

## MAKING SENSE OF MERCURY TOXICITY

*StoneTree Naturopathic Clinic, Collingwood, ON*

Mercury is highly toxic. Unfortunately we're all exposed to low levels of this heavy metal in our food (most notably fish), via manufacturing processes, and through metal fillings in our teeth.

Mercury in dental amalgams is a controversial topic. The argument to date has been that the exposure from fillings does not exceed acceptable safe exposure limits, but recent studies suggest that there may be *no* safe threshold for mercury.

After exposure, mercury has a 60-day half life in the blood—after that time, only half of what you were originally exposed to remains. During those 60 days, your liver does its best to convert the mercury to a form that the bowel and kidney can dispose of. If it can't, the body stores it, mainly in muscle and nerve tissue, for a time when it can finish the job.

In some people, though, this time never comes, either because they are being continually exposed on a “safe” but consistent basis, or their body, unfortunately, is not very efficient at the job. The build up of mercury in the tissues can lead to mercury toxicity.

The symptoms of chronic mercury toxicity are many and varied, ranging from fatigue, anxiety and memory loss, to muscle twitching and thyroid problems. Visit [www.mercurypoisoned.com](http://www.mercurypoisoned.com) for a full list.

Your levels of organic and inorganic mercury can be measured using various methods, including blood tests, hair analysis, and urine testing.

*To learn more about testing your mercury levels, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*