

## Mercury Toxicity: Hair Tissue Mineral Analysis

Recently I talked about high levels of Copper and the picture they present in patients. Here I'd like to touch on Mercury which may be absorbed from a range of substances in our environment.

Mercury is still used widely in manufacturing. It is also commonly picked up through foods such as seafood and fish. Manufacturing discharges into rivers can contribute to levels, as can damming rivers which causes production of elemental mercury as trees die and decompose. This then is transformed into an organic form of mercury which is more dangerous to humans. Unlike other toxic elements, mercury is able to cross the blood-brain and placental barriers.

Hair analysis may not initially show up mercury overload until other toxic elements are chelated (removed). It is often buried deep in the tissues but may present as some or all of the symptoms below:

- Foggy head
- Leaky gut with significant food sensitivities
- Anxiety, restlessness
- Any catarrhal irritation of any mucous membrane
- Autistic Spectrum Disorder
- Conduces to infestation with intestinal parasites (helminths, amoebas, etc)
- Dermatitis
- Endocrine disturbance, especially hypothyroidism
- Excessive salivation
- Fatigue
- Gut pain with altered function – “irritable bowel syndrome”
- Headaches
- Inflamed mucous membranes with or without ulceration
- Obsessive compulsive disorder (also copper)
- Speech or learning delay
- Unresponsive gingivitis

### *Sources of Mercury*

- Coal-fired power plants
- Energy efficient/fluorescent light bulbs
- Fish
- Mercury dental amalgams (fillings in teeth)
- Mercury thermometers

- Old light switches and thermostats
- Some insecticides and fungicides
- Vaccines containing thiomersol (up to 2002 in Australia)

Some cases will respond to normal constitutional treatment, but sometimes this toxicity creates an obstacle to cure and needs to be removed before health can be restored. In simple terms what this means is that the indicated remedies that we might traditionally use don't work as expected because they can't get through the layer created by the heavy metal (or vaccine). The system has been thrown off balance so much that we are looking at a different path to cure, often involving chelation (see below) or vaccination detoxing.

I use homeopathy for the chelation (removal of the toxic overload) because it's simple and effective. Often a liver support remedy is required and looking at mineral levels and diet may help too. Chelation can be done with other natural methods but from my experience homeopathy can work more quickly, although it does sometimes cause an aggravation of symptoms. This can be managed however and certainly shows the treatment plan is working.

**Reference:** Gamble, J 2010, Mastering Homeopathy 3; Obstacles to Cure: Toxicity, Deficiency & Infection