DEPRESSION: A DENTIST’S PERSPECTIVE

Until the mid 1990’s the standard treatments for depression included tricyclic antidepressants and monoamino Oxidase inhibitors. More recently serotonin and serotonin-norepinephrine reuptake inhibitors have become very popular. But evidence now exists that none of these are very effective in reversing or controlling depression.

It appears that only about 20% of those suffering from depression are significantly improved by taking drugs.

Tragically, the side effects of these drugs can be more serious than the depression itself.

Some of these side effects reported are difficulty in concentrating, impaired memory, heart problems, and dementia-like symptoms.

One of the most common factors in depression is simply not drinking enough good clean water.

One lecturer stated that any time you find yourself involved with “stinkin thinkin” (negative thoughts that lead to depression-type behaviors) it is time to get up and drink 16 to 20 ounces of water.

The brain has to have lots of water to function well—just like every other organ in the body.

The brain is what controls all other systems, however, so make sure it gets all the water needed.

Strive to find fluoride-free water as fluoride is known to be a cause of depression as well.

The following is a partial list of factors that can cause or increase the risk of depression:

1. Dietary factors such as omega-3, folate, and B-12 deficiencies.

2. Lack of social support.
3. Violating circadian rhythms by getting inadequate sleep and/or irregular sleep patterns.

4. The use of alcohol and nicotine.

5. Lack of exercise.

6. Job and family stress, anxiety, loss of a loved one.

7. Exposure to lead or mercury

Each of these causes of depression merit a book-length discussion but I would like to conclude this brief article with a discussion of mercury as a prime cause of depression. Although there are food and cosmetics sources of human exposure to mercury, the primary source for most of us living in America is from dental fillings.

Amalgam fillings are 48-55% mercury.

Mercury vaporizes into a gaseous state at body temperature.

We breathe that vapor into the lungs and 80% of it is absorbed into the blood stream.

It does not stay long in the blood stream as it soon finds its way into cells and tissues where it will disrupt enzyme reactions, interfere with the oxygen carrying capacity of red blood cells, and creates real havoc in nerve and brain functions.

Many would have us believe that mercury-contaminated fish is the greatest source of our mercury exposure. Recent studies show that if you have five or six moderate-sized fillings, you will receive 6 times the dose of mercury from the fillings as from eating fish five times a week.
There are hundreds of scientific studies describing how mercury damages the central nervous system and affects such things as moods, emotions, intelligence, memory, and coordination. I want to here just mention a few experiences my patients have related after we removed their mercury fillings with proper precautions.

A retired elementary school teacher related to me that he had suffered from depression for 30 years. Just two days after his mercury fillings were all removed he informed me that his depression was gone!! He was so grateful. Another patient whom I had seen a year before and had taken out half of his mercury fillings asked me what I had done.

He said he had not had the fits of anger he used to experience and did not drink alcohol like he used to either.

In my own experience, 25 years ago, I found myself experiencing less mood swings and a more stable emotional and mental outlook on life.

So, if you have experienced any level of ongoing depression, find some shiny reflections when looking in your mouth (silver/amalgam fillings), and want to experience life more like it should be, I urge you to find a biological Dentist who is trained in safe removal of amalgams. I know it can be expensive to reverse a lifetime of dentistry in a short time but I assure you it will be much cheaper than the medical expenses you may encounter if you do not.

RESOURCES:

Your Body’s Many Cries for Water, F. Batmanghelidj; www.amazon.com

10 Day Depression Recovery Program, Nedley Health Solutions, see above website.

Google Search: “Mercury and Depression” (Jan. 6, 2015 search brought 9.24 million hits—some equivocal, some very clear-cut. See if your symptoms might mimic other’s experiences and then decide for yourself).