**69. Date: 01/25/05**  
**Name: Ivan**  
**58, White, Male**

#### **Amalgam Filling Removal....**

Before I had the metal's removed I had all kinds of sinus problems. Since they are gone the sinus problems are nil – one year later.

**70. Date: 09/28/04**  
**Name: Sue**  
**72, White, Female**

#### **Amalgam Removal....**

I am a 72 year old female who was referred to this office by a preventive medicine doctor. I had a severe medical problem, Candida, and had trouble getting a permanent cure. I did my home work and found that my mercury fillings were keeping my immune system working full time to rid my body of those poisons and there was little or nothing left for the removal of the Candida or any other medical problems.

In early 2003 I made an appointment with your office and was tested and found I was in fact leaking out much mercury with each and every bite I took.

During the removal of these toxins I made a casual comment that I had lost the use of my left arm to a great extent and woke up every time I turned on my left shoulder because of the pain. The doctor asked if I had injured my arm in any way. When I said "NO" he and his assistant both turned and looked at the tooth-organ chart. One of my root canals was in the very tooth and chart showed governed my left shoulder.

The work on my mouth has been completed. I had all of the metal in my mouth removed as well as the two root canals I had. The end result was my Candida is 99% cured and I have a left arm that is totally useful and not longer pains me. (I never dreamed that would happen). I also have a beautiful "perfect" set of teeth. I now look forward to many more healthy years. I would do it again in a minute.

**71. Date: 10/20/04**  
**Name: Jeff**  
**47, White, Male**

**Amalgam Removal....**

Six months ago I got immediate relief from neck/shoulder pain – 90%. Now I would say 95% and go through the day many times without even thinking about it. Thank you!!

**72. Date: 11/23/04**  
**Name: Susan**  
**56, White, Female**

**Amalgam Removal...**

Life has improved so much that it is hard to remember what it was like before.

I still need 8-9 hours of sleep most nights, but I no longer need a 2-3 hour nap every day - I no longer need 20 minute cat naps every couple of hours.

I go weeks without headaches instead of days. I can focus and retain much more information I don't catch every cold I'm exposed to – I haven't had any bronchial infections or yeast infections – they were chronic before.

As I approach my sixties I definitely feel better than I did in my thirties.

**73. Date: 11/04/04**  
**Name: Mari Louise**  
**54, White, Female**

**Amalgam Removal...**

I began researching holistic and biological dental care about 5 years ago and was amazed and appalled at what I discovered.

I knew I wanted to have my 14 amalgam fillings removed, but by whom?

I interviewed and visited 4 dentist who claimed to know about metal toxicity and proper removal but didn't practice what I had been reading about.

Then I found your web site on holistic dentistry. What a discovery.

Every criteria of what I'd read, he practiced and then some.

I had all my mercury removed (a long process) in the safest, least traumatic way. Though my health was good before, I feel it had improved with increased energy, better mental clarity, and most importantly, the knowledge that I have improved my over-all health for the rest of my life because I have removed the toxic metals from my mouth and system.



I have encouraged my family to do the same – hopefully they'll be as convinced as I about the dangers of what we use in our dental care.

Thank you and your staff for educating the public about this health hazard and for all your wonderful care.

**74. Date: 01/25/05**

**Name: Linda**

**52, White, Female**

### **Amalgam Removal...**

I am so grateful to have found successful treatment through your biological dentistry. On August 3, 2004, I had two mercury fillings removed from my molars. I'd had some mercury fillings as long as 45 years. The dentist did not use all precautions in removing the mercury – or else my levels were already high from leaky fillings. Twelve days later my vision went double and my balance was affected so that I couldn't walk well.

Doctors were baffled. They thought it was MS or a brain tumor or a palsied optical nerve. But I continued to deteriorate until my speech became slurred to being almost unintelligible, I couldn't walk with out assistance, my ears rang so loudly I couldn't hear, I had excessive salivation, could not longer write, eyes no longer focused, I was confused, had no short term memory – I was a MESS. Driving was out of the question! Tremors in my hands and motor co-ordination was an issue. I got to the point where I had trouble swallowing/breathing. No one knew why. Several doctors said it was just old age. A few weeks earlier I had been training for a marathon and did yoga regularly.

I finally found a holistic physician that suggested that I probably had mercury poisoning. She began chelation and sent me to your office for mercury removal.

You began by removing two teeth with root canals. One of which contained mercury. My breathing improved immediately!!

After 3 sessions of mercury removal, I found I improved dramatically with each treatment. In early December 2004, I could again walk alone with out assistance. My hearing returned and motor co-ordination improved. By Christmas I took off my eye patch.

Thank You so much for your safe dentistry. I am about 95% better, 100% mercury free and getting my life back- THANK YOU.

**75. Date: 8/15/01**  
**Name: Thomas**  
**30, White, Male**

**My experience since amalgam removal.....**

I started the removal process in Jan '01 and had the final teeth done in Apr. '01. I have noticed more energy in the months since removal. Some other symptoms that removal has helped: mental clarity, shoulder & neck pain, anxiety, and my mood has gotten better.

**76. Date:**  
**Name: Ellen**  
**46, White, Female**

**Amalgam Removal...**

My overall health has improved since I (you) removed all the metal from my mouth. The only regrets that I had was waiting so long to do it, my sisters and mother did it 2 years earlier. Fear kept me from having all my teeth redone. I guess I wasn't sick enough. My health has steadily improved over the 18 months. It is my belief that sucking on mercury all day long can cause serious health problems. I also, besides the added energy, have experienced my brain is working much better. I had problems with my memory. I could read but remembering was difficult. The only way that I could remember anything was to do it 10 times over and over again. I drove my co-workers crazy with asking the same questions over and over again. Now I can remember what I read and catch on quickly. I believe that having my teeth redone has been a big part in an overall well-being and vast improvement in my health.

**77. Date: 2/7/05**  
**Name: Daniel**  
**38, White, Male**

**Amalgam removal.....**

It has been about a year since I had all the mercury fillings removed. Since then, I have experienced a reversal of several long standing medical problems. I have experienced a great lessening of allergy symptoms – I no longer need to take allergy shots. Also my moods have greatly improved. With optimal nutrition and further work, I hope to see even more improvements.

**78. Date: 5-19-05**  
**Name: Shirley**  
**42, White, Female**

**Amalgam removal.....**

This is my personal testimony regarding the benefits I have received since having some dental work done with Dr. Michael Rehme. Twenty years ago I had 6 crowns with metal racks placed on my upper front teeth. In the years which followed I began to experience a multitude of symptoms including a vibrating, buzzing sensation in my gums, a metallic taste in my mouth, periodic ringing in my ears, and extreme fatigue. When my crowns were removed I had an immediate surge of energy all over my face. It felt like a weight had been lifted off me. Since then, I have had no further buzzing sensations, no metallic taste, and no ringing in the ears. My energy level continues to improve. Thank you Dr. Rehme & staff for the great work!

**79. Date: 5-2-05**  
**Name: Pamela**  
**31, White, Female**

**Amalgam removal.....**

I came to Dr. Rehme to get my old (metal) fillings out because I was very sick and I hoped this would help me get better. I was losing weight very quickly, my muscle had wasted away, I could hardly stand up. My whole body hurt and I had a very difficult time breathing. After having the fillings removed I slowly began to get better. I started seeing a doctor who found that the fillings had caused my liver to stop functioning properly. I was in very bad health. Since having the fillings removed and getting nature treatments from my doctor and a whole lot of prayer, I am doing so much better. I am gaining the much needed weight, I feel better, think better, look better! I know having Dr. Rehme remove the fillings was the right move. If I had not had it done I am not sure I would still be alive to raise my four wonderful children. Now my body can continue to heal without any poison in my mouth. Thank God! Thank you Dr. Rehme and his wonderful staff.

**80. Date: 8-18-05**  
**Name: Mary**  
**69, White, Female**

**Amalgam removal.....**

Since having all the metal removed from my mouth I am experiencing better health. I have not had any visits for over a year to my regular physician for gastric distress (gall bladder?), vertigo, or bloating. Also, frequent back aches have disappeared. No regrets whatsoever and am looking forward to continued wellness.

**81. Date: 10/05/05**

**Name: Ryan**

**20, White, Male**

**Amalgam removal.....**

My son Ryan had 5 amalgam fillings removed July 2003.

He is now in his 3<sup>rd</sup> semester of college Oct. 2005. Before he had his amalgams removed he had anxiety and brain fog and emotional stress. I do not believe in using psychotropic drugs. So I did a lot of research on the internet and found Dr. Rehme.

After having his amalgams removed I used a lot of nutritional supplements and natural products on him (essential oils). He improved tremendously. His outlook on life has greatly improved and he has been able to be in college for 3 semesters. He is also in the Honors program at the university he attends. I am so glad we found Dr. Rehme. He has been such a blessing. I was afraid Ryan would not be able to attend college because of his health problems. Dr. Rehme knows what to do and is very professional in removing mercury amalgam fillings.

**82. Date: 1/05/06**

**Name: Emily**

**31, White, Female**

**Amalgam removal.....**

Symptoms before filling removal:

Dizziness, adrenal fatigue, depression, no hormonal production, no sex drive, headaches before it rained, cold sores on mouth, IBS, cold body temperatures, weight gain around stomach, excessive sweating while working out, tingly on backside of head, panic attacks, feelins of my house would be burned down when I got home, socially shy, avoided any social situations, irritable, down right mean, couldn't concentrate, environmental allergies, suicidal thoughts, and really didn't care about anything or anyone – I couldn't laugh or smile.

Immediately after I had my first huge amalgams removed I felt a surge of energy shot through my body and I wanted to run and dance. I felt immediately better. It was the most amazing feeling to have such a burden lifted off me. The next month I had the little ones removed, and within a month I was the same person I was before I got the silver fillings.

Almost all my symptoms are gone. I now can function in society. I say hi and smile to people on the street I don't know. I no longer think my house is burning down and I haven't gotten a cold sore, any fall allergies, or headaches before it rains.

I had my thyroid and hormones tested via saliva. To my surprise the only thing that was off was low progesterone production in which I had gotten natural hormone replacement for and I feel like I am 16 again. I am hoping after a few months my body temps will be normal again.

I went into Dr. Rehme's office with no one – I mean no one – believing me. I want to thank Dr. Rehme and his staff from saving me from this huge burden that took over me.

**83. Date: 02/13/06**

**Name: Susan**

**64, White, Female**

**Amalgam removal.....**

I was referred to Dr. Rehme by Dr. Simon Yu because there was evidence of mercury toxicity in my system, plus I had suffered from TMJ for several years after repeated root canals. After a very thorough exam and subsequent discussion, we agreed the best step was to have Dr. Rehme remove all the metal fillings in my mouth. Although the task was daunting, Dr. Rehme and his staff made the arduous hours virtually painless.

It has been a year since the work was completed. My energy level has greatly increased, as Dr. Yu surmised it would. My TMJ, while not 100% eliminated, has been diminished so greatly that it flares up only occasionally.

I have referred a number of friends and professional associates to Dr. Rehme, particularly because he believes in "whole body health" and the relationship between dental health and total physical well being. We've known for years about the interplay of body functions (and parts!) but very few medical professionals have the courage and dedication to put this knowledge into practice everyday. Dr. Rehme does and I am grateful to have found him.

**84. Date: 02/21/06**

**Name: Donna**

**48, White, Female**

**Amalgam removal.....**

Prior to having two amalgam fillings removed and replaced with nonmetal fillings I was experiencing headaches on a consistent basis. After having only two new fillings done, the headaches went away for three weeks straight. Now I only experience them once in a while.

**85 Date: 04/22/06**  
**Name: Willie**  
**60, White, Female**

**Amalgam removal.....**

Thank you, Dr. Rehme, for helping me improve my health. When I first came to talk to you about removing my amalgam fillings, I had many problems. For years, I had been trying everything possible to regain my health, from acupuncture and chiropractic, to exercise and healthy eating habits. While all of these things helped, I still felt there was something missing. After reading about the dangers of mercury in amalgam fillings, I knew in my heart that that was the missing link.

When I first saw you, I was underweight, extremely fatigued, foggy headed, chemically sensitive, and had many digestive problems including IBS. After the first quadrant was completed, my mouth felt much lighter in that area, but there was no health improvement. But, after the second quadrant, my appetite improved dramatically and I gained 10 pounds in two weeks! Then, it leveled off and by the time the third quadrant was completed the same thing happened again with improved appetite but not as much weight gain. After the final quadrant was completed, there was no dramatic change. Instead I seemed to gradually improve in many ways. My mind became clearer and I could make plans for days in advance instead of walking around in a fog. I now have more energy and the digestive problems are much improved, especially the IBS. My blood pressure, which historically has been very low, has now become normal.

I thought I was doomed to a miserable old age, but, thanks to you and your fine staff, I am regaining my health and starting new projects that I never thought possible before. Thanks again!

**86 Date: 12/ 2011**  
**Name: Shirley**  
**55, White, Female**

**Amalgam Removal.....**

Dr. Rehme removed two mercury fillings for me in December, 2011. Six hours after the fillings were removed it was like someone flipped a switch. My body felt lightened and less fatigued.

**87 Date: 7/24/12**  
**Name: Pam**  
**44, White, Female**

I have been seeing Dr. Rehme for approx. 4yrs and due to money and insurance constraints I was not able to get all the mercury fillings removed at once. Over the years he worked with me slowly removing the mercury fillings. After the last four teeth with mercury were replaced for the first time in 9yrs I was able to lose weight. I have no thyroid and have issues trying to lose the weight but within 8 months I have dropped 15lbs. I cant stress enough the symptoms I had are all gone; Ear ringing pain, feeling of being swollen, weight gain, and headaches. Thank You.

**88 Date:**

**Name: Rex**

**52, White, Male**

I had my mercury fillings removed 2 years ago and my health has improved. I had worked several years on this goal and am very satisfied.

**89 Date:**

**Name: Stephanie**

**30, White, Female**

Since having my mercury amalgam filling removed 1 week ago. I can already tell that my health is improving. I was feeling so lethargic and wore out, and having joint and muscle pain. Now, I am no longer experiencing that joint pain. Dr. Rehme was so professional and gentle. His staff was very educated and helpful through the whole process. I look forward to coming to my next dental appointment to not only have my teeth worked on, but to improve my overall health. Thank you so much, we feel so blessed to have found your practice.

**90 Date: 8/14/12**

**Name: Tony**

**43, White, Male**

I had very bad anxiety that was controlling my life. I had read on the internet that mercury can cause high anxiety. I had a heavy metal test and sure enough my mercury levels were extremely high. So I came to Dr. Rehme and he changed seven fillings from mercury to other types of fillings. Since then, my anxiety levels are so much better. I have my life back and I am sure it was due to the work that Dr. Rehme performed. I want to thank him for all the work he has done.

91. A.F. Johnson

After having 12 amalgam fillings removed from my dental work and replaced with resin fillings. One of the first things I noticed was a 'visual quietness'. For several year I would have times where I'll see blue and green spots in my vision when I close my eyes, like tiny flash bulbs. The most annoying vision issue that has been lifted is what I call "channel surfing affects" memories and thoughts would rifle through my mind as if someone was searching for something to watch on television. Now my mind and vision are like looking at a blank dark screen when I close my eyes. I haven't been able to experience this kind of peace for over 6 years.

Several other really noticeable changes are that my nervous system is trying to regain control over activities such as walking, standing, and hand manipulations. At this time balance, coordination and other muscular tasks are challenged but as of Oct. 19<sup>th</sup> 2012. I can feel and sense around 25 to 45% more ligament interactions during standing and walking activities in both ankles and feet

Food finally has flavor now!!

I first noticed that I was able to differentiate between types of onions, garlic, and chicken from turkey just to name a few. For the past 6 years I had just eaten to nourish the body, I had no enjoyment.

My saliva/mouth moisture has greatly increased. I discovered that I don't have to chew each and every bite 30+ times to get enough moister to swallow. My weight has gone up from 143 to 155 pounds in two

months; I am 100% certain this weight change is due to an increase in my body's ability to assimilate food better.

I finally have a real sense of smell. I can actually recognize up to 4 different smells at the same time. I have noticed this ability during a morning yoga workout as I perform a breathing exercise. I was able to pick up on scents of shrubs, grass, and mulch coming through my patio door. What had really amazed me was that I sensed my Air Purifier's Oil along with a scented candle; both were located over 10 feet away behind me in separate rooms.

Now as far as Relaxation & Sleep are concerned I have started to have the ability to sleep for periods of 4 to 6 hours at a time. I can honestly say that my Insomnia has diminished over 80% if not completely lifted after 6 years.

The ability to Concentrate, Coordinate, and to manipulate small items has been some of best skills. I had spent well over 30 years with the art of Multi-tasking and intellectual endeavors. To advance both my mental and physical being I would develop, sharpen, and advance my mental skills. To do this I will play several types of games. I play them for the strategies, and conceptual thinking that they offer. I play only one game of chance to exercise my will to mentally stick with something and not give in to quickly to frustration and mental fatigue. I have greatly increased my ability to play these games by a factor of 300 to 500% in the last 3 months.

On Friday Sept. 14<sup>th</sup> 2012 a true test of what has been possible after the removal of all the Amalgam fillings from my dental work. To really challenge my thinking skills I play a game called 'Demon'. The game requires a lot of concentration with multiple levels of planning, short term memory, and mental alertness while keeping track of the cards starting with the a randomly selected card that starts the top row of place holder slots for the four suits. Five cards are then turned over with the fifth slot holding a stack of 12 blind cards makes up the bottom row and playing from every other third card from a second stack of blind cards.

One would play the cards in ascending order (all of one suit) on the top row and at the same time, playing the cards in (alternating) color and suit in descending order on the bottom row until a card can be matched to its position in one of the four final suit stacks along the top row.

On an above average mentally thinking day I have won (1) out of 11 or so games.

Today I have played 5 games. It took slightly over 3 hours of playing and I was able to complete a winning hand of the game!!

I have not been able to complete this game without giving up from mental exhaustion in over 2-1/2 years!!

Playing this game is a true testament to what I have been able to do in the last 2 months since having the Amalgam removed.

I am 5'11", and used to have a 36" waist and weighted 220lbs, while being very athletic before being diagnosed with MS. My physical activities have tripled in the past 2 months. For the last 3 years I had found my abilities to do yoga diminishing quite severely. After the amalgam removal I am able to perform two 30min. sessions of yoga daily.

For the past month my Family and Friends have been asking me "why are you so happy? I have not seen you smile this much in a very long time." **I just tell them because I can!**

**92. Date: 06/07/00**  
**Name: Barbara**  
**56, White, Female**



**Experience since the removal of amalgam fillings.....**

Physical Symptoms

Alopecia  
Ataxia  
Blushing  
Dizziness-sometimes  
Fatigue  
Gum problems  
Immune system dysfunction  
Kidney damage  
Metallic taste  
Migraine headaches- occasional  
Numbness/tingling  
Salivation – excessive  
Tachycardia  
Thyroid dysfunction  
Urinary problems  
Vision loss

Mental Symptoms

Anorexia  
Depression  
Discouragement  
Insomnia  
Irritability  
Lack of concentration  
Loss of Self control  
Memory loss  
Schizophrenia  
Timidity

Results

Alopecia is gone  
Better coordinated  
No blushing  
Much less fatigue  
No gum problems  
Better immune and kidney function  
No metallic taste  
No numbness or tingling  
Excessive salivation is gone  
Thyroid is functioning better  
Depressive state is better  
No psychotic symptoms  
Social anxiety is much better

**93. Date: 03/01/00**

**Name: Vince**

**44, White, Male**

**Experience since the removal of amalgam fillings....**

Since completing amalgam removal and DMPS treatment my lower back pain is all but gone! My herbalist had told me every time I saw her for back pain that my kidneys were very low in energy. She would give me herbs for the kidneys with great relief to my lower back pain. I believe metal toxicity in the kidneys may have had very much to do with my back problems.

*continued...*

Since after just the first DMPS treatment I noticed significant improvement in lower back pain. I tested very high in mercury toxicity when a metals test was performed for me. My candida yeast overgrowth seems to be getting better with every day that goes by.

Thank you so much for doing the amalgam removal that you believe in. I am also a believer now.

Thanks again,  
Gratefully

**94. Date 02/17/00**

**Name: Yvonne**

**60, White, Female**

**Experience since the removal of amalgam fillings....**

Prior to getting rid of the greatest mercury problems, upper and lower right teeth; I was getting sluggish by 3-4 p.m. I have always been known for my limitless energy and never felt “tired” during the day – until the last several years.

Further, I had trouble sleeping when I did go to bed, regardless of the time. There was a “taste” of metal in my mouth.

After the initial replacement my energy level increased dramatically. There is now no metallic taste at all and I am sleeping well whether I go to bed early or late. I seldom fall asleep during movies or theater performances anymore.

I know I still have a ways to go, but I am thrilled with my progress.

P.S. Migraine headaches began about 2 years ago, coming about 1 or 2 times per month. I have not had one since the filling replacement.

**95. Date: 8/16/00**

**Name: Ann**

**48, White, Female**

**Experience since the removal of amalgam fillings....**

The removal of my fillings has given me more stamina. As a mother of 5 kids, there has been a noticeable difference in my energy level.

I think it will even be more noticeable when I get more DMPS treatments to remove the mercury on a cellular level and when all of the permanent dental work is in and my teeth have settled down.

I think a follow up in six months would give you a more accurate accounting of the real results.

**96. Date: 06/02/00**  
**Name: Carolyn**  
**64, White, Female**

**Experience since the removal of amalgam fillings....**

The most obvious change for me was the return of stamina and energy. I felt like my old self. However, as I went through the check list I also realized that irritability that I had associated with stress has all but disappeared. That realization makes great sense to me because the stress has not decreased.

**97. Date: 06/30/00**  
**Name: Connie**  
**48, White, Female**

**Experience since the removal of amalgam fillings....**

Within two weeks of having the first quadrant done, my mother noticed I was not clearing my throat as much as usual. I experienced almost immediately a lessening of my allergies. I'm not blowing my nose as much. I have not taken any antihistamines every day like I used to. The left side of the base of my head was less sore, even the day of the removal. My left temple was sore. There was a significant reduction in the amount of mucus my sinuses usually secrete. Then about two weeks ago, I realized that I hadn't had to take something for a headache for at least a week! There has rarely been a day in the last 10 years that I have taken Tylenol, Ibuprofen, aspirin, etc., for the daily headache I used to experience. In fact, that is why I have to rotate the remedies. I guess I build up a tolerance to them over extended use. All these changes have happened over the last 4 months. I am looking forward to the next round, when all the mercury is gone.

**98. Date: 10/07/00**  
**Name: Beverly**  
**52, White, Female**

**Experience since the removal of amalgam fillings....**

For the first time in my life, I can honestly say that after undergoing extensive dental treatment I am feeling well. Previously, I had gone through two regimens of dental treatment at two area dental schools. After the first, I was diagnosed with severe depression and began to suffer recurrent bouts of bronchitis. After the second, I developed acute anxiety and paranoia, a sclerosis of the cornea (shadow vision) which made it impossible to do any extensive reading, contact dermatitis (which prevented one from wearing jewelry), and severe pet allergies.

*continued...*

One year ago, I found that I was suffering from acute mercury toxicity. Several upper molars that had shattered around their mercury amalgams were replaced with more compatible materials. My mercury levels were reduced with DMPS IV's to a level where I can now take DMSA orally. I am continuing to take vitamin and mineral supplements and am still doing periodic liver-gallbladder flushes. Since beginning treatment with alternative medicine and biological dentistry, I have not had a single bout of bronchitis, I no longer suffer anxiety or depression, I am able to wear jewelry without breaking out and not only has my shadow vision improved to the point that I can now safely drive at night, but I can even sometimes read without my glasses- for the first time since 6<sup>th</sup> grade! My pet allergies are even a little better. My students no longer complain about my illegible handwriting.

We are about half way through the treatment program. I am very optimistic about my full recovery.

The AMA and ADA approved treatments I received almost ruined my health and my life.

**99. Date: 3/01/00**

**Name: Blaine**

**30, White, Male**

#### **Experience since the removal of amalgam fillings....**

I have seen a gradual reduction in many of my symptoms since I had my mercury/amalgam fillings removed.

These physical symptoms still persist: dizziness, fatigue, muscle tremor, numbness/tingling, pain in limbs, and weakness (muscle).

These mental symptoms still persist: discouragement and insomnia.

Food allergies are still some of my most troubling symptoms. However, they are not as severe as they were a year ago. Symptoms that are completely gone include chest pains and rashes. Also, I have much less brain "fog". I am still undergoing treatment to remove mercury from my body. I was found to be off the chart with mercury toxicity. Today, I'm having my last amalgam removed. It is very small. All the others were taken out late last summer and during the fall.

**100. Date: 02/01/00**

**Name: Benedict**

**66, White, Male**

#### **Experience since the removal of amalgam fillings....**

During this last year I have had all of my amalgam fillings removed, to include the replacement of seven crowns (six of which had amalgams underneath).

I **urgently** advise everyone to have the amalgam removed from his or her fillings and crowns. I have already witnessed substantial progress in my health. Along with chelation therapy, a substantially changed diet, and the use of diet supplements, I have experienced increased energy and the absence of illness (colds, flu, etc.). In my diet, I have essentially eliminated the use of sugar, sweets, white bread and refined carbohydrates.

**101. Date: 02/04/00**  
**Name: Judy**  
**45, White, Female**

**Experience before the removal of amalgam fillings....**

My mouth just doesn't feel good. I always have a bad taste in my mouth and my gums are always sore. I have been self-conscious of my teeth for years, sometimes to the point that I hold my face and lips in a position that makes me feel tense and headachy. I always feel tired, achy and down.

**102. Date: 12/19/00**  
**Name: Randy**  
**47, White, Male**

**Experience since the removal of amalgam fillings....**

Since the completion of removal of nine amalgam fillings and replacement of them with eight porcelain onlays and one composite filling. I have noted a distinct increase in energy. This has been through being able to work longer during the day, but also in having more energy during the day. I also seem to be able to recover more quickly from days of higher than normal physical stress. The only significant difference in my general lifestyle during this time period was the replacement of my amalgam fillings, which leads me to believe that this event was most probably responsible for my health improvement. I would note that both physicians whom I see, my general practitioner and my allergist had strongly recommended that for several years that I take this action. Testing prior to the procedure confirmed that I had a much higher than safe mercury level in my body. I am undergoing intravenous DMPS therapy to correct this.

Overall, I would recommend that all individuals consider removal of their amalgam fillings. The thought to consider is that there is definitely a potential for gaining enhanced health and nothing to lose.

**103. Date: 04/12/00**  
**Name: Sue**  
**57, White, Female**

**Experience since the removal of amalgam fillings....**

Last summer, after having a panorex x-ray of all my teeth, it was discovered that everywhere I thought that amalgam had been removed for health reasons, there remained significant amalgam in all of my thirteen fillings. I was then tested for mercury and was found to have a mercury level far higher than the acceptable score of three. The score I received for the Mercury Urine Challenge Test was an 87. At that time I began a program of detoxification that would coincide with the removal of existing amalgams. I had my blood tested in order to find the most compatible materials that should be used in the replacement of the fillings. After extensive consultation and testing he started removing them in October of 1999.

Since the removal of amalgam on March 7, 2000, I feel that there are significant changes in my overall health. I was diagnosed with Systemic Lupus Erythmatosis in 1979 so I have had a myriad of symptoms from fibromyalgia to chronic fatigue syndrome to arthritis. When I began treatment I noticed small improvements but also suffered from detoxification symptoms such as extreme fatigue and catching every common illness that was being passed around. But when I finally had all the amalgam removed I found that within two days arthritic pain in my hips disappeared. I also stopped dragging my right foot after

*continued...*

walking about one-half mile. Neuralgia in my right shoulder, hip and knee greatly improved and pain in the abductor muscle of my right leg also subsided. Trigger points in my neck and shoulder seemed to disappear also. They were so bad that in the past I received neural therapy to help alleviate the pain.

Another problem that I was experiencing that was almost completely ameliorated by the final removal was a zapping sensation in my right foot. The best description of this pain was a searing, caustic pain. It began at the base of my great toe and traveled up the instep. Last summer, when I began oral chelation, the pain was only in the joint of my big toe but as the detoxifying continued it traveled toward my ankle and into my heel. The intensity increased to the point that it was uncomfortable to wear shoes that pressed in the top of my foot. Even tennis shoes were uncomfortable; I had to wear them with the laces completely loosened. I also could not bend over without being jolted by a stinging, sharp pain in my heel.

During the last ten months since I began the detoxification program I have noticed many changes. In the beginning I was extremely tired and felt sick with flu-like symptoms. Long before I knew I had a problem with mercury I would wake up at night with hands so stiff that they were frozen with pain, stiffened in a robot-like position. The best relief for this pain was to hold my hands under cold water, something I thought was strange since I always used heat for aches and pains. I felt like I had a metal snake whipping through my body. In fact this was the imagery that I saw long before I knew anything about mercury toxicity. These pains have improved so much now that I only experience mild stiffness, if any. I am to take the Mercury Challenge test in a few days and look forward to doing so because the last three times that I have received the mercury chelator DMPS I have felt better both physically and psychologically. I can best describe it as a "lifting" of symptoms that have plagued me for years.

**104. Date: 07/24/00**  
**Name: Genevieve**  
**76, White, Female**

**Experience since the removal of my amalgam fillings....**

I thought that you would be interested in knowing that blood work taken just last week showed a 10-count drop in my lymphocytes. I have had an elevated lymph count for a long time.

Perhaps being mercury free is the reason.

And Yes, no one can tell where real teeth begin and artificial ones begin.

And I do not have a sore mouth.

Thanks for a great job.

**105. Date: 10/05/00**  
**Name: Gloria**  
**56, White, Female**

**Experience since the removal of amalgam fillings....**

All dental work has been pain-free.

Since the work a number of medical conditions have improved:

4. Anxiety and depression have eased and lifted.
5. Big improvement in ability to concentrate.
6. Big improvement in the pain and fatigue from the fibromyalgia and osteo-arthritis.

This has all come to pass since this dental work in spite of working a high stress retail management job with weird hours and great physical demands.

Thank You.

**106. Date: 06/14/00**  
**Name: Robert**  
**55, White, Male**

**Experience since the removal of amalgam fillings....**

Since the removal of 10 large amalgams and 2 toxic metal-based crowns, I noticed blunting of extreme peaks of “craziness” during rain and thunderstorms. Lowered barometric pressure caused mercury in teeth to give off more mercury vapors, which caused me to feel very crazy every time a rainy-weather condition occurred – since earliest childhood (50 years). However, daily manias continue unchanged.

Chlorella mercury cleanses (25-40gms/day) seem useful and gives “mind clearing” feelings.

I am glad that I had the mercury from my teeth removed. Actually, I read about mercury poisoning 28 years ago, when I worked briefly in the dental supply business, but several dentists said mercury amalgams were completely safe, and they refused to remove my mercury fillings.

**107. Date: 04/19/00**  
**Name: Daralyn**  
**52, White, Female**

**Experience since the removal of amalgam fillings....**

I began treatments to remove my mercury fillings in August of 1999. We completed the treatment by December 1999.

*continued...*

I would like to report the improvements in my health:

3. My energy levels are much improved as well as depression.
4. My mental abilities have improvement. I have more memory, clarity, and improved cognitive reasoning skills.

My level of mercury has decreased from 75 to 17 within 6 months.

I have done a great variety of healing modalities to improve my health. The removal of mercury is on the most beneficial.

**108. Date: 09/25/00**  
**Name: Daralyn**  
**52, White, Female**

#### **Experience since the removal of amalgam fillings....**

In the past 13 months I have been focused on “healing my body and spirit after my treatments from breast cancer.

Removing heavy metals from my body has been one of the main focuses. I need also to interject that changing the acid base part of my body, the chiropractic along with other modalities have all added to my increasing great health. My energy levels have greatly increased. My depression, fatigue, apathy, and grief have decreased to a point where I no longer identify with those emotions. My hair and skin are outward signs of my increasing healthy body.

If I were to tell “my story” to a group of cancer patients and offered them a checklist of what is essential to do in healing yourself, removing heavy metals (mercury) would be top on the list.

**109. Date: 05/16/01**  
**Name: Don**  
**51, White, Male**

#### **Experience since the removal of amalgam fillings....**

Prior to having my amalgam fillings removed and starting my treatments for mercury toxic, I had suffered with chronic health problems for over 13 years. I had been treated by numerous physicians and institutions (including Mayo Clinic). No one was able to tell me what was causing my problems until I had my amalgam fillings removed.

My insomnia was so severe, for thirteen years I could not remember ever reaching a deep enough sleep to even enable me to have a dream. My depression was so bad I was taking as many as fifteen antidepressant pills a day and I still felt horrible.

Thanks to the removal of my amalgam fillings. I am now sleeping and dreaming. My depression has improved dramatically, the hypoglycemia is just about gone and my hypothyroidism and fibromyalgia



continues to improve. I am finally starting to achieve a quality of life that I never thought I would see again.

*continued...*

Overall, I would recommend that all individuals consider removal of their amalgam fillings. The thought to consider is that there is definitely a potential for gaining enhanced health and nothing to lose.

**110. Date: 01/25/01**

**Name: Ruth**

**58, White, Female**

**Experience since the removal of amalgam fillings....**

I was experiencing extreme exhaustion. My chiropractor felt it stemmed from my mercury fillings. I saw my dentist and began the process of replacing all my fillings. The moment the last mercury filling came out my body relaxed and I lost a humming sensation in my body that I didn't even know was there. I now sleep better and my body is relaxed. Also, heart palpitations that had been plaguing me stopped at that moment.

As I have continued the process of removing mercury from my system my energy level is continually improving.

**111. Date: 10/20/00**

**Name: Vanessa**

**44, White, Female**

**Experience since the removal of amalgam fillings....**

I first came to you in March 2000 to have my amalgam fillings removed. Then, on May 30<sup>th</sup> we began the process. I had been suffering from cancer and was trying to rebuild my immune system in order to fight the disease. My doctor had suggested that I consider the procedure.

Though I have not had my immune system tested recently, I have noticed the following improvements in my health:

3. It has been approximately 5 months since the removal of my amalgam fillings. In that time period, I have noticed several changes in my health. Before the removal of the fillings, I had an almost constant metal taste in my mouth whenever I brushed or flossed my teeth. That is no longer the case. I now seldom have any hint of metal in my mouth.

4. Also, before the removal, I experiencing ringing in the ears and jaw pain which caused tightening of my jaw muscles. Now, the ringing in my ears has subsided and my jaw pain is much improved.

I attribute these improvements to the fact that the fillings have been removed.

**112. Date: 02/06/01**

**Name: Victoria**

**43, White, Female**

**Experience since the removal of amalgam fillings....**

The main difference that I have noticed since I had my amalgams removed is that I sleep much deeper and fall asleep early.

*continued...*

I was not lacking in energy before, but I can say that now I always have energy and can't remember a time recently that I have been tired.

In six months, I would like to update this, as I will be training for a race and hope that I can tell a difference in my aerobic abilities.

**113. Date: 07/11/00**

**Name: Judith**

**60, White, Female**

**Experience since the removal of amalgam fillings....**

In December 1999, my mercury count was 230. After removing all amalgams it is down to 52. I still have lots of swallowing (excessive salivation), hoarseness, allergies?, and TMJ. The pain in my upper back (osteoporosis) is gone, the sinus problems have diminished and teeth are beginning to settle down, although they are still sensitive to cold.

I also had trouble walking earlier, taking higher steps than needed.

P.S. I am very grateful!!

**114. Date: 06/01/00**

**Name: Jeri**

**76, White, Female**

**Experience since the removal of amalgam fillings....**

Symptoms of fatigue, low immunity system, insomnia and lack of concentration have reduced significantly. I'm confident my teeth are not adding more mercury! Because of my age, the mercury will take longer to clean out of my system.

I feel blessed to have been treated with the techniques used in biological dentistry.

Many thanks and God's blessing to all !!

P. S. As to my memory - - I FORGET!!

**115. Date: 09/06/01**

**Name: Catherine**

**49, White, Female**

**Experience since the removal of amalgam fillings....**

Four years ago my husband left college with no job or insurance, and the three of us moving back to my hometown to rent a small house from my mom. We also found dental care at a local college. Within thirty days of having six teeth treated with amalgam fillings I became depressed, angry and unhappy with a six-year marriage. At forty – my menstrual cycle was off, so I thought it must be hormone related. I purchased a book at a very reputable health store in our community, and that's when the healing process started.

*continued...*

Thinking I needed saliva testing, I called a lab in the appendix and they recommended a doctor in St. Louis. Well, he tested my mouth, but not the saliva. The result was a shocking amount of electric currents being produced by 12 molars – all with amalgam fillings, mercury. Reviewing my medical history provided a lot of insight. I had suffered with many illnesses associated with mercury poison, acne and rheumatoid arthritis to hyperglycemia and low thyroid (just to name a few). And now, it was a mental struggle to home school my son, run a home, stay active in church, maintain my appearance, control my anger and in general, just live life. My doctor did a hair analysis and a DMPS. My mercury level excretion was almost five times higher than normal. He also gave me lots to read and recommended seeing a dentist for mercury removal.

June 8:32, “And you shall know the truth, and the truth shall make you free.” Healing was going to be all three: Spiritually, mentally, and physically. I trusted the Lord to provide the dentist and the finances, since He had already lead me to a doctor. My husband and family were very skeptical, but I provided them with lots of information. I also talked to a couple in another state that had gone through this. Finally, my dentist discussed the plan for my mouth. I wanted to do it immediately, but that didn't happen. In the process of removing the mercury, the metal post in the two front teeth became infected and a root canal started giving me problems. They had to go, too!!!

It has been three years and we are just about complete with my mouth. It took supplements and dental work to fight and rid my body of all mercury. The healing did not come overnight, but I noticed changes in chunks. About every three or four months, I would think, “Hey, I feel better, I haven't been sick, depressed or yelled at anyone.” My energy level is high most of all, my husband and son have noticed an improvement. Exercise and a healthy diet have been a part of my life for over 20 years. I've weighed the same since high school, took first place in a bodybuilding contest at thirty and had natural childbirth at 41. But, little did I know that the run of the mill dental care was my enemy.

**116. Date: 11/08/01**

**Name: Dorothy**

**66, White, Female**

### **Experience since the removal of amalgam fillings....**

My doctor tested me for heavy metals and my mercury level was 40 and is now 6.4. It should be 3-5 at the highest acceptable level. I did a detoxification program (DPS) in conjunction with silver removals. I had psoriasis on my knees and elbows, which has nearly disappeared, and lessening steadily even with putting cream on.

I had a PH test and it was low, I was given information on how to eat correctly to bring the level up to the proper level.

When my local dentist removed fillings to put on crowns (one at a time) I would feel a pulsing sensation in my hips and thighs and at times down to my feet when near electrical appliances and even 15-20' away from the television. Finally, this would lessen slowly over a few months.

117. *Date: 11/08/01*

*Name: Mike*

*61, White, Male*

**Experience since the removal of amalgam fillings....**

My dental treatment to replace amalgam fillings was completed six months ago. Today I received from my medical doctor the results of a test to evaluate heavy toxic levels in my body and the test revealed that all metals, mercury, tin, arsenic and lead were now down to normal levels.

I have noticed a positive change in my ability to walk without pain and an increase of energy and endurance. It is now my hope that with the toxic metal levels down, my body will be able to fight the advancement of the scleroderma that has been the main manifestation of the high heavy metals in my system.

118. *Date: 10/03/01*

*Name: Barbara*

*57, White, Female*

**Experience since the removal of my amalgam fillings....**

My first mercury level (before amalgam removal) tested at 150 (very high). My second testing (after removal of amalgams) was 300. The seemed backwards to me, but my physician explained that it showed that the mercury was now coming out into my body (from chelation) and therefore, the reading was so high. I have not yet had further testing, but I expect it to be lower. However, I also expect that it will take quite awhile for my levels of toxins to get to something acceptable. I am OK with that, as long as things are going in the right direction.

It is very hard to measure and evaluate depression. I am still taking the lowest level of effexar, usually prescribed for serotonin replenishment. It is far too early to tell, but I have a hunch that I am less depressed. I am still very fatigued, but I also understand that my body is doing a lot of work in this healing and detoxification process, and this consumes a great deal of energy. My mineral analysis recently showed that my glandular exhaustion is also gradually recovering. The amounts are extremely low, but again, it is the new direction that is significant. I am encouraged and glad to be on the upswing, no matter how long it takes.

119. *Date: 10/06/01*

*Name: Chris*

*43, White, Male*

**Experience since the removal of my amalgam fillings....**

As a 43 year old male, I have become more conscious about my health. My wife and I had the debate about the effects of mercury amalgam. So, we elected to have the mercury replaced by a suitable and healthful alternative. While I did not have any noticeable health problems prior to the removal of the mercury.

I remain convinced that this was the right thing to do. Of course, psychologically, I feel good about taking positive steps to maintain my health.

**120. Date: 11/11/01**  
**Name: Gretchen**  
**44, White, Female**

**Experience since the removal of amalgam fillings....**

Since having the amalgam/mercury fillings removed from my mouth, I have experienced the following:

Decrease in:

8. Fatigue
9. Mood Swings
10. Depression
11. PMS
12. Feeling of overwhelm
13. Headaches
14. Body weight

Increase in:

6. Sense of well being
7. Ability
8. Desire to exercise
9. Clarity of thinking
10. Energy

I still must complete the treatments to remove the mercury stored in my body tissues in order to bring the mercury levels down into the “acceptable” range.

If I’m feeling this much improvement now, I wonder how good I’ll feel when my body is free of all mercury residues.

**121. Date: 06/25/01**  
**Name: Mike**  
**40, White, Male**

**Experience since the removal of amalgam fillings....**

Before going to my medical doctor and dentist I’ve had sinus problems and pressure in my forehead. My medical doctor told me to get my amalgam fillings removed. After doing this, I’ve noticed my bad breathe and the film on my tongue seemed to greatly improve.

With the help of my medical doctors treatment and my dentist removing my amalgam fillings my sinus and other problems are greatly improved.

**122. Date: 11/18/01**  
**Name: Pam**  
**53, White, Female**

**Experience since the removal of amalgam fillings....**

Last year, I was only able to “crawl” home from my nine hour a day job as a middle school teacher and collapse into a chair. Even a short period of rest before my evening activities could not improve my energy level or general health condition.

During the last week of school, I accidentally popped off a crown biting into a piece of caramel. Within two hours, my sinuses filled, my throat became extremely sore, and I spent the next two days in bed with “flu-like” symptoms.

I had my mercury fillings removed and one very decayed tooth extracted.

Over the course of the summer, my energy level improved dramatically! I spent the summer traveling across the United States, visiting friends and family, and looking forward to the next school year. When I was home, I was even able to help our middle son rehab a fifty year old home.

In addition to a twenty pound weight loss, I am now able to hike four miles at Queeny Park every day after school. I have been sinus-infection free for six months and am seeing changes in my sleep needs.

My colleagues and husband are amazed at the energy level I maintain, and at how much I can accomplish each day.

**123. Date: 01/16/02**  
**Name: Diane**  
**51, White, Female**

**Experience since the removal of my amalgam fillings....**

I began treatment to remove my mercury fillings in July 2001, completed the treatment by October 2001. I initially saw my dentist because I found out I had candidacies. I became aware that my mercury fillings were greatly contributing to my ill health. I am now free of candidacies and I feel the removal of all mercury from my mouth played a major role in my recovery. My health has improved remarkably, my digestion is much better and regular bowel movements are an everyday reality. I don't think my recovery candidias would have been so rapid if I had not attended to the removal of the heavy metals from my mouth.

I am very happy that I had this treatment.

**124. Date: 02/13/02**  
**Name: Debbie**  
**42, White, Female**

**Experience since the removal of my amalgam fillings....**

After my second quadrant removal, my friends and family noticed color returning to my face. I had always been pale, washed out. The things most obvious to me at this point are my emotions, energy level, and thought process. I am much more positive in my outlook, the little things that used to seem like huge annoyances, I now laugh off. Energy level definitely improved.

I feel like a caged bird that has been set free!!

Looking forward to optimum health and am optimistic that it is attainable.

THANK YOU

**125. Date: 03/18/02**  
**Name: Bob**  
**67, White, Male**  
**(12 silver fillings)**

**Experience since the removal of amalgam fillings....**

For some 6 to 7 years, I have had bad headaches almost daily. Now I have a headache only once or twice a week, and much less severe.

In the past year I have gone from 152 pounds down to 130 pounds. I have now regained to 138 pounds and climbing. My sinus problems have decreased approximately 50%. I have had mild depression in the past and that has improved probably 90%. I still have problems with arthritis, but am still seeing my alternative doctor for that problem.

My fatigue problems have much improved. I used to be exhausted by 11 am. Now I can keep going most of the day. My irritability problem has decreased approximately 75%, my sleeping soundness has improved approximately 50%.

Lastly, and best...I was plagued with ED. Now I am back to normal and the spouse is much happier, as well as myself.

**126. Date: 08/26/02**  
**Name: Annetta**  
**78, White, Female**

**Experience since the removal of amalgam fillings....**

I noticed metallic taste was gone after nickel fillings were out. My complexion was much better. I have much more energy, no more allergies or sinus problems.

**127. Date: 08/06/02**  
**Name: Becky**  
**40, White, Female**

**Experience since the removal of amalgam fillings....**

I had all my mercury fillings removed and though it was a big expense, I feel like it was a real investment in my health. I had the metal fillings since childhood and I had become aware of some of the dangers of mercury. I had a metal taste in my mouth which I no longer have. I was noticing a tremor in my right hand which is no longer there. My depression (along with therapy and anti-depressants) is much better. I have more energy and more of a desire to eat healthy and exercise. I have a more confident smile.

**128. Date: 02/13/02**  
**Name: Russ**  
**52, White, Male**

**Experience since the removal of amalgam fillings....**

A note of thanks to you and your Staff for your care of my dental needs that has improved my life. Since you removed most of the mercury from my mouth and two root canals, my life has changed drastically, (for the good).

I was having irrational thoughts and now they are gone. The color has returned to my face. My outlook on life is now. "nothing is going to defeat me." I am once again ready to face challenges that I used to avoid.

Thank you for your boldness to be forward with what you believe and do. You will be known as a pioneer of your day!!

**129. Date: 11/21/02**  
**Name: Mila**  
**65, White, Female**

**Experience after the removal of amalgam fillings....**

I came in contact with your office and staff when we were seeking a dentist to remove the amalgam fillings from my husband's teeth. He had experienced failing health for about 2 years, which several doctors could not explain. When friends suggested this might help we were eager to give it a try.

I was so pleased with his recovery that I elected to have my teeth examined. They discovered I had one tooth that was traumatized, probably due to an auto accident in 1988. I had some back pain once in a while before the accident, but never to the degree of pain after the accident. I had sought medical help to no avail. I have received chiropractic adjustments, on the average of once a month, over the past few years.

*continued...*



When I came to the dental office with my husband I read a chart pinpointing which tooth affected certain parts of the body. I realized if the injured tooth were extracted, there would be a possibility that my back would improve. On the day I had the appointment to extract the tooth in question, I was having severe back pain. To my surprise, the pain was relieved as soon as the tooth was extracted. That was October 8 and the pain has not returned.

In Psalms, the Bible states, “We are fearfully and wonderfully made,” I believe this verifies that scripture.

Thank you for all your help and support!

**130. Date: 10/14/02**

**Name: Sharen**

**47, White, Female**

### **Experience since the removal of amalgam fillings....**

I came to your office, diagnosed with allergies, depression, sleep apnea, fibromyalgia/chronic fatigue. I could only be up one hour at a time, due to the fatigue. I was in intense pain. I had itching all over my body, skin was really dry, even though I used lotion. I had brain-fog really bad. If I were asked a question it took me a while to process it. I couldn't concentrate on anything.

Since having my amalgam fillings removed, “I have a life”. I can walk 1 mile every day with out the fibromyalgia burn in my legs. I wake up at 8 am and don't have to take naps. I can sleep with out my c-pap machine, and even with the windows open! I have lost the deep deep horrible cough I had. I have a renewed interest in my hobbies. My skin is clear and doesn't itch anymore. I have a bounce in my step again – I'm in the process of weaning off my antidepressants.

I thank God constantly for answering my prayers. I “would” and “do” highly recommend having any mercury fillings removed. You and your staff have been wonderful. They “actually” care about you and it shows in how they treat you.

**131. Date: 12/13/02**

**Name: Albert**

**74, White, Male**

### **Experience after the removal of amalgam fillings....**

I had been experiencing extreme nervousness, unable to sleep (even with sedatives), loss of memory, weakness, etc. The doctor did a very thorough check up which included a heavy metals tests. The results showed a high level of mercury, cadmium and aluminum. The doctor suggested that all dental work be redone which included fillings, crown and partials.

It is now 7 months since the completion of the dental work. My strength is returning. I am no longer experiencing the extreme nervousness. I sleep well without sedatives, my memory has improved and my personality is much more normal. I was having difficulty taking care of myself, and now I can dress myself with help, take a shower, shave and brush my teeth – all without assistance.

*continued...*

My wife has noticed improvements in many areas, such as, vocabulary, attitude, interest in things around me and a longer attention span.

We are both looking forward to a time when all of the metals are at an acceptable level. We are so very pleased that there is no further experience of muscles twitching.

**132. Date: 11/07/02**

**Name: Debbie**

**39, White, Female**

### **Experience after the removal of amalgam fillings....**

A year ago I had overwhelming health concerns. I was exhausted every day of my life. Just getting up and getting ready for work, school, or whatever event was, to me, a major chore. That was doing the bare minimum. I had head to toe problems. There were headaches, and generalized muscle aches and pains. I had mental and visual fogginess, popping in my ears and choking/gagging sensations with meals. Did I mention a profound sense of fatigue?

Needless to say I was on antidepressants as well, to help with all these overwhelming, nagging, continuous, never-ending health concerns. And, believe it or not, I was doing better (a lot better) in that I had been treated by an environmental health doctor. A year into that, I noticed a flyer about Environmental Health Dentistry. Thank God for that, for it's been one year since I had all my amalgam fillings out. All of my symptoms have resolved or greatly improved. I no longer take antidepressants. I have more energy and resolve than I've had in 10 – 15 years. For that I am grateful.

Even through all of this, my faith withstood. Even when I talked negative, to flush the bad stuff out, I thought positive. One thing I am positive about is that I have the amalgam fillings removed. I'm positive there is a direct connection in how I was feeling then and how I am feeling and living today. I know I am better from it.

**133. Date: 06/26/03**

**Name: Nova**

**52, White, Female**

### **Removal of amalgam fillings....**

I am 52 years old. Before I had all the amalgam fillings removed from my teeth there were days that I would have welcomed death. I know that sounds like a strong statement, but, everyday I had a headache of some magnitude. They weren't normal. They felt like my brain was on fire. The headaches were a burning, stinging, throbbing, and the pain felt like it was shooting out of my ears with every heartbeat. I lived on decongestant and pain pills everyday. It appears that my sinuses were inflamed as well, because, my face also hurt. It was difficult for me to go to work and try to think. There were times I had to go home because of the pain. Sometimes it was so bad I had to have someone else drive me home.

Over time I became depressed, irritable. My co-workers and family gave me a wide berth so to speak. I also began having other physical problems. As I would flex my right foot upwards I got a pricking pain and I thought, "oh no, a heel spur."

*continued...*

On December 9, 2002 we took the mercury out of five teeth on my upper right side. Interestingly, when he had finished the last one that day, my right nostril started pouring out watery mucous and kept doing that for the next several days.

To my pleasant surprise I did not have a headache all the following week.

The heel spur sensation was 95% gone in a week and a half.

I was still getting headaches, but they only occurred about every 7-10 days and they were not as painful as the burning, stinging, throbbing, feeling like my brain was on fire headaches.

At my second appointment I had the amalgam fillings removed from teeth on my upper left side. I didn't notice anything physically different, but, my daughter called me that evening and remarked how good I sounded. She said, "Mom, are you sure you went to the dentist, you sound great!" I could only conclude that I must have had a real bear-like personality before.

As the mercury was removed from my teeth I kept feeling better not only physically, but, I noticed even my mental and emotions were better. I didn't realize how awful I had become.

Everyday I wake up I find it remarkable that I don't have a headache. It's so nice not having my eyes, cheeks, teeth, and jaw bones hurting along with those awful headaches. My heel pain gone completely. To add to that I feel so much better mentally. I can actually go to work and think straight. Plus I feel better emotionally.

I find it interesting how much calmer I feel. I'm not getting upset at every little thing that happens. Before I had any of the mercury removed I was so distraught that I just couldn't take life anymore. I wanted to quit my job. I didn't want to go anywhere, see anyone. I hurt so much that I couldn't and didn't want to cook or clean my house. In fact, I didn't care if I even got dressed.

I am so happy to report that now life is good!

I firmly believe that the improvements in my health are due to the removal of the mercury fillings because it is the only thing that has been done different in my health care.

**134. Date: 11/16/02**

**Name: Logan**

**32, White, Male**

### **Experiences after removal of amalgam fillings....**

First removal: Within 24 hours I felt I could breathe easier in terms of "getting more air" per breathe. Overall energy increased, sleep disorder cleared up, 24 hour cycle started to get back to normal and it remained so. Metallic and warm solution taste disappeared. Breath smell became better, plaque build up is reduced by about half, and better sensation and taste in mouth, more clear-headed. About 24 hours later, brain recalibrated – a loud radio/tv sound (very distinct) occurred and lasted for about 10 seconds. I knew it was readjusting as it happened. All of these positives have been maintained. I cannot think of any negatives.

*continued...*

Second removal: Like the first removal, but not as profound.

I'm very pleased with my results. Definitely recommended. Yes, in a heartbeat, I would have these (5) 12-15 year old silver/mercury fillings removed again. Even though, I was certain beforehand that most of the mercury had leaked and I had already endured 90 % of the potentially damaging effects from them.

**135. Date: 09/23/02**

**Name: Debbie**

**51, White, Female**

### **Life is so much better**

In August 2001 I went to what I call my 99<sup>th</sup> doctor. After a year under her care I started to feel much better, but I was still dizzy, fatigued, and had severe headaches and nausea. She then tested me for metal toxicity. The results were devastating with mercury the highest 300+, which is off the charts. She suggested I come to your office, and help was on its way. I had all of the fillings taken out of my teeth and the results are wonderful. Instead of having only 3 good days a month, I have only 2 not so good days a month. Life is much better.

**136. Date: 01/13/03**

**Name: Anne**

**57, White, Female**

### **Experience after being “Mercury Free”**

I am very pleased and relieved to have the mercury removed from my mouth. I believe strongly in the dangers associated with mercury and believe that several chronic health concerns I had been battling were exasperated by mercury in my mouth. After the first and most serious quadrant of my mouth was completed, I noticed a marked increase in energy. Subsequent quadrants did not produce results as dramatic but initial readings in these quadrants had been significantly lower so the detrimental effects may not have been as severe. I found **Dr. Rehme** and his staff to be pleasant, professional and compassionate and am very grateful to know be “Mercury Free.”

**137. Date: 01/07/03**

**Name: Anne Margaret**

**46, White, Female**

### **Experience after the removal of amalgam fillings...**

I began the process of “un-mercurizing” my mouth because I had concerns about the future of my health. Although I didn't have symptoms of anything dreadful – it was the worry that the mercury was a time bomb waiting to get me that prompted me to act. The differences I experienced are small – more energy is one. The biggest one is peace of mind and a feeling of well-being – knowing that I am actively pursuing a life of health. I took a stand for myself!!

**138. Date: 02/12/03**  
**Name: Michelle**  
**50, White, Female**

**Thank you ...**

I want to thank all of you for the wonderful treatment I have been given over these past two months while having the mercury fillings removed from my mouth and having them replaced with non-toxic crowns. I was first impressed with the explanations and educations that preceded the dental work. You took the time to truly educate me about the reasons why this procedure would improve my health. Secondly, the procedure was not nearly as taxing as I had expected. All of you worked slowly and carefully, frequently stopping to see if I needed a break or if you could do something to make me more comfortable. You couldn't have been more thoughtful and caring. Finally, the results of the procedure are amazing. Prior to the procedure, I had been experiencing a great deal of back pain and I had seemed to reach a plateau in the treatment of the problem. Almost as soon as the mercury was out of my mouth, my back problems were resolved. It is still hard for me to believe how much better I feel! I now sleep better and have more energy because of not having to cope with chronic pain. And it just feels good to know that my mouth (and therefore my whole body) is healthier.

Thanks to all of you for your commitment to the health of your patients and for the friendly and caring was in which you offer service. I'm glad I was referred to you and I will recommend you to others.

P.S. Feel free to use this letter as a testimonial to encourage others who might be considering having this procedure done.

**139. Date: 02/24/03**  
**Name: Judith**  
**62, White, Female**

**Thank You for all your help....**

For several weeks I have wanted to write and share the good news of my renewed energy. I am convinced it is related to the careful removal of mercury from thirteen teeth you and your staff accomplished. Let me share some of the differences I'm experiencing.

Three years ago I met an alternative doctor who recommended I see **Dr. Rehme** for an evaluation. At that time my mercury count was 230. I was unfocused, lacked energy, experienced many sinus infections each season, sore throats were common, upper back pain and pounding headaches added to my discomfort. I felt I was losing my mind and often lost my balance, walking in odd ways, almost feeling a "disconnect" between my legs and the rest of my body. I was dropping things, forever forgetting where I put things, etc. The simplest tasks seemed impossible.

When I had mentioned to my former dentist that I was concerned about the mercury he trivialized my fears and assured me there was nothing harmful in mercury fillings. I wondered where I'd be today if I had listened to him?

*continued...*

After your evaluation and subsequent replacement of all thirteen fillings, I have noticed a remarkable change in myself. Recently I have given presentations to group (50-60 people) with a minimum of anxiety, being able to focus and sustain thought patterns in questions from participants. I could not do this three years ago when I first began this process.

I also feel positive energy rising within me, something that had been so depleted by effects of the mercury poisoning. My attempts to compensate for the inability to focus led to extreme exhaustion. Now I find energy increasing as I research a topic, follow through in creating novel ways to present an idea, and do all the administrative task needed. An example of this new energy took place this past Saturday, when I met with 60 School Sisters of Notre Dame to discuss the topic: "The Lewis and Clark Expedition as a Metaphor of the Motherhouse Renovation." It was fun, energizing for the sisters, and gave them much food for thought. As the end of the presentation I felt their positive energy and have been invited to return and explore the topic further.

My primary ministry is that of Spiritual Direction and my office is a Maria Center, St. Louis. Before my treatment for mercury poisoning, I was beginning to feel unable to continue this ministry. It demands careful attention to the feelings under the statements an individual might make and the ability to reflect back what the person has said and where the Spirit might be leading. Due to the exhaustion and pain I previously felt, it was a constant battle to stay present to the individual. In a previous instance of consulting a medical doctor, I had been told I would probably be on tranquilizers for the rest of my life. Thank God I sought another opinion.

I realize that my recovery has also included a change in diet and nutrition, greater fidelity to exercise, (walking and yoga), more rest, focusing less on a filled calendar than times for Shabbat rest, and a steady diet of good reading, good music, and good friends. I am no longer trying to handle difficulties alone, toughing it out as I had done before, but being a vital part of my parish community, my religious community, and my broader Franklin County community. Quality time for prayer and solitude are a "must" for the kind of ministry I offer and I honor that reality more than ever before. I continue to see a chiropractor whose philosophy supports my own.

As I consider how I've changed over the past three years I must admit it was a difficult road at times. I would receive chelation from my alternative physician, feeling depleted of any energy at all and then often come to your office for dental work. Sometimes I would drive home wondering if I could do it. But both your staff and the physician's were so supportive and affirming. I remember how Melissa gave me pointers, and your willingness to listen to my fears and anxiety without judgment. That kindness kept me coming back and seeing the process through the end.

Finally, this whole process has taught me how threatening your approach must be to the ADA. Only once did I receive a prescription for a drug. Tylenol with codeine, after an especially difficult removal process. Yes, the initial cost was expensive and I wondered if my community could afford it. However, when I look at the benefits I see the whole process as an investment in better health in the future. I wonder what disease might have developed in me due to the mercury poisoning. MS, cancer, etc? The whole experience has made me even more a believer in alternative medicine.

To say I am grateful is an understatement. You have given me my life back and I will never forget your professional expertise and your personal kindness. The "Lazarus" in me says THANK YOU.

**140. Date: 06/03/02**

**Name: John  
67, White, Male**

**Experience after removal of amalgam fillings....**

Since the removal of the mercury from my teeth, I feel better, more energetic, better disposition, walking better, less nervous, and an over all wellness feeling.

**141. Date: 03/19/02**

**Name: Laura  
49, White, Female**

**Experience after removal of amalgam fillings....**

I had all my old mercury amalgams removed in 2001, for health reasons. I've had neuropathy in my feet, and still do. This condition has not improved, as yet. We don't know if it's a circulation/lymph problem, or toxins still in my system. But after learning about what mercury fillings can do to your body, I'm glad I had them removed. I hope in time, my body will respond. I also wanted to thank you and your staff for their fine work and caring attitude.

**142. Date: 03/18/02**

**Name: Miriam  
48, White, Female**

**Experience after removal of amalgam fillings....**

Although the mercury removal is only part of my recovery program. I have noticed some physical changes. My body temperature seems to be warmer. The hair has grown back where it had receded around my hairline. I no longer have that metallic taste in my mouth. My vision has become less blurred. The numbness in my back is gone. My bowel movements are more formed and my periods are shorter. With the first quadrant removed, I felt very light, like a big weight had been lifted off me.

**143. Date: 03/12/02**

**Name: JoAnn  
62, White, Female**

**Experience after removal of amalgam fillings....**

I am feeling fine and I believe I have more energy. My arthritis seems to have improved.

**144. Date: 06/18/03**

**Name: Lisa  
42, White, Female**

**Experience after removal of an amalgam filling....**

I did not notice any difference after having my amalgam filling removed.

**145. Date: 06/12/03**

**Name: Leslie**

**49, White, Female**

**Removal of amalgam fillings....**

I was referred to your office for the removal of my silver (amalgam) fillings as part of a preventative approach to better health that my physician had prescribed. We are working on cleaning candida and metal toxicity from my system. Since the removal of my fillings I have noticed that I have much more energy, clearer thinking and surprisingly, relief from chronic pain in my left shoulder and elbow. The relief in my shoulder was felt immediately after my office visit. I am a massage therapist and have been amazed at the number of clients I am not able to work on with absolutely no discomfort. I also began testing this by playing 18 holes of golf (I normally would have to take a Vioxx before playing). I was amazed. No more pain!!!! I haven't needed medication since the removal of my fillings.

**146. Date: 10/28/03**

**Name: Marie**

**51, White, Female**

**Removal of amalgam fillings....**

As Christmas 2002 approached I had been ill for months but I was feeling even worse. I thought it was due to the holiday's but, after the first of the year, when I expected to "get over" all the extra busy-ness, I continued to feel sicker and more exhausted.

In February an acquaintance told me of a doctor she thought might be able to help me. I called the doctor and as I began listing the symptoms I was experiencing she interrupted me and said that she thought I had heavy metal poisoning. She ordered a test which showed toxic levels of mercury. She said the most likely source of the mercury was the "silver" fillings in my teeth. The pieces were beginning to fall into place. I had had an amalgam filling replaced in early December, just before my health problems became worse.

After complete removal of my mercury fillings in August 2003, I was feeling better than I had in over a year. As each quadrant was completed I felt a little better. Some of the improvement may be due of treatment of some other medical problems but I do know that when the last mercury was removed from my mouth I was able to do things I couldn't have done several months earlier. Family and friends all noticed the dramatic change. By the end of August I had improved from not being able to take care of myself to being able to take care of my daughter and her family when she experienced some health problems.



147. *Date 02/01/04*  
*Name: Nancy*  
*60, White, Female*

**Removal of amalgam fillings....**

In March of 2002, after several months of chest pain, shortness of breath, pressure in my neck and heart palpitations, the cardiologist diagnosed me the Pulmonary Hypertension. His idea of treatment was to put me on blood thinners for the rest of my life. Since he had no interest in finding what caused this condition, I knew I had to find out on my own. My research pointed to mercury poisoning. I began a program of detoxifying the mercury from my body with herbal supplements and acupuncture treatments. After a few months I was strong enough to begin removing the mercury amalgam fillings from my mouth. I am now completely symptom free with great energy and vitality back to what it was many years ago. The so-called incurable pulmonary hypertension healed with the removal of the mercury from my body.

148. *Date: 09/14/03*  
*Name: Malia*  
*45, White, Female*

**Removal of amalgam fillings....**

I had been hearing and reading about mercury toxicity as a result of dental amalgams. Since I had quite a few dental amalgams, I chose to have them removed and replaced with something more “body-friendly.”

Less than a year after having all of my amalgams replaced, I became a patient of an alternative physician and received a DMPS IV treatment. Pre and post urine collections yielded the following results:

Pre-DMPS urine sample	0.6	with reference range (Reference range<3)
Post DMPS urine sample	24.0	exceeds twice the maximum expected level

As a result, I will undergo at least 4 more DMPS IV treatments to attempt to rid my body of mercury.

In addition to mercury, prior to removing and replacing all of my dental amalgams, I had a consistently “stuffy” left sinus. I now breathe freely through both sinuses.

149. *Date: 01/06/04*  
*Name: Robert*  
*58, White, Male*

**About 3 years ago:**

Three years ago I had all mercury amalgams removed and replaced by composite overlays. The amount of mercury in my system did not decrease (actually increased – tested by my regular physician in 2002). However, I definitely feel much better since the amalgams were removed. I used to have constant generalized pains in my jaw, teeth and gums, with blackish grayish color to my gums. All pains have gone and I feel healthier since the amalgams were removed. I was originally skeptical about the removal. My primary care physician was treating me with thyroid medicine for manic depression and referred me to your office. Removal of mercury seems to lessen my manic peaks by lowering

*continued...*

barometric pressure” effect to the mercury. I am currently taking DMSA (post three months) to eliminate accumulated mercury in my body. It definitely seems to be helping. I will be retested for mercury toxicity after four more months of DMSA.

In conclusion, I am quit happy with the removal of all my mercury fillings.

**150. Date: 02/02/04**

**Name: Ann**

**45, White Female**

**Since the removal of my amalgam fillings:**

My uncontrolled sugar cravings disappeared. The heaviness in my chest disappeared and I was also overweight. I was diagnosed with depression. I did not respond to medication. I knew these were depressive symptoms of high mercury, nickel and tin in my system, and also other things mimic depression the disease. I am a “better” person for having my amalgams removed.

**151. Date: 08/20/03**

**Name: Carol**

**48, White, Female**

**Removal of amalgam fillings....**

I want to let you know the removal of my old fillings has certainly helped my overall health. My allergy symptoms are now minimal or non existing. I feel sure the dental work contributed a lot to this. You and your staff were always professional and caring throughout the many visits.

**152. Date: 09/15/03**

**Name: Joan**

**54, White, Female**

**Feeling Great....**

I am so glad that I have had all mercury removed from my mouth. Before that happened, I took a test that showed I had a very high mercury content in my system...and I have had cancer. So I was ready to have it all removed.

The main thing I felt was a lot of new energy that I had not experienced before. Fatigue that I had had disappeared, and I felt extremely energetic, and I felt very well. I highly recommend the removal of all mercury from the mouth, as it is a poisonous toxin in our bodies that can lead to illness.

**153. Date: 11/19/03**  
**Name: Laurie**  
**43, White, Female**

**Removal of amalgam fillings....**

Just a note to let you know that since removal of a mercury filling, December 2002, I've done great.

Prior to removal, I always had a chronic C1 subluxation causing upper neck pain. That no longer occurs. Also, my insomnia has improved. Thanks for your help.

**154. Date: 04/20/04**  
**Name: Kathy**  
**51, White, Female**

**Removal of amalgam fillings . . .**

For 10 years I have struggled with a variety of symptoms that would fit into a seemingly endless list of causes. Among these that most affected my quality of living were: blood pressure enough to cause headaches, nausea and a kind of stupor, weak and aching muscles, any kind of exertion would result in generalized weakness and increase the force of my heart contractions to an uncomfortable level, GI disturbances (gas, bloating, constipation), sugar craving, rashes on my chest and legs, edema that would change my belt size 2 notches overnight, metallic taste, 2 abscessed teeth, food allergies, swollen eyelids upon waking, a constant "sleepy" feeling and a general depressed, bitter attitude.

Allopathic medicine has its place but offered me little more than the knowledge that all my blood work is "fine" and a wide assortment of antidepressants. The proverbial door slammed shut, but that allowed the door to natural healing to open. With help from more directions than I can count, over the next 9 years I addressed my liver, adrenal glands, kidneys, parasites, yeast, intestinal tract, diet and emotional and spiritual issues (the e & s issues actually had a 9 year start). My regime was not perfect but in my opinion, I was doing enough stuff "right" with life style changes, supplements, unloading emotional baggage and increased spiritual awareness that I shouldn't still be feeling so marginal and sometimes down right nasty.

Then, the door to therapeutic essential oils opened, followed by the urgency to remove the **metal** from my teeth (which, up until now I had ignored, sad to say, due to expense). This was the clincher! For the last 6 months I have been on a radical cleansing program (physically and emotionally), the last 12 months on which have included the dental work. ie -for me the key to health, I have finally discovered to detox, detox, detox - - all aspects of my being. I suppose I'll be cleansing until the cow's come home, but IT'S WORKING !

It's nice to awaken in the morning free of a headache and be thinking "It's going to be a beautiful day!"

155. *Date: 03/29/04*

*Name: Jeff*

*47, White, Male*

**Removal of amalgam fillings . . .**

I had neck and shoulder pain with limited movement related to arthritis in my neck vertebrae. After the removal of a gold crown and amalgam filling remnants, I started feeling relief while I was still seated in the dental chair. Now I have no shoulder and full movement. Now I only have a very slight feeling and stiff neck from arthritis. I think I am 90% better after the dental work.

156. *Date: 08/17/04*

*Name: Vernon*

*72, White, Male*

**Biologic Dentistry....**

My husband Vernon suffered a stroke following spinal surgery in December 2001. He could not comprehend the spoken word, nor speak correctly. His blood pressure was high and unstable. Biological dentistry was recommended by one of his doctors. After much research we found your office.

Vernon is now able to communicate much easier as well as having his blood pressure under control while taking much less medication.

157. *Date: 10/27/04*

*Name: Jeff*

*47, White, Female*

**Amalgam Removal...**

Six month ago I had all my amalgam fillings removed. I had immediate relief from my chronic neck/shoulder pain (90%). Now I would say I am at 95% and have many days without even thinking about it.

Thank You.

**158. Date: 12/01/04**  
**Name: Christa**  
**56, White Female**

**Amalgam Removal...**

I am delighted to share my experiences relating to the removal of thirteen amalgam fillings at the dental office.

When I was diagnosed with breast cancer in June 2004, I began a prayerful quest to educate myself on the effects of toxins in the body, especially mercury. I was able to make an informed decision to have the amalgam removed after surgery in August 2004. My alternative health practitioner highly recommended having the mercury removed and I am now pleased to be in the position to concur with her assessment wholeheartedly.

From the first moment I entered his office to the end of the extensive treatments, I was impressed that everybody was truly professional, competent, and caring at the same time. To my amazement, even the five-hour sessions to prepare my teeth for crowns were filled with laughter and passed quickly. Moreover, following the doctors instructions (like avoiding vitamin C but adding chlorella before treatments) aided my healing process, and I never had pain after the anesthetics wore off. His work was very precise, and he did not take short cuts at my expense.

Today, a month after my very last tooth of a total of thirteen teeth was crowned, I feel better than I have felt in years since the chronic fatigue and brain fog are gone. I have lots of energy and better mental acuity ( I even passed my Illinois real estate exam since the last appointment). Due to the modern techniques and equipment used in the office, I did not experience any ill effects after the treatments.

I attribute my improved health solely to the grace of God; it is He Who allowed me to find the right people in order to make necessary changes to eliminate toxins from my body and strengthen my immune system by adopting healthy eating habits and losing the excess weight. This office and staff are part of that wonderful group of people, and I am very grateful to you for the excellent work and care you provide.

God Bless!

**159. Date: 01/25/05**  
**Name: Ivan**  
**58, White, Male**

**Amalgam Filling Removal....**

Before I had the metal's removed I had all kinds of sinus problems. Since they are gone the sinus problems are nil – one year later.

**160. Date: 09/28/04**

**Name: Sue**

**72, White, Female**

**Amalgam Removal....**

I am a 72 year old female who was referred to this office by a preventive medicine doctor. I had a severe medical problem, Candida, and had trouble getting a permanent cure. I did my home work and found that my mercury fillings were keeping my immune system working full time to rid my body of those poisons and there was little or nothing left for the removal of the Candida or any other medical problems.

In early 2003 I made an appointment with your office and was tested and found I was in fact leaking out much mercury with each and every bite I took.

During the removal of these toxins I made a casual comment that I had lost the use of my left arm to a great extent and woke up every time I turned on my left shoulder because of the pain. The doctor asked if I had injured my arm in any way. When I said "NO" he and his assistant both turned and looked at the tooth-organ chart. One of my root canals was in the very tooth and chart showed governed my left shoulder.

The work on my mouth has been completed. I had all of the metal in my mouth removed as well as the two root canals I had. The end result was my Candida is 99% cured and I have a left arm that is totally useful and not longer pains me. (I never dreamed that would happen). I also have a beautiful "perfect" set of teeth. I now look forward to many more healthy years. I would do it again in a minute.

**161. Date: 10/20/04**

**Name: Jeff**

**47, White, Male**

**Amalgam Removal....**

Six months ago I got immediate relief from neck/shoulder pain – 90%. Now I would say 95% and go through the day many times without even thinking about it. Thank you!!

**162. Date: 11/23/04**

**Name: Susan**

**56, White, Female**

**Amalgam Removal...**

Life has improved so much that it is hard to remember what it was like before.

I still need 8-9 hours of sleep most nights, but I no longer need a 2-3 hour nap every day - I no longer need 20 minute cat naps every couple of hours.

I go weeks without headaches instead of days. I can focus and retain much more information I don't catch every cold I'm exposed to – I haven't had any bronchial infections or yeast infections – they were chronic before.

As I approach my sixties I definitely feel better than I did in my thirties.

**163. Date: 11/04/04**

**Name: Mari Louise**

**54, White, Female**

**Amalgam Removal...**

I began researching holistic and biological dental care about 5 years ago and was amazed and appalled at what I discovered.

I knew I wanted to have my 14 amalgam fillings removed, but by whom?

I interviewed and visited 4 dentist who claimed to know about metal toxicity and proper removal but didn't practice what I had been reading about.

Then I found your web site on holistic dentistry. What a discovery.

Every criteria of what I'd read, he practiced and then some.

I had all my mercury removed (a long process) in the safest, least traumatic way. Though my health was good before, I feel it had improved with increased energy, better mental clarity, and most importantly, the knowledge that I have improved my over-all health for the rest of my life because I have removed the toxic metals from my mouth and system.

I have encouraged my family to do the same – hopefully they'll be as convinced as I about the dangers of what we use in our dental care.

Thank you and your staff for educating the public about this health hazard and for all your wonderful care.

**164. Date: 01/25/05**

**Name: Linda**

**52, White, Female**

**Amalgam Removal...**

I am so grateful to have found successful treatment through your biological dentistry. On August 3, 2004, I had two mercury fillings removed from my molars. I'd had some mercury fillings as long as 45 years. The dentist did not use all precautions in removing the mercury – or else my levels were already high from leaky fillings. Twelve days later my vision went double and my balance was affected so that I couldn't walk well.

Doctors were baffled. They thought it was MS or a brain tumor or a palsied optical nerve. But I continued to deteriorate until my speech became slurred to being almost unintelligible, I couldn't walk with out assistance, my ears rang so loudly I couldn't hear, I had excessive salivation, could not longer write, eyes no longer focused, I was confused, had no short term memory – I was a MESS. Driving was out of the question! Tremors in my hands and motor co-ordination was an issue. I got to the point where I had trouble swallowing/breathing. No one knew why. Several doctors said it was just old age. A few weeks earlier I had been training for a marathon and did yoga regularly.

*continued...*

I finally found a holistic physician that suggested that I probably had mercury poisoning. She began chelation and sent me to your office for mercury removal.

You began by removing two teeth with root canals. One of which contained mercury. My breathing improved immediately!!

After 3 sessions of mercury removal, I found I improved dramatically with each treatment. In early December 2004, I could again walk alone with out assistance. My hearing returned and motor co-ordination improved. By Christmas I took off my eye patch.

Thank You so much for your safe dentistry. I am about 95% better, 100% mercury free and getting my life back- THANK YOU.

**165. Date: 8/15/01**

**Name: Thomas  
30, White, Male**

#### **My experience since amalgam removal.....**

I started the removal process in Jan '01 and had the final teeth done in Apr. '01. I have noticed more energy in the months since removal. Some other symptoms that removal has helped: mental clarity, shoulder & neck pain, anxiety, and my mood has gotten better.

**166. Date:**

**Name: Ellen  
46, White, Female**

#### **Amalgam Removal...**

My overall health has improved since I (you) removed all the metal from my mouth. The only regrets that I had was waiting so long to do it, my sisters and mother did it 2 years earlier. Fear kept me from having all my teeth redone. I guess I wasn't sick enough. My health has steadily improved over the 18 months. It is my belief that sucking on mercury all day long can cause serious health problems. I also, besides the added energy, have experienced my brain is working much better. I had problems with my memory. I could read but remembering was difficult. The only way that I could remember anything was to do it 10 times over and over again. I drove my co-workers crazy with asking the same questions over and over again. Now I can remember what I read and catch on quickly.

I believe that having my teeth redone has been a big part in an overall well-being and vast improvement in my health.



**167. Date: 2/7/05**  
**Name: Daniel**  
**38, White, Male**

**Amalgam removal.....**

It has been about a year since I had all the mercury fillings removed. Since then, I have experienced a reversal of several long standing medical problems. I have experienced a great lessening of allergy symptoms – I no longer need to take allergy shots. Also my moods have greatly improved. With optimal nutrition and further work, I hope to see even more improvements.

**168. Date: 5-19-05**  
**Name: Shirley**  
**42, White, Female**

**Amalgam removal.....**

This is my personal testimony regarding the benefits I have received since having some dental work done with **Dr. Michael Rehme**. Twenty years ago I had 6 crowns with metal racks placed on my upper front teeth. In the years which followed I began to experience a multitude of symptoms including a vibrating, buzzing sensation in my gums, a metallic taste in my mouth, periodic ringing in my ears, and extreme fatigue. When my crowns were removed I had an immediate surge of energy all over my face. It felt like a weight had been lifted off me. Since then, I have had no further buzzing sensations, no metallic taste, and no ringing in the ears. My energy level continues to improve. Thank you **Dr. Rehme** & staff for the great work!

**169. Date: 5-2-05**  
**Name: Pamela**  
**31, White, Female**

**Amalgam removal.....**

I came to **Dr. Rehme** to get my old (metal) fillings out because I was very sick and I hoped this would help me get better. I was losing weight very quickly, my muscle had wasted away, I could hardly stand up. My whole body hurt and I had a very difficult time breathing. After having the fillings removed I slowly began to get better. I started seeing a doctor who found that the fillings had caused my liver to stop functioning properly. I was in very bad health. Since having the fillings removed and getting nature treatments from my doctor and a whole lot of prayer, I am doing so much better. I am gaining the much needed weight, I feel better, think better, look better! I know having **Dr. Rehme** remove the fillings was the right move. If I had not had it done I am not sure I would still be alive to raise my four wonderful children. Now my body can continue to heal without any poison in my mouth. Thank God! Thank you **Dr. Rehme** and his wonderful staff.

**170. Date: 8-18-05**

**Name: Mary  
69, White, Female**

**Amalgam removal.....**

Since having all the metal removed from my mouth I am experiencing better health. I have not had any visits for over a year to my regular physician for gastric distress (gall bladder?), vertigo, or bloating. Also, frequent back aches have disappeared. No regrets whatsoever and am looking forward to continued wellness.

**171. Date: 10/05/05**

**Name: Ryan  
20, White, Male**

**Amalgam removal.....**

My son Ryan had 5 amalgam fillings removed July 2003.

He is now in his 3<sup>rd</sup> semester of college Oct. 2005. Before he had his amalgams removed he had anxiety and brain fog and emotional stress. I do not believe in using psychotropic drugs. So I did a lot of research on the internet and found **Dr. Rehme**.

After having his amalgams removed I used a lot of nutritional supplements and natural products on him (essential oils). He improved tremendously. His outlook on life has greatly improved and he has been able to be in college for 3 semesters. He is also in the Honors program at the university he attends. I am so glad we found **Dr. Rehme**. He has been such a blessing. I was afraid Ryan would not be able to attend college because of his health problems. **Dr. Rehme** knows what to do and is very professional in removing mercury amalgam fillings.

**172. Date: 1/05/06**

**Name: Emily  
31, White, Female**

**Amalgam removal.....**

Symptoms before filling removal:

Dizziness, adrenal fatigue, depression, no hormonal production, no sex drive, headaches before it rained, cold sores on mouth, IBS, cold body temperatures, weight gain around stomach, excessive sweating while working out, tingly on backside of head, panic attacks, feelins of my house would be burned down when I got home, socially shy, avoided any social situations, irritable, down right mean, couldn't concentrate, environmental allergies, suicidal thoughts, and really didn't care about anything or anyone – I couldn't laugh or smile.

Immediately after I had my first huge amalgams removed I felt a surge of energy shot through my body and I wanted to run and dance. I felt immediately better. It was the most amazing feeling to have such a burden lifted off me. The next month I had the little ones removed, and within a month I was the same person I was before I got the silver fillings.

*continued...*

Almost all my symptoms are gone. I now can function in society. I say hi and smile to people on the street I don't know. I no longer think my house is burning down and I haven't gotten a cold sore, any fall allergies, or headaches before it rains.

I had my thyroid and hormones tested via saliva. To my surprise the only thing that was off was low progesterone production in which I had gotten natural hormone replacement for and I feel like I am 16 again. I am hoping after a few months my body temps will be normal again.

I went into **Dr. Rehme's** office with no one – I mean no one – believing me. I want to thank **Dr. Rehme** and his staff from saving me from this huge burden that took over me.

**173. Date: 02/13/06**

**Name: Susan**

**64, White, Female**

#### **Amalgam removal.....**

I was referred to **Dr. Rehme** by Dr. Simon Yu because there was evidence of mercury toxicity in my system, plus I had suffered from TMJ for several years after repeated root canals. After a very thorough exam and subsequent discussion, we agreed the best step was to have **Dr. Rehme** remove all the metal fillings in my mouth. Although the task was daunting, **Dr. Rehme** and his staff made the arduous hours virtually painless.

It has been a year since the work was completed. My energy level has greatly increased, as Dr. Yu surmised it would. My TMJ, while not 100% eliminated, has been diminished so greatly that it flares up only occasionally.

I have referred a number of friends and professional associates to **Dr. Rehme**, particularly because he believes in "whole body health" and the relationship between dental health and total physical well being. We've known for years about the interplay of body functions (and parts!) but very few medical professionals have the courage and dedication to put this knowledge into practice everyday. **Dr. Rehme** does and I am grateful to have found him.

**174. Date: 02/21/06**

**Name: Donna**

**48, White, Female**

#### **Amalgam removal.....**

Prior to having two amalgam fillings removed and replaced with nonmetal fillings I was experiencing headaches on a consistent basis. After having only two new fillings done, the headaches went away for three weeks straight. Now I only experience them once in a while.

**175. Date: 04/22/06**  
**Name: Willie**  
**60, White, Female**

**Amalgam removal.....**

Thank you, **Dr. Rehme**, for helping me improve my health. When I first came to talk to you about removing my amalgam fillings, I had many problems. For years, I had been trying everything possible to regain my health, from acupuncture and chiropractic, to exercise and healthy eating habits. While all of these things helped, I still felt there was something missing. After reading about the dangers of mercury in amalgam fillings, I knew in my heart that that was the missing link.

When I first saw you, I was underweight, extremely fatigued, foggy headed, chemically sensitive, and had many digestive problems including IBS. After the first quadrant was completed, my mouth felt much lighter in that area, but there was no health improvement. But, after the second quadrant, my appetite improved dramatically and I gained 10 pounds in two weeks! Then, it leveled off and by the time the third quadrant was completed the same thing happened again with improved appetite but not as much weight gain. After the final quadrant was completed, there was no dramatic change. Instead I seemed to gradually improve in many ways. My mind became clearer and I could make plans for days in advance instead of walking around in a fog. I now have more energy and the digestive problems are much improved, especially the IBS. My blood pressure, which historically has been very low, has now become normal.

I thought I was doomed to a miserable old age, but, thanks to you and your fine staff, I am regaining my health and starting new projects that I never thought possible before. Thanks again!

**176. Date: 1/24/07**  
**Name: Era**  
**41, Filipino, Female**

**Amalgam Removal.....**

A few hours after I have all my mercury taken out my sinuses opened up and I feel really good for the first time in a long time. I am so glad I got rid of all the mercury in my mouth. I am so happy and satisfied that the toxic heavy metal is gone. Thank you doctor.

**177. Date: 12/21/06**  
**Name: Kathy**  
**55, White, Female**

**Amalgam removal....**

I am now nickel and mercury free and I am feeling better. I needed to get these toxins out of my body in order to start the healing process. Most people do not realize what problems can be caused by all the substances put in their mouths by dentists who are not mercury-free.

**178. Date: 12/20/06**  
**Name: Elizabeth**  
**52, White, Female**

**Amalgam removal...**

I first saw the doctor approximately 1 ½ years ago to have my amalgam fillings removed. I have Lyme's Disease and borderline MS and my MD referred me. I am very glad I had it done as I can tell another stressor has been removed. There has been improvement in my health and I would highly recommend this procedure.

**179. Date: 10/11/06**  
**Name: Jackie**  
**46, White, Female**

**Amalgam removal...**

I am very that I have had ALL my old silver fillings replaced. I wish I could say it was like magic and suddenly all of my inflammation disappeared, but I feel it's been a very important step in my journey to good health. I particularly have trouble with swelling in my hands and wrists and the biggest change I've noticed is in the temperature of my wrists. For the past couple of years they have been hot to the touch and almost immediately after the doctor removed the last old filling, they were normal temperature! ☺ My belief is that removing the mercury has removed the source of the problem and now my body has a journey to take to get rid of the toxicity it's lived with so long. Talk to me in a couple of years for the final story, but for right now I am very happy with the work I've had done (which is saying a lot because I've had to pay for the whole procedure out of pocket – no insurance!)

**180. Date: 9/21/06**  
**Name: Judy**  
**55, White, Female**

**Amalgam removal...**

After I had my mercury fillings removed, the pain I had in my right shoulder blade and neck for years disappeared. My energy level has increased.

**181. Date: 6/12/06**  
**Name: Jim**  
**Need age, White, Male**

**Since Amalgam removal...**

I have been sleeping deeper and longer and the glands in my neck have reduced in size. I swallow better. I have better concentration and thought processes are improved.

**182. Date: 5/17/06**

**Name: Tonya**

**Need age, White, Female**

**Amalgam removal...**

Amalgam and metal removal has been a positive step for me. I felt the lack of energy and sleeplessness I was experiencing before the removal was beyond what would be considered normal. After reading/learning the possible effects of amalgam and dental metals we decided to have them removed. I have slept more soundly, have felt more energetic and have been exercising more. I have to believe that removing the metals has contributed in part, if not in large part, to the improved levels of peace of mind I am experiencing. Thank you!

**183. Date: 5/16/06**

**Name: Patti**

**White, Female**

**Amalgam removal...**

I had extensive mercury removal from several large fillings which were dated – some cracked, chipped, leaking. At the time of the mercury removal, I was undergoing treatment for fibromyalgia, extreme fatigue, and I also suffered from TMJ – headaches and pain to the jaw. Within a month or so from the mercury removal, I noticed my headaches were gone, and no joint stress/tension!! My fibromyalgia has improved slowly, but I am much more functional than 2 years ago. I believe the removal of the mercury has made a noticeable difference in my overall health.

**184. Date: 3/7/07**

**Name: Fran**

**50, White, Female**

**Amalgam removal...**

I came to see the doctor for removal of several amalgam fillings. I also had two teeth – one upper right and one lower right – removed. I had read previously of many articles about how the health of the teeth and your overall health are connected, so this is why I sought this treatment.

I've had major problems of fatigue and stomach pain for over 4 years. I have consulted several physicians, gone through numerous tests and nothing seemed to help. I've spent many days not functioning as a normal person because I'd be sick with stomach pain, nausea and totally too weak to get through a full day!

Since getting the dental work done, I have so much more energy, I can wake up and within minutes, rather than an hour and a half as before, I am fully awake and have energy to go until late at night. Because of this new found energy, I can accomplish my "to do list" for the day and much more. My stomach pain and cramping have improved also since getting this dental work done. I feel like a new person and am so thankful.

I encourage anyone with health problems to seek dental professionals who specialize in the tooth and body connection.

**185. Date: 11/20/06**

**Name: Patty**

**White, Female**

**Amalgam removal...**

I began with nine amalgams. After having three removed, I noticed an absence of the EMF reactions I'd been experiencing for the past ten years. I wasn't expecting to notice health benefits while there were still six fillings left. I was happily surprised.

**186. Date: 11/20/06**

**Name: Judy**

**White, Female**

**Amalgam removal...**

Seven years ago I was unable to focus clearly, speak with conviction, or read for understanding.

After having 13 fillings replaced, I gradually began to notice a difference, not only in my thinking and speaking abilities, but also in my general health.

Seven years later I recognize in my full time research on the history of my religious community, an ability for sustained concentration and understanding connections that previously eluded my understanding. My ability to be more articulate in giving presentations is also a gift.

I have not experienced chronic sinus infections plus other headaches that have been part of my adult life. Obviously this aids my concentration as well as the above.

**187. Date: 11/29/06**

**Name: Jackie**

**50, White, Female**

**Amalgam removal...**

Eight months ago I was sleeping only 2-3 hours total a night, I had no energy, and my hair was falling out. After hearing the symptoms for hypothyroidism I researched and found out that mercury fillings are a major cause – I had a mouth full of them!

In the first several months after just having half of them removed I was sleeping 8-9 hours and my hair stopped coming out in excess. I now have all the mercury removed, and I have my energy back too. I have my life back and feel great.

**188.**

**Name: Diane**

**54, White, Female**

## **Amalgam removal...**

It's been approximately 4 years since I learned about Toxic Dental materials and healthier ones. Well, throughout my life, I have had 8-9 silver mercury fillings placed in my mouth. Since then, I have developed, an incurable illness known as Clinical Depression and Generalized Anxiety Disorder. For many years I had a morbid fear of developing MS, Lou Gerigs, and Alzheimer's. The illness is now controlled with Zoloft and anti depressant. I can certainly recall - for many years that "this is all in your head" and I believe it- until 4 yrs ago when I came across some reading materials, author Kevin Trudeau, "Natural Cures They don't want you to Know About." I was appalled at what I read- especially, the info on Toxic Dental materials- mercury fillings, root canals, and metal braces. I ordered the books and contacted the 1-800 number for the dentist, Dr. Huggins. I actually did a research paper on his finding – WOW!!! All I wanted was to get rid of these "poisonous" fillings in my mouth. Of course money was a concern – so I purchased Dental Insurance that covered Biological Dentistry- well at least reimbursed. In February 2012 was when Dr. Rehme removed the last of my mercury fillings. Within a couple of weeks, I have noticed an improvement in my mood and energy level. I don't feel as depressed or as moody and lack of will power or energy. In addition, I have been less susceptible to getting colds or other upper Resp. Infections. I decline getting any flu vaccines, because I have my own "immune fighting system" to keep me healthy. I am slo eating more healthy foods and do not crave as much sugar with is an enemy to dental health. I also firmly believe that over all my blood sugars have been much more stable, which is a plus for me because there is Diabetes and heart disease in my family history. Above all, the most beneficial outcome of no more mercury fillings –is peace of mind- knowing I have healthier teeth, means healthier body- both physical and mental—and spiritual! Perhaps those "silly" fears I had in the past, weren't all my imaginations perhaps it was – "all in my head"- but not in the "upper area" but- as Dr. Huggins explained it as "the lower third of your head"- lol!! Thank You Dr. Huggins for your health of knowledge and for spreading the knowledge to many other dentists. I personally thank Dr. Rehme from the bottom of my heart- for removing all those toxic fillings, replacing my health, and giving back the gift for a happier and healthier life! God bless you.

**189. Date: 1/24/13**

**Name: Susan**

**54, White, Female**

The work that Dr. Rehme has done on my teeth is excellent! My health has improved remarkably over the past 3 ½ years since Dr. Rehme removed about a dozen fillings and several crown.

1. My tic with my shoulder is gone and has not come back .
2. I had started having neurological problems of switching my words. That cleared up and has not come back.
3. I didn't realize I had racing thoughts until after the mercury was out. Now I have a calm mind!

Thank You Dr. Rehme