



The above-mentioned problems may or may not occur, and such symptoms are not conclusive evidence of heavy metal load. However, they do point to the possible existence of a heavy metal load, which justifies further clarification.

## Methods of testing

Conventional medical procedures

### Chemical Laboratory testing

- **Chewing gum test:** two saliva samples are taken – one before and one after chewing a special chewing gum for ten minutes. The laboratory tests will show to what extent the fillings are releasing mercury. This will not test the mercury load in the body.
- **DMPS test (Dimaval, Mercuval):** DMPS is a complexing agent with sulphur compounds which have a strong binding affinity with most heavy metals. The complexes are excreted via the kidneys and partially via the liver and intestines. After the administration of DMPS (by means of injection), a urine sample is tested for mercury (as well as any other heavy metals).

Advantage: This test has a therapeutic effect because it results in the excretion of heavy metals.

Disadvantage: Not suitable for patients with sulphur allergies or kidney problems.

Holistic medical procedures

### Bioelectrical examinations

- **EAV, Vega, resonance:** bioelectrical examinations have proven highly successful in the diagnosis of toxic loads in living tissues. The electrical resistance is measured at specific acupuncture points, giving a clear indication of the health status of internal organs or their toxic loads.

Advantage: Puts no burden on patients.

Disadvantage: This method gives only qualitative values, which may vary according to the person carrying out the tests.

### Energetic testing

- **Kinesiology:** Detection of disturbances of the energy equilibrium by means of muscle-tests. Testing with toxic materials (e.g. amalgam) enables the detection of heavy metal loads.

Advantage: Puts no burden on patients. No equipment required, simple procedure.

Disadvantage: The therapist must be experienced in this type of testing. This method gives only qualitative values, which may vary according to the person carrying out the tests.

### Amalgam cleansing

- The process of amalgam cleansing requires adequate preparation.
- Panorama X-rays should be taken, because amalgam fillings are not the only sources of serious health problems. Attention should be paid to amalgam deposits, granulomas, metal pins, horizontally impacted wisdom teeth, dead (root-canalled) teeth, dispersed roots etc.

- Patients with a fragile constitution must be built up with vital substances before amalgam cleansing can be carried out.
- The dentist will decide how many fillings should be removed during each session. His or her decision will be based on the patient's state of health and toxic load.
- In our clinic, amalgam removal is always carried out with "CLEAN-UP-SYSTEM" protection. (Koferdam provides insufficient protection).
- All the amalgam must be removed, even beneath bridges and crowns and – if possible – from the mucous membranes, gums and jaws.

### **Elimination of heavy metals**

The removal of amalgam from the teeth eliminates only the main source of heavy metal toxic load. It is of the utmost importance that heavy metal deposits in the body are also removed, i.e. they must be eliminated from the various body organs and tissues.

There are several different processes for the elimination of heavy metals. During detoxification so-called "die-off" reactions may occur. At such times the symptoms may be temporarily aggravated. It should also be remembered that each person reacts differently to the various methods used.

### **Activation of auto-elimination by means of ortho-molecular medicine**

In order for the body to detoxify itself, it needs to be supplied with sufficient quantities of vital substances. Vital substances are those substances which the body normally absorbs through the intake of food or which are partly synthesised within the body, as vitamins, mineral substances, trace elements, enzymes, fatty acids and amino-acids. Many patients suffering from amalgam intoxication show considerable imbalances or deficiencies of vital substances. This leads to metabolic disorders. The basis of any detoxification procedure is the restoration of the vital substance equilibrium.

### **Using phytotherapy and herbalism to promote elimination**

Three products are recommended for this type of detoxification. One of them is a special alga (*Chlorella pyrenoidosa*), which absorbs heavy metals into its cell wall, thus binding them. This detoxifies the intestinal tract and subsequently eliminates heavy metals from the extracellular space and organs. To enhance the detoxifying effect, a natural product containing sulphur (e.g. garlic, wild garlic, black salt) may be taken. The herb, coriander, has also proved effective in the detoxification of cells. By taking this herbal remedy (in form of a tincture) the cells are able excrete their encased heavy metals, which has a particularly positive effect on nerve cells (brain, spinal cord). **Caution:** coriander tincture should only be taken 3-6 months after elimination treatment. It should never be used as a remedy on its own, but only in combination with *Chlorella* and garlic or wild garlic, otherwise re-intoxication may occur when the detoxification pathways of the body are overloaded.

### **Homeopathic elimination**

Classical homeopathy can enhance the elimination effect in the case of chronic intoxication by strengthening the body's own elimination mechanisms. This procedure should not be understood as a direct or rapid elimination method (such as DMPS). There are no statistics concerning the elimination of heavy metals under the influence of homeopathic remedies. Furthermore, amalgam patients often fail to respond satisfactorily to

classical homeopathy because the disturbing influence of the heavy metals is too strong. Homeopathic medicines can, however, be used for specific body organs (e.g. liver, lymph, kidneys, central nervous system etc). Be wary of using “homeopathic mercury” in the sense of isopathy. Such treatment often produces poor – or even disastrous – results. An amalgam patient should never receive mercury, not even in homeopathic form. This is borne out by the fact that amalgam patients can react very strongly against the slightest trace of mercury in medicines (such as vaccines) or in food.

### **Biophysical methods**

Bioresonance offers the possibility of activating harmful substances. It is, however, unsuitable as an elimination method on its own.

### **Enemas, colon hydrotherapy**

The intestinal tract is the most important organ in the detoxification process and must always be considered when selecting the therapy. It is necessary to restore the intestinal flora, regenerate the mucous membrane of the intestines and thus normalise the digestion process. It is only in this way that vital substances will be absorbed.

A further important function of the intestines concerns the immune system. Sluggish intestines often contain a large number of toxic substances which may burden the immune system, the liver, the lymph and the kidneys.

Symbiosis control, enemas to cleanse the intestines or colon hydrotherapy may be a great help.