Okay, I accept with humility that my last piece on bicycles wasn’t our biggest hit so far among our readers! ;-) Hmm, it may be that many of you are avid car-lovers, or it may be that you’re looking to read about something else, not bicycles or the health merits of exercise! Am I broaching subjects that are too ahead of their time, or too behind the times?

Well, whichever may be the case, worry not as, just as the wheel spins and the clock ticks, today I’m moving on to an entirely different subject – I’m launching a new series of blogs in which I’ve prepared for your delectation what I hope will be a “supreme dessert” that you may find worthy of returning to again and again – or even printing to frame and decorate your walls with:

I will set about sharing with you a selection of “golden nugget” quotations on the subject of mercury - some dating back a few years, others "hot off the press" from earlier this month, adding a little to the wonderful summary of Dr Yurkovsky's latest seminar which Kevin Eakins shared with us last week.

All of them are hand-picked by me from my own reading and research as statements that I have personally found useful to return to on multiple occasions. Most have then been typed into the computer myself from hard copies of books on my shelves, and/or from listening to medical seminars and lectures of various sorts.

There is so much to be said about mercury which is of great importance to every person alive today, that I don’t want you only to hear things from our mouths – I would rather also share direct quotations with you from a range of scientists, doctors and other experts and authors.

In today's world, and in today's medicine, the subject of micro-mercurialism holds a "high meaning" - it is, as Dr Yurkovsky has described at his seminar earlier this month, one of the few major "stars" or "bullets" that require our special attention. Yet, I ask you, in today's popular medical paradigm of "Evidence Based Medicine", where there is an expensive medical research train busy gathering billions of scientifically proven but practically irrelevant data - items of "low meaning" - what is the "Evidence" we are seeking? I propose that instead of Evidence Based Medicine, we need Meaningful Evidence - i.e., information of high relevance to health and to healing. And, once "high meaning" holds interest for us, then understanding mercury toxicity is one of the main places to direct our attention.

So, enough from me, and on with the “show”: After three favourite initial quotations below, I will be focusing today on two authors with multiple quotations from each – Patrick Stortebecker, M.D., Ph. D., and Savely Yurkovsky, M.D. – and then I will move on to a range of quotes from other works and authors in future blogs.
Mercury is a time bomb. . . If it’s not bothering someone when they’re young – especially when they age it could turn into something quite disastrous. Even tiny quantities.

– Boyd Haley, Ph.D. (interviewed by the BBC)

To come here is to discover the Hell of mercury pollution.

– Noriaki Tsuchimoto / Minamata: The Victims and Their World (A highly recommended documentary)

The choice of sample type and quantity is most often limited by accessibility in the living. Often the choice is limited to blood and its components, gastric contents, feces, urine, hair, and other accessible but non-vital tissues and fluids. Often the accessible tissues may not be those that most accurately reflect the exposure to the metal… A greater variety of tissues are only available through post-mortem examination.

– “Toxicology of Metals” (ed. Louis W Chang)

The first of our two major sources for this blog is Patrick Stortebecker, M.D., Ph.D., formerly Associate Professor of Neurology at Karolinska Institute, Stockholm, Sweden. In other words, if you want me to break it down for you: “This fella knows what he’s talkin’ about!” If you read between the lines of what he has to say in his book, “Mercury Poisoning from Dental Amalgam – a Hazard to Human Brain” – from which I have derived the extracts below – you will begin to “see the light” with regard to many of the chronic health problems currently besetting the “developed” world. Needless to add, I recommend obtaining the book, although it’s not exactly on the bestseller lists at present – perhaps due to the very effects of “micro-mercurialism” on the brain which he discusses in the book, in terms of the impact this has had on the general population’s levels of concentration and brain function?

On to Dr Stortebecker:

After inhalation of Hg 0 (b): High concentrations of mercury were encountered in the NASAL MUCOSA, TRACHEA, and LUNG, MYOCARDIUM, ADRENAL CORTEX, KIDNEY, BROWN FAT, and in the BRAIN. (p91)

The concentrations of mercury in the BRAIN may be more than 10 times higher than in blood. (p61)

MERCURY VAPOR – Hg 0 lacking electric charge – at a concentration of about 50 micrograms mercury per m3 air is absorbed to approximately 80 percent, as mercury vapor diffuses rapidly through the alveolar membranes of the lungs. The diffusion of elemental mercury into the tissues and across cell membranes is facilitated by its lipid solubility and its lack of electric charge. This diffusion through biological membranes may partly account for the experimental finding that the BRAIN accumulates about 10 times more mercury after exposure to mercury vapor, compared to the equal amount of mercuric
ions being injected or ingested. (p55)

[In] 1961, I coined the concept of the “Principle of the Shortest Pathway”, i.e. the distance being only a few inches between the TEETH of the upper jaw and the BRAIN! (p6)

Today, in all countries belonging to the “Western civilization” we have to face the overwhelming problem about the CORROSION of dental AMALGAM fillings with release of mercury vapor, which i.a. settles down on the mucous membranes of the oro-nasal cavity, from where mercury is transported further out into the body, especially via a direct passage to the neighbouring brain! (p7)

Regrettably, professionals, as dentists and physicians, as well as laymen often overlook the fact that our TEETH are very close neighbours to our BRAIN. Therefore, in several publications I have stressed the importance of the direct spread of toxins from the teeth to the brain. (p6)

Unfortunately, the belief that our modern dental amalgams are “stable” compounds, which do not undergo corrosion, and thus should be totally “harmless” to the patients, is a disastrous MISTAKE based on erroneous grounds, probably constituting the most dangerous medical and dental hypothesis forwarded in this [20th] century! (p14)

Considerable amounts of mercury are STORED within various organs and tissues of the body. . .This was true for the whole RESPIRATORY epithelium including the LUNG parenchyma, MYOCARDIUM, BRAIN, retina of the EYE, the corpora lutea of the OVARY, EPIDIDYMUS, and brown FAT. . . all these organs, as well as the ADRENAL CORTEX and the THYROID gland, have a high capacity of oxidizing metallic mercury vapor (Hg 0) into Hg 2+, to cause the mercury to be retained by the tissues. (p18-19)

We have to take into account the damage caused by mercury to some naturally existing barrier systems, as e.g. the “Blood Brain Barrier” system, leading to increased PENETRATION of mercury into the BRAIN, as well as a STORAGE of mercury within the CENTRAL NERVOUS SYSTEM. (p19)

Already in the oral cavity, metallic mercury, existent in the SALIVA, may be converted into ORGANIC mercury by influence of various microbes present in the mouth. In this connection the double impact of
an amalgam corrosion mixed with dental infectious foci, especially in the vicinity of amalgam fillings, seems to be a factor that enhances the degree of mercury intoxication. As the saliva is steadily soaking the dental amalgam fillings, INORGANIC mercury is continuously released, whereupon swallowed down, and may by microbes in the guts be converted to ORGANIC mercury. (p29)

Mercury amalgam, used for dental fillings, is an alloy that contains about 50 percent mercury. It is an unstable compound, as it undergoes corrosion and very easily gives off mercury. . . Dangerous amounts of MERCUR VAPOR are daily being released from dental amalgam fillings. The released mercury vapor at first settles down on the mucous membranes of the oro-nasal cavity, from where the mercury then may be transported directly to the brain! These pathways are either by the OLFATORY NERVES of by the valve-less CRANIAL VENOUS system that presents an open venous communication between the oro-nasal cavity and the brain. (p8)

The main venous systems belonging to the brain and the spinal cord consist of the CRANIAL venous system and the VERTEBRAL venous system, which both communicate freely. . . This CRANIO-VERTEBRAL venous system possesses a very peculiar characteristic: The flow in the system is unimpeded, as there are no valves directing the circulation! Thus a transport of blood, including all its constituents, even MERCURY, can take place freely in every direction. . . Mercury being released from dental amalgam fillings may be transported along this valve-less cranial venous system from the ORO-NASAL cavity to the ORBIT, and then further to the BRAIN. . . Few doctors of today seem to have accepted the important fact that the JAWS with their TEETH, as regards venous supply, are closely linked to this same cranio-vertebral venous system! . . . On the one hand, without this specific venous system the human being, with its brain and spinal cord, should not survive all the injuries and strains which induce such a tremendous change of PRESSURE, externally as well as internally. On the other hand, the cranio-vertebral venous system presents open pathways from the JAWS and TEETH for a possible transport of microbial toxins to the brain, and it may in this way cause many disorders of the nervous system, such as EPILEPSY, SCHIZOPHRENIA, MULTIPLE SCLEROSIS, and even BRAIN CANCER. Analogously, mercury, continuously being released from dental amalgam fillings, through a daily transport of minute quantities to the brain, in the long run causes a “Micro-Mercurialism”. (pp.34-36, 43)

By the general arterial blood stream numerous toxic compounds, including MERCURY, can circulate within the human body, and in that way reach all different organs, such as the HEART, LUNGS, LIVER, KIDNEYS, MUCULATURE, JOINTS and SKELETON, BONE MARROW with its HEMATO-POIETIC system, and moreover the NERVOUS system, the PERIPHERAL NERVES, the SPINAL CORD, and the BRAIN. Being a strong cell-poison, MERCURY exerts its toxic effects on the tissues of all pertinent organs; but also producing an angiopathy, mercury impairs the blood supply to these tissues. This “mercurial angiopathy” may cause a local injury to the HEART, in the form of a CORONARY arterial disorder. A similar “mercurial” arteritis may lead to a coronary infarct and a myocardial necrosis. . . As regards the etiology of a HEART INFARCTION we ought to keep in mind a
possible toxic action on the coronary arteries from MERCURY, being released from dental amalgam fillings. (p69)

As the BONE-MARROW represents the most important part of the blood-making system, it is highly interesting to note that after inhalation of metallic mercury vapor an intensive uptake is encountered within the BONE-MARROW of mice, while simultaneously the uptake in BLOOD is scanty. (p75)

— “Mercury Poisoning from Dental Amalgam - A Hazard to Human Brain” (Patrick Stortebecker, M.D., Ph.D., 1985).

Our second major source for today’s blog is Savely Yurkovsky, M.D. (www.yurkovsky.com), a cardiologist working in New York, USA, and founder of Field Control Therapy (FCT). He has been writing and teaching about the health effects of mercury for over a decade, and below is a selection I have made from many different periods, from articles to seminars. While many of his insights about mercury are not unique, they are nonetheless rarely expressed so eloquently and insightfully, and in my view he has summarized the key points very well – but you can judge for yourself below.

Everything he says is corroborated not only, in most cases, by the science, but in addition by his own direct clinical experience; and even more importantly, based on this knowledge about the ways mercury affects us, he has designed the most intelligent testing and treatment strategies for mercury poisoning which I have ever found. It is the only available approach to mercury detoxification which I know (and I have investigated many) that takes into account, and addresses, all of the key points of toxicological research information in the scientific literature, such as the redistribution phenomenon and many other aspects of the problem which are routinely ignored by well-meaning people elsewhere who commonly try to promote their various substances and formulae for detoxification or chelation yet without proposing solutions adapted to deal with the problems apparent from the scientific research about mercury.

In supporting Dr Yurkovsky's approach to mercury detoxification, I am not seeking to support one substance or brand over another – but to transcend the focus on substances and brands. Instead, the focus here is on what science has to teach us about mercury and its effects on the human body, and how best we can adapt medical tools to deal with these issues. So, the starting place for dealing with the mercury issue is not to find a substance or product, but to develop an understanding of mercury itself and how it affects us – hence this blog and others like it. . . As Dr Yurkovsky has remarked in the past, before designing a key, first we need to examine the lock and see what it is that we’re dealing with!

As Dr Yurkovsky recently put it (not verbatim), the questions most commonly asked in both conventional and alternative medicine can usually be boiled down to, "To buy or not to buy?" and instead we should be asking, "What sort of a living system is the human body, what influences are affecting it, and how can we best help it, based on multi-level scientific knowledge?"

There notions are key principles of what we call Living Systems Medicine, too, because once we understand the human body as a living system, and seek to study its properties, and the influences that act
upon it in health or illness, we are led inevitably to investigate the "key toxins" - which are the ones, like mercury, that are most capable of undermining the system's primary survival sub-systems; i.e., our immune, neurological, endocrine, excretory and cardiovascular systems.

On to Dr Yurkovsky, ranging on the one hand back to the 1990s, and on the other hand as far forward as this month, but restricting myself only to a brief "taster" of a rather extensive teaching and writing he has given on the subject of mercury:

I would like to highlight metals. The notion of key toxins. Out of many toxins there will be a toxin that is particularly capable of binding to and paralyzing our physiologic functions. Quite often these come from the group: metals. Metals target multiple organ systems.

. . . The best time we doctors can make a correct diagnosis is in a post–mortem examination. Many tissues can only be assessed then. This also explains the limitations of toxicology – and the stupidity behind all these regulatory bodies. They’re trying to assure you something is normal and they don’t even begin to understand the extent of the problem.

. . . The symptoms of the many diseases listed in medical textbooks are the same as the symptoms of intoxication listed in toxicology textbooks, especially from mercury and other heavy metals. All the diseases are there. All the chronic diseases constitute one big toxic soup. Endocrine disease, infertility, Alzheimer’s, Parkinson’s, MS, cancer. . . This is all one and the same process. All that is different is the target organ. That’s all. There are many different drugs depending on the target organ. . . But it’s all one disease. Treat the cause.

. . . What do the books of toxicology say? Casarett and Doull’s “Basic Science of Poisons” and Chang’s “Toxicology of Metals” – both by highly respected authors – are two modern bibles on field of toxicology. They document mercury’s effect on many organs and systems and how it causes chromosomal damage. Read about the effects of mercury in each area, organ, system, and you’ll see descriptions of all the chronic degenerative diseases.

. . . There is no satisfactory safety data relating to amalgam fillings. With geno-toxic carcinogens – no dose has zero risk. So-called safety norms are all flawed. There is no toxic threshold. Poisons are poisons. Nobody knows how an individual will react: high vs. zero resilience, high resilience consisting chiefly only of adaptational mechanisms.

. . . Mercury is transported into the foetus. It is transferred during pregnancy and breastfeeding, with effects on the functional development of organs and the neurological system. It sets the stage for disease from the start.

. . . Field Control Therapy makes its emphasis on the key toxins – which, in any country where amalgams are used, will be 99% from amalgams in 99% of people, sick or “healthy.” The only difference between a “healthy” and “sick” population (in countries that use amalgams) is that the “healthy” population is just not yet officially sick.
Infectious agents – such as viruses and bacteria – only tend to gain a hold when the immune system is impaired or suppressed as a result of background toxicity from heavy metals. Metals are immuno-toxic – they suppress the immune system – then you start having opportunistic infections: viruses, candidiasis, parasitosis.

Mercury is continuously released from amalgam fillings. It is taken up as vapour in the lungs and via the gastro-intestinal tract. It is distributed to various tissues, including the brain and kidneys. It is a matter of serious concern. Forget the “safe levels”. There is no “safety” in safe levels. They don’t exist.

You can have a “normal” level of lead or mercury in the blood, but tons of lead or mercury in the target organ. Minor problem – bureaucrats just trying to quieten public concern. Major problem – doctors are misled by “normal” levels on test results (blood). But how can you have “normal” levels of arsenic in the blood? So blind leads the blind and everyone is happy.

– Savely Yurkovsky, M.D. / Field Control Therapy Basic Level seminar

An overload of the excretory organs themselves often also takes place, particularly of the kidneys, the true functional state of which also remains largely unknown to the physicians who just rely on the “normal” lab tests.

Considering the fact that practically 100% of babies in modern populations are already born with mercury, and ingest it through nursing nearly as often, the main excretory organ for metals – the kidneys – suffer an early assault and practically never retain physiologically normal function, in my experience. One is to keep in mind that all babies are born with physiologically immature kidney function that, due to continuous exposure to metals from birth on, may never become normal for that individual.

Besides morbidity, another and not much publicized limitation of chelators is their apparent inability to remove metals substantially. This limitation can be due to a combination of many possible factors concerning chelators, including…overloading of already weakened excretory and detoxifying organs such as the kidneys and liver with mobilized metals and their metal-chelator complexes.

– Savely Yurkovsky, M.D. / Mercury and other Heavy Metal Chelators: Theoretical Benefits, Suboptimal Results and Real Dangers. The Implications for Autism and Other Brain Disorders

Solutions to complex problems cannot originate from conceptual cages, but must come from properly integrated knowledge.

In our scientific body of knowledge, we must discern the speckles (individual diagnostic and therapeutic pursuit of numerous findings) from the stars (findings of high meaning). They can add a hundred or a thousand more dots to the database, but it won't make much difference to solving a problem of high complexity in complex diseases - unless we can discern the Stars: mercury, EMFs and a handful of other factors.
Metals are not biodegradable and tend to stay in the body for a lifetime. Children are born sick, with substances that are immuno-toxic, neurotoxic, vasculo-toxic and endocrine-toxic.

Always try to dig into the true concepts under the facts - that's where the true learning comes from.

Fire retardants and solvents are biodegradable and can be broken down and excreted through the liver, bile, colon. Mercury is not so easy - it's a multi-headed monster. It paralyzes the excretory pathways. With mercury, it's a one-valve flow situation - it's like in that song, "Hotel California"; you can check in, but you cannot check out.

For ten years I've been saying, that if you treat mercury, you must avoid EMFs.

– Savely Yurkovsky, M.D. /Latest Seminar on Autism and Lyme Disease, October 2011

What are the general factors that might be endemic among the population of all industrialized nations that are capable of setting in motion not only the pro-inflammatory but all of the other relevant physiologic pathways that would result in cardiovascular disease? By all means, to name only a few within each group: metals… other environmental pollutants… pharmaceuticals… infectious agents… Which of these are the most ubiquitous and particularly virulent? By all accounts, and from the experience of this author, heavy metals.

– Savely Yurkovsky, M.D. / Guided Digital Medicine: Going for the Bullseye of Heart Disease

The higher purpose of the diagnosis is not necessarily to identify all possible noxious compounds, but primarily “key toxins.” These not only inflict the most damage but also block the excretory pathways and preclude the body from the release of other pollutants. This tenet is very correct and from this perspective most of the tests performed by the majority of clinical ecology allergists and environmental specialists are highly nonspecific.

“Normal levels” are simply derived from health department statistics which are based now on the fact that an average person is polluted and expected to carry a certain amount of environmental toxins in his body. In the meantime, he appears to be without signs of disease and is still considered “healthy.” Therefore, these levels are “normal.” As the population becomes more polluted these numbers are periodically raised so that both the doctors and public remain calm and “reassured.”

Most of the chemical toxins causing human illnesses cannot be found in blood or body fluids short of acute poisoning as they reside deep around and within cellular structures of the internal organs.

Most of the research has been zeroed in on only short-term carcinogenic and toxic effects of chemicals and in fairly high exposures in laboratory settings. Long-term effects of low level chemical exposures for potential carcinogenicity and other health problems remain virtually unknown, while the research data suggests that these could be even more detrimental than a short-term high exposure.
The main problem that concerns all the chelators, is that they often lead to a dangerous redistribution of metals from physiologically less vital compartments such as fat, muscles, skin to more vitally important organs: brain, spleen, liver, coronary arteries, prostate, ovaries and others. A physician conducting the treatment has no control over the general chelating process and, therefore, there is a considerable risk of worsening his patients’ health with the passage of time.

– Savely Yurkovsky, M.D. / The Spleen Epidemic

Mercury has been documented to produce degenerative changes in the brain cells very similar to the ones encountered in Alzheimer’s disease. It crosses the placenta and enters, thereby, fetal circulation, having high affinity for the brain along with kidneys and liver.

... The single and most important clinical realization to be arrived at from this mother-child toxic connection is that every child in America, or any other “silver amalgam country,” is born sick. This sickness can manifest itself directly, indirectly, immediately and soon after birth, or later on in life while setting him up for any illness, including adverse reactions to medical treatments and especially vaccines. It may surface suddenly as a dreadful disease such as child onset diabetes, leukemia or mental illness.

... In the testing experience of this author, mercury, silver amalgam and silver-mercury compound enter any organ/tissue and are contained in every child born to a mother who has or ever had... amalgam fillings... It is only logical, therefore, that since an addition of extra mercury to the childhood vaccines in the way of a preservative, Thimerosal, has taken place, the rate of autism (and other CNS disorders) has skyrocketed by 800% in the recent years. The incidence of ADD and ADHD, 150,000 children in the U.S. in 1975, has become 4.4 million by 1997.

– Savely Yurkovsky, M.D. / Autism, ADD, ADHD, LD and the Power of Digital Medicine

[Mercury and lead], and toxins in general, do not limit their body invasion to what we perceive as a target or sick organ but do invade and impair multiple organs and systems with their corresponding functions: immune, endocrine, detoxifying, excretory, gastrointestinal, musculoskeletal and so on.

– Savely Yurkovsky, M.D. / Migraine and Chronic Headaches

I hope you have found this blog useful and will share our writings with your friends, so that our aims of raising awareness will reach more "ears".
I hope to follow it up in the future with quotes from some other very useful and interesting sources, too, as I have quite a library of mercury-related books and courses to draw from. In the meantime, I should also mention in passing, for those seeking further reading or study, that the various publications and/or courses quoted in this blog can be obtained from www.yurkovsky.com (USA) or www.phoenixhealingcentre.com (Europe), including even Dr Stortebecker's book, which Dr Yurkovsky stocked up on supplies of when its U.S. publisher sadly went out of business - which is how I came upon the informative little tome myself.

Sometimes the very information that a civilization most needs to hear is the one that ends up being the most deeply buried or ignored!

I am reminded of the beautiful story of "Watership Down", a marvellous book in one scene of which a colony of rabbits is being provided with plenty of food, leading the rabbits to want to stay put, although there is a "seer" rabbit who has visions and insists that it is dangerous for the rabbits to stay there, and that they must move on. The great majority fail to listen, and meet with disaster, by way of a twist which I won't share as it would be a plot spoiler.

But the most intelligent rabbits do escape. The question is, then, how intelligent a rabbit are you?

Sometimes, as the story shows, a whole community or civilization can prefer to stay blindly comforted by, and addicted to, a life that is convenient, yet be in the midst of dangers that the majority of the citizens could easily avoid but are too blinded by their lifestyle of convenience to pay attention to - until it's too late.

Let's hope that, like the rabbits in the story, enough of us "listen up" before it's too late for us too!

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