



## **MERCURY FILLING REMOVAL**

**Frequently Overlooked Factors**

**Dr. Donna F. Smith**



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## FOREWARD

Important and frequently overlooked prerequisites before having mercury/silver filling removed from the teeth is to restore mineral sufficiency first is the focus of this article by Dr. Smith. The information in this article is overlooked even by Holistic Dentists and the Traditional Dentist, who have included at the very least mercury/silver extraction in their dental procedures. Why is this overlooked? Because they are not Clinical Nutritionists or have not completed post-graduate study in clinical nutrition. Additionally, the information in this article is also being overlooked by other Clinical Nutritionists and Naturopathic Doctors, who ideally, should be aware of this information.

Please note that though Dr. Smith wrote this article, she refers to herself as Dr. Smith rather than using words like “me” or “I” in order to maintain a professional vs. a personal perspective within the context of this e-book.



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### MINERAL DEFICIENCIES & EXCESSES

Minerals are required to transport hormones, insulin, vitamins, other minerals and substances to the cells. Minerals are required to transport thyroid, adrenal and male/female hormones from the glands producing them and insulin secreted from the pancreas to the cells that require them to function. Minerals build skeletal and soft tissues, regulate processes, such as heartbeat, blood clotting, regulate internal fluid pressure, **nerve response**, and **transport oxygen**, to name a few examples.

Therefore, no matter what the health challenge, a Tissue Mineral (Hair) Analysis is required to identify:

- abnormal minerals values (deficiencies and excesses). Then clinical nutrition therapy, i.e., the specific 'therapeutic' vitamin/mineral supplements and dietary plans, is provided to correct the abnormal mineral values.
- and heavy metal contamination, which are toxic to cells and tissue, such as mercury in dental fillings, aluminum found in deodorants, other personal care products, cookware, cadmium in tobacco, etc.

Though abnormal values in minerals and heavy metal toxicity adversely affect every function of the human mind and body, they are often overlooked as a key factor in the treatment of:

- brain dysfunction
- emotional imbalances
- low energy production (tiredness to chronic fatigue)
- hormone imbalances: female/male, adrenal, thyroid, etc.
- cardiovascular system
- protein deficiency and/or inability to metabolize protein and/or transport protein to the cells.
- musculo-skeletal system
- slow or inability to heal, just to name a few.

Consider Zinc, for example. Zinc is required to transport 69 enzymes. Zinc deficiency is a key factor in Autism, Behavior/Learning Disabilities, Male/Female Hormone Imbalance, Cardio-Vascular System Dysfunction, and Eating Disorders (Anorexia and Bulimia).

Minerals and hormones are required by the body to grow new healthy bone. Glandular function and mineral sufficiency are required to prevent bone-related diseases, including



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maintenance of healthy teeth. Teeth are made from the bones, so the health of the teeth is directly related to the health of the bones.

So to have healthy, strong teeth requires male/female hormone balance, a balance in zinc and copper, and a sufficient amount of Calcium, Vitamin D and Vitamin F, to name a few of the key hormones and nutrients required for healthy bones.

## DEFICIENCIES CAUSE INFECTIONS

What would you observe if vegetables or fruits (plant food for the human body) were not harvested, but left in the ground, on a tree or vine to decay and rot? What would you observe if you left food on the table and did not refrigerate or throw it away so it could be hygienically disposed? The process of food cell decay would be observed as follows: it would sour, spoil, rot, and in its final stage, attract the specific germs or worms innately designed to decompose rotted, decaying food. Then if this food was not sitting on a table, when the parasites expel their waste, it nourishes the earth, making it strong and healthy. (Side note: Long-lasting caskets, however, are delaying this final process and who knows what consequences or adverse affects they will have on the health and strength of the earth that supports us.

The above is the cycle of dying for all living things, whether food, micro-organisms, people, and animals, all of which in death, their matter is designed to re-nourish the earth.

Now, let's look at the above cycle when it is occurring inside the human body. Dr. Smith's website provides a diagram of what is inside human cells. This diagram is at the bottom of the Document Library for Articles by Dr. Smith.

As you can see in this diagram, what is inside cells are only nutrients and water. Cells are not made of metals and chemicals, which is why drugs with these elements will never heal the cells, tissue and their organs/glands.

When mineral and other nutrient deficiencies are occurring within a cell, they will cause the cell to decay (rot) from cellular malnutrition. This cellular rotting process infects the tissue of the organ or gland where this is occurring. For example, let's look at the nutrient deficiencies in the bones that in time causes deficiencies in the teeth. Deficiencies in teeth, in time, causes erosion of teeth which produces cavities and over-time, this long-term occurrence leads to abscesses and other infections in the teeth and gums.



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Infection causes pain due to inflammation. Inflammation and irritation of healthy cells and tissues produces a nervous system response (called pain), whether this is the pain of a toothache, abscess or any pain in the body.

Parasites are electro-magnetically attracted to decaying cells for the purpose of decomposition. Therefore, when parasites are involved, they can speed up the deterioration or degeneration, whether this is occurring in the cells of the teeth, gums or any organ/gland tissue in the body.

Minerals are required to produce energy for all biological, biochemical and physical processes and organ, gland and body system functions, as well as to grow new healthy cells for cellular and tissue regeneration. Energy sufficient is not only required for these processes and functions, it also takes a lot more than just sufficiency for function to manage toxicity, whether the toxicity is from decaying and dying cells, parasites, heavy metals, chemicals from air, food, water, environment and drug use and for detoxification (removal of toxic substances).

Because of mineral and other nutrient deficiencies causing low energy production in the cells, the drain or depletion of energy due to toxicity, energy in cells become critically low.

### Low-energy cells:

- **attract parasites.** Because they feed on both low-energy, decaying and healthy cells, parasites can cause more infections in multiple areas of the body and make current infections even worst.
- **cause mental and physical fatigue.** When there is insufficient energy production...
  - internal biological and biochemical processes, and organ, gland, and body system functions, have a higher priority for the energy that is being produced.
  - Therefore, there is little energy left over for mental functions, such as thinking clearly, problem-solving and memory recall, or physical functions, such as mobility, i.e., having enough energy for action required to walk, lift, exercise, etc.
  - In other words, even the simplest tasks feels like it takes great energy and the body and mind feels even more greatly depleted in energy from the slightest effort.





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All of the above has a cycling effect that creates more mineral and other nutrient deficiencies, reduces cellular energy even lower, attracts more parasites, in addition to the internal reproduction of the parasites already present, causing a rapid overgrowth, which leads to more infections in many other areas of the body, and in time, the client experiences:

- Chronic Fatigue
- Immune Dysfunctions
- Degeneration in teeth, gums, bones, and various other organs and glands,
- Degenerative Disease
- Premature Death

### ENERGY LEVELS - LOW TO CHRONIC FATIGUE

When the body encounters toxins from decaying cells, chemicals from food, air, water, their environment and drug intake, mercury and other heavy metals, as well as multiple infectious cells and tissue caused by nutrient deficiencies, toxicity and accelerated by parasites, the body will attempt to remove these toxins. This requires a lot of additional energy, above what is required for mental and physical function in the activities and responsibilities of daily life.

However, this energy is not available because these toxins and deficiencies inhibit energy production. Therefore, the body will begin an energy-prioritizing process in its attempt to manage all of these internal toxins. When the initial biochemical processes are focused on detoxification, the person will experience days, even weeks, of fatigue. The body will then stop or dramatically reduce its detoxification process in order to generate (produce) more energy, when possible, so it may again attempt to its detoxification processes. When the body is in this period of detoxification, the client will experience low energy (fatigue) for days, even weeks. When the body is not in detoxification, the client will feel a temporary increase in energy for mental and physical activity, i.e., they may not feel fatigued and may even think their energy has returned to normal for days or weeks, until the body starts detoxifying again. New symptoms may occur, which are signs of toxic substances coming out of body openings.

However, this starting and stopping internal detoxification with periods of fatigue and improved energy cycle will continue again and again, for months, even a number of years, until these occurrences (deficiencies, parasites multiplying, growing and spreading infections) have worsen where the body is no longer able to produce energy for both internal detoxification and mental / physical activity. At this point, for survival's sake, the energy being produced will be focused more on internally detoxification and automatic biochemical processes to sustain life, and the client then experiences ongoing, constant chronic fatigue. This can become so severe that the client feels like it takes great effort to do the simplest of tasks, then in time, does not have energy to get out of bed and/or requires a wheel chair to move about. On the next page is a diagram of the detoxification and degenerative processes towards premature death.

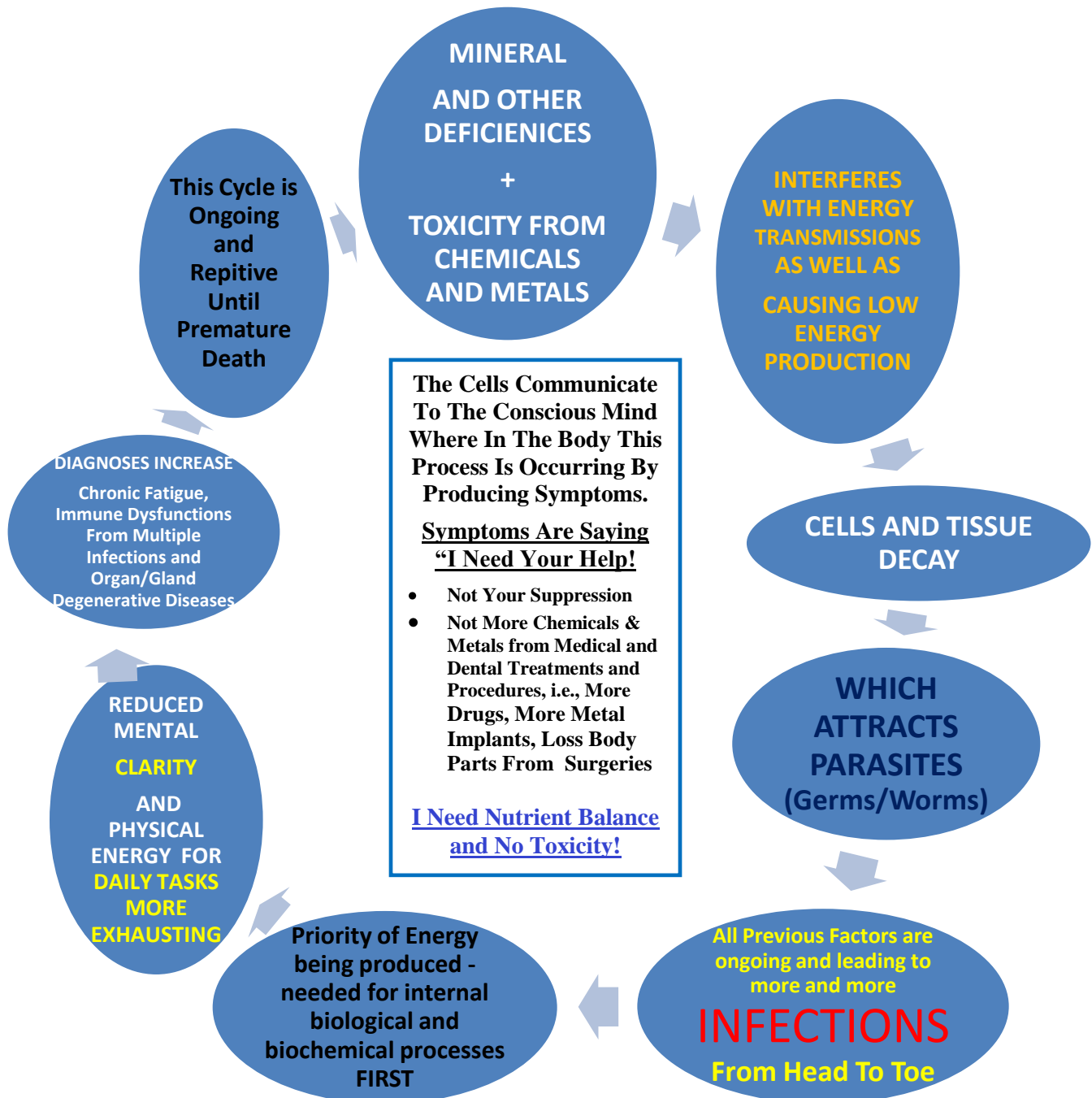


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### THE CYCLE OF THE DEGENERATIVE PROCESS TOWARDS DEATH DIAGRAM





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### HYPOTHYROID INCOMPLETE DIAGNOSED BY BLOOD ALONE

Reviewing the **Degenerative Process Cycle** on the previous page, is it any wonder why many people are tired and being diagnosed with hypo (low) thyroid and hypo-adrenal function today or have multiple infections from head to toes?

A common medical practice today is using blood tests alone to diagnose Hypothyroid, which is an incomplete diagnosis and can lead to severe consequences in addition to adding to the cycle of degenerative processes. A perfectly healthy thyroid may be producing sufficient thyroid hormone, however, an imbalance in the ratio between Sodium and Potassium or a deficiency or excess in either of these minerals will inhibit proper transporting of T4, T3, TSH and FTI thyroid hormones to the cells. When thyroid hormones, as one example, are unable to get to the cells, they become bio-unavailable. Thus, the body sends them to the blood, which is the carrier of toxic and bio-unavailable substances to liver. The role of a healthy functioning liver is to convert them, through a process called Phase I and II Detoxification, to water soluble substances in order to excrete them from the body through the kidneys.

However, when minerals are not present or the liver is toxic, congested and dysfunctional, bio-unavailable thyroid and other hormones, as well as toxic substances remain and accumulate in the blood. Now the cells are being fed toxic blood and in respect to hormones (thyroid, female/male, adrenal), an excessive amount of some hormones causes deficiencies in the other hormones from the same glands, so these imbalance will appear in blood tests as some being high and others being low.

The patient's symptoms are the same, whether the cells are not receiving thyroid hormones due to a dysfunction in glandular production or mineral deficiencies not transporting sufficiently-produced hormones to the cells. Because physicians have been trained to diagnosis on what they see in the blood, and have not been trained in nutritional biochemistry (clinical nutrition), they do not know that mineral levels should also be included in this diagnosis, therefore, today, patients are being diagnosed with low (Hypothyroid) thyroid function, without first determining their true cause.

Their physician, then, prescribes Synthroid, or another thyroid drug, based on abnormal thyroid levels in the blood, which then leads to the drug damaging and/or destroying completely a healthy or at least functional thyroid gland.

Unfortunately, in time, the physician's original diagnosis will be true, i.e., that the gland is not producing its hormones. However, the cause will not the gland's fault, but because of the





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drug. When the drug destroys the thyroid gland, the physician then advises the patient to agree to surgical removal of the thyroid gland. This scenario applies to any gland for which a person may be taking drugs based on blood tests alone, whether thyroid gland, adrenals or male/female sex glands.

### HAIR ANALYSIS REQUIRED WITH ALL OTHER TESTS

Therefore, it is essential that a **Tissue Mineral Hair Analysis** is obtained with any one or more biochemical test (blood, urine, hair, saliva or stool) for clinical nutrition and medical analysis, or with any other diagnostic test or examination. Otherwise, the above educational information (provided to understand the role of minerals in transporting thyroid hormones to restore and maintain healthy thyroid function) will apply to restoring and maintaining health in any and all other areas of the body, from head to foot. Minerals are required for all biological functions, transportation to/from cells, being just one of their key roles.

This includes the benefits of a Tissue Mineral Hair Analysis which also tests for heavy metals



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### HEAVY METAL DETOXIFICATION

In addition to abnormal (high/low) mineral levels, a Tissue Mineral Hair Analysis (TMHA), also, identifies heavy metal toxicity, such as mercury, aluminum, arsenic, cadmium, and lead. Have you ever observed the reaction between a metal and an live electrical wire? In times when a telephone pole falls across the street, people are advised to stay in their cars as the rubber in the tires ground the electrical currents. Otherwise, they would be electrocuted. When using battery cables to jump start a car battery, we are warned to not let the positive and the negative metal cables touch each other.

These are all examples of how metals and electricity interfere with (or react to) each other, with danger consequences. Now add to this, metals that are surgically implanted in the body, such as

- in knee surgeries,
- implants in the teeth
- mercury/silver is used in filling cavities
- pacemakers
- heart valves
- cochlear hearing implant
- metal clips in the brain
- to name a few.

Heavy metals interfere with electrical transmissions to/from cells and the brain. The brain is the human battery. It stores electricity. So heavy metals are a major cause of all brain chemistry imbalances and disorders, such as Autism, ADD, ADHD, learning disabilities, depression, anxiety, phobias, etc.

Metals anywhere in the body can cause electrical discharges in all directions throughout the body, thus resulting in static electricity being stored in the tissues or other adverse metal-electrical reactions and interferences in respect to the **Brain, Central and Autonomic Nervous Systems** and every cell in every tissue of every organ, gland and body system -- all of which can lead to a myriad of mental and other health challenges.

Additionally, in time, infection ensues...

- first because of heavy metal toxicity destroying cells and tissue where they settle, which leads to organ, gland and body dysfunction and disease. Cells that become toxic from any substance decays (rots and spoils) and then infects the organ/gland's tissue that comprise the decaying cells.
- secondly in respect to metal implants, electro-corrosion leads to infections.



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### KNOWN PROTOCOLS PRIOR TO MERCURY REMOVAL

More people are becoming aware of the dangers of mercury toxicity, the importance of removing mercury and silver fillings from their teeth and replacing them with non-toxic substances. However, there is another factor in the relationship between minerals and heavy metals that is being overlooked in the internal preparation for and after this dental procedure, which can have some serious, even fatal, consequences.

First, let's review two important steps that must be in place that is more commonly known today, though was unknown only a few decades ago:

1. **Safe Dental Procedure for Mercury Removal** - The 17-Page Holistic Dentistry Article titled, "**Making The Right Dental Choices**" will outline the dangers in physically removing mercury from fillings when the Dentist is not prepared with every "physical" safety precaution to perform this procedure. It will also list what these safety procedures are.
- **Internal Body Mercury Detoxification Prior To Dental Procedure** –Most Holistic Dentists have also become aware of the importance of referring their patients to Clinical Nutritionists and Naturopathic Doctors for an internal therapeutic mercury detoxification program to reduce the overall body burden of mercury before this procedure, or they may provide this program to their patients, directly. Dental patients seeking this dental procedure today have also become aware of this step and may initiate contact with a Clinical Nutritionist or Naturopathic Doctor to begin this program even before contacting a dentist to schedule the removal of mercury and silver from their teeth.

Both of the above steps are **vitaly important** to reduce risks to dentists and their patients. For example, the patient, of one of Dr. Smith's colleagues who is a Dentist, almost died in the dental chair while mercury was being extracted because the patient had a high level of accumulated mercury in her tissue, as most people do who have mercury fillings today.

This dentist was among the first in America who became aware of mercury toxicity, and though he was providing this dental procedure safely and with good intentions, it was not known at that time that **internal mercury detoxification** was **vital** prior to performing this procedure. Needless to say, he and the patient learned this fact the hard way.



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### DR. SMITH DISCOVERED A THIRD UNKNOWN PROTOCOL

Dr. Smith has discovered a third factor or protocol in the relationship of minerals and heavy metals like mercury that she has yet to observe in any research, books read or lectures attended, to date, that is also vital to the overall health and well-being of patients suffering with mercury toxicity, even if they have applied both of the above two steps.

After decades of performing a Tissue Mineral Hair Analysis, this third step was revealed Dr. Smith. To understand this third factor, you will first need some background in the relationship between minerals and heavy metals.

### MINERALS & HEAVY METAL DETOXIFICATION

All heavy metals contain minerals. Minerals are so important that if the body is mineral deficient, it will hold onto toxic heavy metals and use the minerals in them. Dr. Smith refers to these as "junk" minerals because they are not pure minerals from food sources which is the type of minerals required for repairing, healing and regenerating cells (i.e., growing new healthy cells)

This is like having a car that is so old that even junk yard parts are not available anymore, so a good mechanic has to do some creative Southern Engineering on a similar part from another car to make a part that will work in the old car. Once done, the old car may get you from point A to B, but it's a rough ride with a lot of misfiring, and electrical and physical detours along the way.

So because minerals from heavy metals are incapable of functioning like food-source minerals, not all the biological and biochemical mineral needs are met and the longer heavy metals are deposited in cells and tissues, the more new health challenges they will cause.

**Nutritional practitioners and Holistic Dentists aware of the importance of heavy metal detoxification give their patients/clients metal chelators and other supplements to remove metals, like mercury, from the body, especially when scheduling mercury filling removal dental procedures. However, what is not know is that the body is not going to release all of the metals, when the body is mineral deficient.**

The number one priority of the biological, biochemical and bio-electrical processes is to keep the body functioning to the highest degree possible -- and it is a higher priority to the body to



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use minerals, even junk minerals from metals, than it is to detoxify metals from the body, no matter how toxic they are, when minerals are deficient.

**So attempting to detoxify metals, without correcting mineral deficiencies first, is not only ineffective in removing all heavy metals, but what metals are removed, is causing an even deeper or more severe state of over-all body mineral deficiency.**

**Consequently, the body continues to suffer from the adverse affects of heavy metals and severe mineral deficient-related health challenges even after heavy metal detoxification programs are discontinued and mercury is removed from fillings.**





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### REVISED PROTOCOLS PRIOR TO MERCURY REMOVAL

From decades of analyzing the client Laboratory Reports from hair samples, initial and regular retesting, the fact is that it takes months, even years, to attain mineral sufficiency.

Though obtaining an initial and updated Tissue Mineral Hair Analysis (TMA) to identify, monitor and correct mineral deficiencies at least two years before scheduling mercury removal dental procedure is ideal. This is not realistic at this time because of the lack of public and professional awareness of the importance of being mineral sufficiency first.

Therefore, when planning to have mercury fillings removed, the revised steps or plan of action should be follows:

1. Obtain a Tissue Mineral Hair Analysis from Dr. Smith so that a therapeutic supplement program to correct abnormal findings so the process of improving minerals deficiencies can be started as soon as possible. This program will also include metal detoxification; however, it will be done at a slower rate. In other words, mineral levels need to rise in proportion to the rate of metal detoxification so the body will release the metals. Updated Tissue Mineral Hair Analyses will be obtained to monitor progress and adjustments will be made in the therapeutic supplement program to assure continued success in improving mineral deficiencies.
2. Six months before the date for the mercury removal dental procedure, begin a concentrated mercury detoxification program to reduce the over-all body mercury levels. Though because of the lack of knowledge regarding the fact the body will not release all the mercury, whatever amount the body will release prior to the dental procedure does reduce patient risk.
3. Then have dental procedure performed utilizing the safe procedures outlined in the Holistic Dentistry article, "Making the Right Dental Choices" to remove mercury and replace with healthier fillings.
4. After dental procedure, continue with updated Tissue Mineral Hair Analysis and therapeutic supplement program until mineral sufficiency and heavy metal detoxification has been accomplished.
  - a. Dr. Marshall's Holistic Dentistry Article titled, "**Making The Right Dental Choices,**" provides additional information about the importance of continued mercury detoxification after mercury filling removal, such as to detoxify tissue



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stores of mercury. However, as Dr. Smith previously stated, she has yet to read even in the most up-to-date, state of the art holistic dentistry and clinical nutrition research, the mineral levels determines the body's ability to and the amount of mercury and other heavy metals that will be released. In other words, if deficient, the body will hold on to metals to use the so-termed "junk" minerals in them and only when mineral sufficient, is the body able to release all the heavy metals, even when using specific metal detoxification supplements.

Because of the current lack of awareness of this third factor steps #1 and #4 have not been provided to patients who have had mercury fillings removed. Therefore, these patients and their holistic dentists and nutritional practitioners are under the false assumption that mercury detoxification and mercury filling removal has successfully dealt with mercury toxicity throughout the patient's body. They do not realize that all of the mercury was not removed because the body will prevent this when mineral deficiencies are present prior to and at the time of mercury filling removal. Dr. Smith's clients, however, will have the opportunity to detoxify all the mercury and other metals when mineral sufficiency has been attained.

**It is also important to know that mineral sufficiency can only be re-established by consuming "whole food" mineral and vitamin supplements,** such as, Dr. Smith's therapeutic "clinically-formulated" whole food mineral supplements, which are dispensed only through nutritional practitioners, like Dr. Smith, after obtaining a Tissue Mineral Analysis (TMA) to identify which minerals are deficient. Why whole food vitamins, too? There are specific vitamins that are important in mineral metabolism.

Synthetic or Isolated mineral supplements, which are actually nutritional drugs and not food supplements, will not restore mineral sufficiency. These are the vitamins and minerals sold to the public and through other health care practitioners unaware of the "whole food" concept of healing in relationship to supplementation. Nutritional drugs actually cause deficiency in the very nutrient for which they are "suppose" to be helping. For example, isolated Calcium or synthetic Vitamin A will cause more severe deficiency in these nutrients than the person has before taking these nutritional drugs. Also, nutritional drugs suppress symptoms by manipulating vitamin and mineral metabolism, just like pharmaceutical drugs, which is why they are referred to as "drugs" and not "supplements."



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### HAIR IS A CELLULAR TEST; BLOOD IS NOT

Testing samples of hair, saliva, urine and stool identifies nutritional deficiencies and toxicity in cells. Blood testing, however, is not a cellular test. Blood (and the substances within blood) nourishes the cells, or causes cellular toxicity when blood contains toxic substances.

#### Low Iron in Blood

Therefore, the interpretation and treatment is different for cellular tests than blood testing. For example, if iron is low in the blood, the appropriate clinical nutrition treatment would be to supplement the body with a whole food iron supplement, if the liver is functioning properly. If the liver is not functioning, then a therapeutic supplement program to improve liver function must be designed and followed along with iron supplementation.

One of the functions of the liver is to store iron and release it when the blood is low in iron. If Iron is sufficient within the body, but not being released, and the liver's function is not restored, and the client was given iron supplements to take, this would result in an excessive amount of iron in the body, which can lead to symptoms of iron toxicity.

#### Low Iron in Hair

When clients review their initial Tissue Mineral Hair Analysis and observe low iron, it is not uncommon for them to assume that they need to take an iron supplement. Though this would be an accurate assumption if reviewing a Blood Chemistry Laboratory Report, it is a false assumption in hair analysis.

If Iron is low in a Tissue Mineral Hair Analysis, taking an iron supplement would only increase iron deficiency. To understand this, think of interpretation of a Laboratory Report from a hair sample like the operation of a children's playground equipment called a "Teeter-Totter." A Teeter-Totter has long rectangle board that sits on a triangle base with one end of the board high and the other end is low, touching the ground.

If the low end represents Iron Deficiency and you added more iron to the low end, this would not elevate the iron level. To elevate blocks of iron, so to speak, on a teeter-totter board, you must put some other kind of weight on the high end of the board, which would cause the high end to be lowered, thus raising the low iron end of the board.

As in the analog above, when a Hair Laboratory Report indicates iron deficiency, Dr. Smith must dispense the specific minerals or vitamins biochemically-designed to raise low iron levels. This applies to all the essential single minerals.



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Dr. Smith provides basic education in how to read the Tissue Mineral Hair and Heavy Metal Lab Report during the client's initial **Report of Findings (RF) Telephone Consultations** scheduled to discuss abnormal test findings, which is followed by education on how to compare their first updated with their initial Lab Report. This dramatically reduces client questions at all future RF appointments, thereby saving clients money by reducing consultation time.

Another false assumption the public has in relationship to taking minerals, and vitamins for that matter, is "the more the merrier." They assume that purchasing mega-multiple vitamins and minerals will help them because it gives them more and higher amount of a variety of vitamins and minerals. The fact is each vitamin and mineral has a direct and indirect affect on every other vitamin and mineral in the body. Some of the consequences of Multiple Vitamins and Minerals and their Mega-Multiple Vitamin/Mineral formulations are as follows:

- First, brands sold to the public are synthetic or isolates, i.e., nutritional drugs. As mentioned above, nutritional drugs cause deficiencies and interfere with the metabolism of very vitamin/minerals for which they are taking these so-called supplements.
- They can also cause deficiencies and excesses in vitamins and minerals that were sufficient prior to taking these Mega/Multiple Vitamin/Mineral Isolates/Synthetics.
- They can cause deficiencies to become more deficient and excesses to be come more excessive.

For example, if the body was previously sufficient in potassium, taking isolated and synthetic potassium would interfere with the current sufficient potassium levels and cause a deficiency in the whole food potassium mineral, and excessive amount of isolated or synthetic potassium and interfere with the metabolism of potassium, sodium and chloride as a direct results and have an indirect and adverse affect on a series of other vitamin and minerals related to these three minerals.

Another example is whether the body is deficient in Zinc because it is not receiving enough zinc in the diet or through a "whole food" zinc supplement, or because of taking isolated and synthetic Zinc, this can cause an elevation of copper. When this Zinc deficiency becomes "clinical" (i.e., shows up on Laboratory Testing of Hair) it then causes a clinical elevation of Copper, which then leads to the symptoms and health conditions related to copper toxicity. Do an internet search on copper toxicity and see what you find.



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Note: at the time of this writing, Dr. Smith has discovered **15 False Public Assumptions About Vitamin and Mineral Supplements Today.**

It is a fact that food supplementation is required today to improve and maintain health. So with good intentions the public is taking “supplements.” However, due to lack of Public Health Education they are now causing themselves a myriad of biochemical imbalances caused by vitamin and mineral deficiencies and excesses, which are producing more symptoms of more health challenges.

They are also under the false assumption that the symptom relief they are receiving from taking isolated and synthetic supplements are because of “healing’ the body, unaware that the fact (truth) is this is symptom suppression from manipulating the biochemistry (metabolism).

If you are interested in taking a whole food multiple vitamin and mineral supplements that is formulated to work with the biochemistry and not against it, contact Dr. Smith. No testing or consultations required to provide basic health maintenance supplementation. For more information on Dr. Smith’s whole food health maintenance supplements and programs for clients, families of clients and the public, refer to the web page, titled **“W. F. Supplements.”**





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### PROTEIN DEFICIENCY PROMOTES PAIN IN TEETH

Amino-acids, the building blocks of protein, have a direct relationship to neuro-transmitters (transmissions to/from nerves). However, there are four protein-related factors overlooked in those attempting to restore protein sufficiency, in addition to the fact that minerals are as equally important in neuro-transmission as protein.

**A Clinical Nutrition Analysis of Tissue Mineral Hair Lab Reports identifies these four important factors in relationship to protein:**

1. deficiency and/or excessive levels of protein,
2. protein metabolism (absorption, assimilation, etc.). There are other factors that interfere with or cause protein metabolism dysfunction, including taking isolated and synthetic amino acids.
3. transportation of proteins to the cells, linking proteins to other substances requiring protein for their function.
4. protein imbalance - taking an individual amino acid can cause an imbalanced level in other amino acids. Amino Acids should only be taken under professional guidance only, if needed. A healthier approach is to consume whole food proteins.
5. utilizing protein within cell structure. A Lab Report from a hair sample may indicate that the client has a sufficient level of protein, that their protein is being efficiently metabolized and transported to the cells, however, the cells may not be able to utilize the protein it receives or eliminate its waste.

**Any one or more of the above protein-related factors can adversely affect neuro-transmissions. This can lead to more severe pain than would otherwise be felt by pain produced from a normal nervous system response to inflammation.**



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### EXCITO-TOXINS

**Excitotoxicity** is the pathological process by which nerve cells are damaged and destroyed by Glutamate and similar substances, e.g., like MSG (mono-sodium glutamate) and aspartame. Damage occurs, for example, to cell signaling, cell structure, its shape, and cell protection against what should not come into the cell and prevents what should (i.e., nutrients and water).

Therefore, excitotoxins, such as MSG and Aspartame, are also causing people to feel pain at such a severe and chronic level, that would not otherwise be felt by normal nerve pain response.

The public having been warned about refined sugars rotting teeth and causing a myriad of other sugar-related health challenges, like diabetes and hypoglycemia, have been consuming various artificial sweeteners, like Aspartame, found in Nutri-Sweet™. The FDA has received more public complaints regarding the damages and dangers from consumption of aspartame than any other substance in its history, yet the FDA has done nothing about removing it from the market or even increasing public awareness. In fact, today, aspartame can be found as an artificial sweetener-additive in gum, diet foods, diet sodas, and just about any food that comes in a package or container that is labeled "Sugar Free."

Another excite-toxins and artificial sweetener is Saccharin. After 30 years of complaints regarding the damages and dangers of Saccharin, the FDA passed a law against manufacturing and selling Saccharin. However, to date, the FDA has not enforced this law, so you will find Saccharin still on the market and hidden in various 'Sugar-Free' products, also.

A great book on excitotoxiins has been written by Russell L. Blaylock, M.D., C.C.N. and is titled, "**Excitotoxins - The Taste That Kills.**"

Dr. Blaylock has also written an article on excito-toxins. Though it is a long-article, it is still shorter than reading his book. Click here Dr. Blaylock's article titled, "[Excitotoxins, Neurodegeneration, Neurodevelopment, Migraines and Seizures.](#)"

If the link has been disabled on your computer when you opened this article, copy and paste this web address into your internet browser:  
<http://www.rense.com/politics6/excito.htm>

To support Dr. Smith's statement above and provide more facts, here is an excerpt from this article:



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*"Since 1948 the amount of MSG added to foods has doubled every decade. By 1972 262,000 metric tons were being added to foods. **Over 800 million pounds of aspartame have been consumed in various products since it was first (FDA) approved.** Ironically, these **food additives have nothing to do with preserving food or protecting its integrity. They are all used to alter the taste of food.** MSG, hydrolyzed vegetable protein, and natural flavoring are used to enhance the taste of food so that it taste better. Aspartame is an artificial sweetener."*

(Note: Altering the taste of foods prevents the consumer from tasting spoiled foods, makes them want to eat more of the food if the flavor has been enhanced to their liking, and chemicals are additive – all of which means repeat sales, i.e., more profits for manufacturer and retailer.)

Read your labels and you will find aspartame, aspartic acid, and other derivatives of Aspartame as well as Saccharin. Avoid these foods not only to protect your teeth and gums, but the health of your overall body. Do an internet search on the side effects from these artificial sweeteners and other excite-toxins to increase your knowledge.

Excito-toxins are not only in our foods. Formaldehyde is an excito-toxin that is found in some fountain pens, carpets, clothing, eye glasses, etc. Carbon monoxide is also an excito-toxin.

Anything that damages nerve cells will:

- inhibit healing
- increase pain levels beyond normal nerve pain response.
- Lead to a myriad of new health challenges since nerves are in every part of the body,
- Physical movement and nerves response is require to operate muscles. So one of the first areas of the body to become dysfunctional is the musculo-skeletal system (bones, joints, muscles, nerves, cartilage, tendons, etc.) This also includes the teeth and gums because the state of the health of bones determines the state of health in teeth and gums.
- **complicate the condition of children and adults suffering any brain chemistry challenges, such as behavior/learning disabilities, ADD, ADHD, Autism, Down's Syndrome, depression, anxiety, phobias, paranoia, eating disorders (bulimia and anorexia. Excito-toxins can cause these disabilities in people who are born with normal brain function.**



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### CONCLUSION

In conclusion, as you can see there is much more required than simply removing mercury fillings from the teeth in order to protect and restore your health when suffering from symptoms and health conditions related to mercury exposure and toxicity. Obtaining a **Tissue Mineral Hair Analysis from Dr. Smith** as soon as possible is essential to any plans for mercury removal from teeth in addition to restoring mineral sufficiency to improve all biological and biochemical processes dependent upon minerals, and identifying and properly detoxifying other heavy metals. It is also important to adhere to the **revised four step protocols** before and after mercury removal dental procedures or mercury toxicity will persist even after removing mercury from fillings.

Obtain Dr. Smith's **Personal Education Program (PEP) on Dental Health** for a copy of the Holistic Dentistry Article, "**Making the Right Dental Choice**" to become familiar with the safety procedures required to remove mercury fillings and the healthier substances available to replace mercury in teeth once removed. This article also includes information on the health risks and dangers of, as well as healthier solutions for, Root Canals and Implants.

Dr. Smith's Dental Health PEP Program will provide all the information you need for healthier dental hygiene products, what to do for toothaches, abscesses, and other infections in teeth (and throughout the body), as well as how to restore and maintain healthy teeth.

This article is posted in the **Document Library** for **Articles By Dr. Smith** on her website. Feel free to send a link to the **Document Library** to friends and family to help Dr. Smith increase public awareness on the enclosed unknown factors. Dr. Smith also recommends that you forward to those you care about, her article introduction to holistic dentistry, titled, "**The Dangers of Traditional Dentistry**" also posted in the Document Library we page.

Both of these articles were written and posted by Dr. Smith to help her clients and visitors to her website understand the dangers of traditional dentistry, healthier solutions for dental procedures, as well as healthier treatments for all dental health challenges from toothaches to abscesses to the side effects and over-all health challenges that results from all of these.

Therefore, if this article applies to you because of current dental and over-all body health challenges related to mineral deficiencies, metal toxicity, and infections or you are interested prevention, your next step is to contact Dr. Smith for a Tissue Mineral Hair Analysis and while waiting for test results, order her Dental Health PEP program so you can increase your education and begin steps to improving dental health and hygiene.



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### ABOUT DR. SMITH

**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers,** who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

**Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services** are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

**For more information, to order** a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on





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[YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://www.facebook.com/DonnaFSmithPhD).

### **e-Books By Dr. Smith**

- Anti-Aging Personal Care Program (Hair, Skin, and Nails)
- Fibromyalgia – A Clinical Nutrition Syndrome” (50 Pages).
- Dr. Smith’s Hair Color Restoration Program – Anti-Grey Solutions (57 Pages).
- Lyme’s Disease – Clinical Nutrition Approach To Healing (27 Pages).

### **DISCLAIMER**

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author’s intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.