

Mercury Exposure: What You Need to Know

What is Mercury?

Mercury is a toxic heavy metal that can harm the brain, hormones, kidneys, liver, and immune system. It exists in three forms with different sources and health risks.

Common Sources of Exposure

- **Elemental Mercury:** Dental fillings (amalgams), broken thermometers, air pollution – inhaled as vapor
- **Organic Mercury (Methyl/Ethyl):** Found in certain fish (e.g., tuna, swordfish), older vaccines – absorbed through food
- **Inorganic Mercury:** Present in skin-lightening creams, high-fructose corn syrup, and some folk remedies – absorbed through the skin or swallowed

Health Effects

Mercury accumulates in tissues over time. Symptoms and risks may include:

- Fatigue, brain fog, memory loss
- Hormonal imbalances (especially thyroid)
- Autoimmune disease
- Anxiety, tremors, mood changes
- Digestive issues
- Increased risk for diabetes and liver dysfunction

Dental Amalgams

- Amalgam (silver) fillings are 50% mercury.
- People with 7 or more amalgam surfaces may have up to 50% higher mercury levels.
- Mercury vapor from fillings can build up in the brain and organs.
- Composite resin fillings are a safer alternative.

Testing for Mercury

- **Urine test with provocation:** Best for chronic exposure (e.g., amalgams)
- **Blood or feces tests:** Useful for recent fish or vaccine-related exposure
- **Hair analysis:** May show long-term exposure but can be inconsistent

Mercury in Fish

- **High-mercury fish:** Swordfish, shark, king mackerel, tuna
 - **Lower-mercury alternatives:** Salmon, sardines, trout, shrimp
- Women of childbearing age and children should avoid high-mercury fish due to neurological risks.

Organ Systems Affected

- **Brain:** Memory loss, tremors, ADHD-like symptoms
- **Immune system:** Autoimmune conditions like lupus, thyroid disease
- **Endocrine system:** Thyroid dysfunction, blood sugar issues
- **Liver & kidneys:** Detox overload and tissue damage
- **Pregnancy:** Risk of birth defects and delayed development

How to Reduce Exposure

- Avoid or replace mercury amalgam fillings
- Limit intake of high-mercury fish
- Avoid imported skin-lightening creams
- Read labels to avoid high-fructose corn syrup
- Choose mercury-free vaccine formulations