

HealthBrochures.info

Information for Healthy Living

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Clean air Clean water Organic food Nontoxic Housing

*After my experience with mercury poisoning from my mercury amalgam fillings,
I understand how important it is to eliminate poisons from our lives.*

You will be healthier if you eliminate exposure to poisons from:

the air you breathe (mercury vapor from mercury amalgam dental fillings, pollution,
combustion by-products, smoke, pesticides, nukes, fragrance chemicals...),

what you consume (conventionally grown and processed food, fluoride, chlorine, drugs...),

what you put on your body (fragranced personal care and laundry products, treated clothing...)

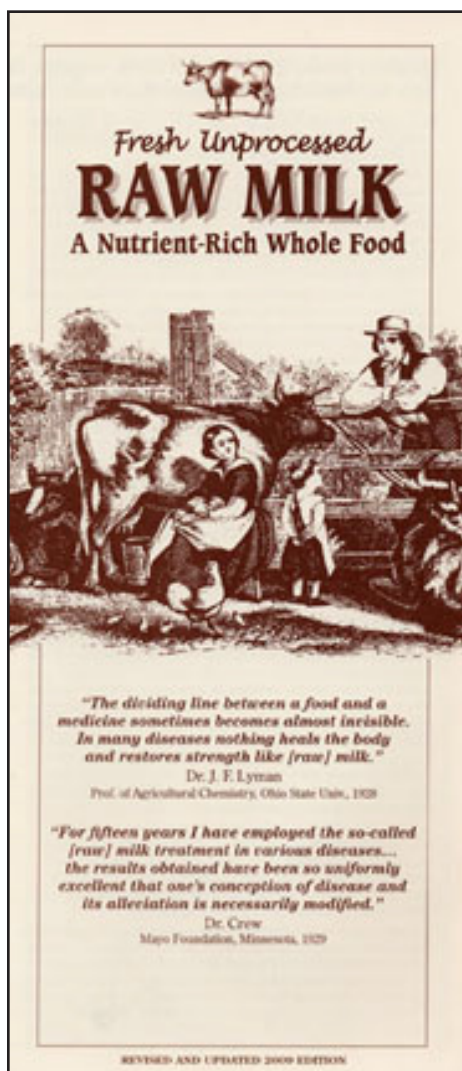
where you live and work (mold, carpet chemicals, air fresheners, cleaning products, plastics,
pesticides, manufactured building materials, paints/solvents...)

May the following information help guide you to make healthy choices.



Raw Milk

Discover the health benefits of raw milk



INFORMATIVE BROCHURE
for friends, family, customers
or patients.

Large size – 16" x 9 1/4"
Fits in standard brochure holder.

RAW MILK: A Nutrient-Rich Whole Food

Brochure includes:

- Benefits of raw milk
- Raw milk heals and restores health
- Health hazards of processed milk
- Diseases associated with milk processing
- Choosing healthy milk
- Use of raw milk by traditional cultures.
- Resources.



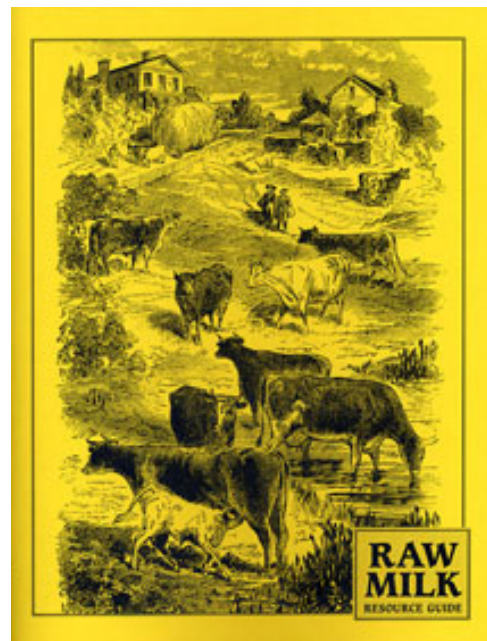
RAW MILK BUTTONS

Hot pink heart with black letters,
1-3/4" diameter, with safety pin.

RAW MILK RESOURCE GUIDE

Book includes:

- Supplemental Report in Favor of Raw Milk
- Milk Cures Many Diseases
- The Health Benefits of Raw Milk from Grass-Fed Animals
- Why Butter is Better
- The Case for Butter
- Fermented Milk
- Raising Healthy Dairy Cows
- Traditional Cultures & Raw Milk
- Resources



Paperback, 44 pages, 8.5"x11"

Healthy Living

Protect yourself from exposure to environmental chemicals



2011 REVISED AND UPDATED EDITION

FRAGRANCE: A Growing Health & Environmental Hazard

Helps people understand the increasing health and environmental hazards of fragranced products.

Contains:

- CDC Establishes Fragrance as a “Recognized Hazard”
- New scientific studies about unlabeled toxic VOCs in common fragranced consumer products
- How fragrance oils are dispersed
- Health and environmental effects
- Resources and more!

INFORMATIVE BROCHURES
for friends, family, customers
or patients.

Large size – 16” x 9 1/4”
Fits in standard brochure
holder.

CREATING HEALTHY INDOOR ENVIRONMENTS: Homes, Schools, Workplaces

Did you ever ask, “Why don’t I feel good inside buildings?” Learn how to find the cause of poor indoor air, how to prevent problems, and options to correct existing problems. Resource list included. A must read for anyone interested in their health!



Order Information

ALL PRICES INCLUDE POSTAGE • PRICES EFFECTIVE: FEB. 1, 2011

BROCHURES

Any amount of the 3 brochures may be used to make the total quantity.

Please specify how many of which brochures you want.

RAW MILK: A Nutrient-Rich Whole Food, Revised and updated 2009 edition

CREATING HEALTHY INDOOR ENVIRONMENTS: Homes, Schools, Workplaces

FRAGRANCE: A Growing Health & Environmental Hazard, Revised and updated 2011 edition

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10	\$ 3.75
25	\$ 7.75
50	\$ 15.50
100	\$ 26.00
250	\$ 64.00
400	\$ 91.00
800	\$ 178.00

RAW MILK RESOURCE GUIDE

1 copy \$ 8.00 each

2-5 copies \$ 7.50 each

6+ copies \$ 7.00 each

RAW MILK BUTTONS

5 buttons – \$ 5.00

10 buttons – \$ 9.00 Call for discount price on larger quantities

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Weston A. Price, DDS

When I understood I had mercury poisoning and had my mercury amalgam dental fillings removed, I then needed to heal my mercury-damaged body and regain my health.

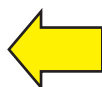
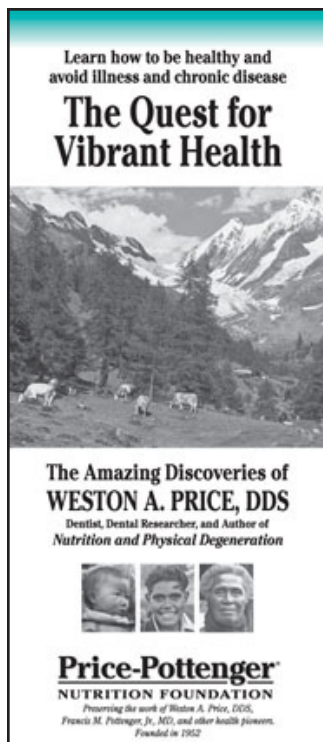
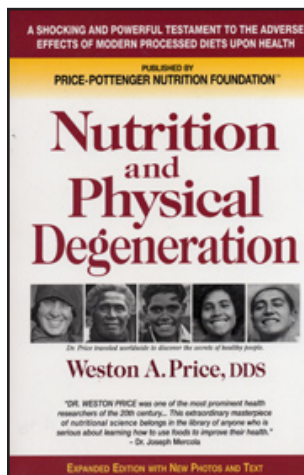
I heard about the work of Weston A. Price, DDS.

His book *Nutrition and Physical Degeneration* was a “light in the dark!”

Dr. Price traveled around the world observing and photographing healthy people. These cultures had stayed healthy for centuries eating nourishing traditional diets of fresh local whole foods.

When they abandoned these diets for processed foods, such as white flour, white sugar, vegetable oils and canned goods there was a progression of illness and chronic disease.

Nutrition and Physical Degeneration is available from the Price-Pottenger Nutrition Foundation (PPNF) bookstore: www.ppnf.org



Start improving your health.

Easy-to-read brochure about Weston A. Price, DDS

Call Price-Pottenger Nutrition Foundation (PPNF)
for copies of this brochure 619-462-7600

Price-Pottenger Nutrition Foundation (PPNF)
providing reliable, unbiased information about nutrition, food
preparation, natural healing, and environmental issues since 1952.

www.ppnf.org

Price-Pottenger®
NUTRITION FOUNDATION

*Preserving the work of Weston A. Price, DDS, Francis M. Pottenger, Jr., MD
and other health pioneers*

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Resources for Information about Mercury Amalgam Dental Fillings

BOOKS

Available from DAMS 651-644-4572

Dentistry Without Mercury, Ziff & Ziff

Uninformed Consent: The Hidden Dangers in Dental Care, Hal Huggins, DDS & Thomas E. Levy, MD

Dental Mercury Detox, Ziff & Ziff. & Hanson

Solving the Puzzle of Mystery Syndromes, Are Your Amalgam Fillings the Missing Piece?

(case histories & information)

Solving the MS Mystery: Help, Hope and Recovery, Hal Huggins, DDS 1-866-948-4638

Infertility & Birth Defects - Is Mercury From Silver Dental Fillings A Hidden Cause? Ziff & Ziff

The Missing Link? - A Persuasive New Look at Heart Disease as it Relates to Mercury, Ziff & Ziff

Available from Price-Pottenger Nutrition Foundation 800-366-3748

Root Canal Cover-up, George E. Meinig, DDS

Whole Body Dentistry, Mark A. Breiner, DDS

Nutrition & Physical Degeneration, Weston Price, DDS

Nourishing Traditions, Sally Fallon

It's All in Your Head. The Link Between Mercury Amalgams and Illness, Hal Huggins, DDS

Silver Dental Fillings - The Time Bomb, Ziff

Your Toxic Teeth, Murray Vimy, DMD

Oral Health and Heart Disease, Ziff & Ziff

EDUCATION AND ASSISTANCE

WEBSITES • ORGANIZATIONS • JOURNALS

www.toxicteeth.net (legislation and litigation)

www.hugnet.com, Hal Huggins, DDS, 866-948-4638

www.vimy-dentistry.com (Dr. Vimy's page)

DAMS (Dental Amalgam Mercury Syndrome) 651-644-4572 www.amalgam.org

DAMS is a support group of dental mercury victims (and volunteers) who feel a strong obligation to inform fellow citizens of the health hazards associated with amalgam fillings. Call for free introductory basic information packet on non-toxic dentistry, list of practitioners in your state familiar with non-toxic dentistry, book list. Membership and Journal, \$15. – \$25.

IAOMT (International Academy of Oral Medicine and Toxicology) www.IAOMT.org 863-420-6373

8297 Champions Gate Blvd #193, Champions Gate, FL 33896

AAEM (American Academy of Environmental Medicine) www.AAEM.com

7701 East Kellogg, Suite 625, Wichita, Kansas 67207, 316-684-5500,

Price-Pottenger Nutrition Foundation 800-366-3748 www.ppnf.org Accurate information on nutrition, dental issues, natural healing, environmental issues and more.

Weston A. Price Foundation 202-333-4325 www.westonaprice.org Dedicated to restoring nutrient-dense foods to the American diet and healthy living.

Clifford Consulting & Research, 719-550-0008 www.cclab.com (dental material compatibility testing)



Information about Mercury Amalgam Dental Fillings

SUMMARY OF SCIENTIFIC FACTS

1. Mercury is very toxic, more so than lead, cadmium or arsenic. Methylmercury and mercury vapor are the most toxic forms.
2. There is no known toxic threshold for mercury vapor. Some authorities say that no amount of exposure to mercury vapor can be considered totally harmless.
3. Dental amalgam fillings are approximately 50% mercury. One average size amalgam filling contains about 780 milligrams of mercury, which is enough to exceed the USEPA non-dietary Mercury Intake Standard for over 100 years.
4. Mercury is not “locked” into the amalgam. Subjects with amalgams are constantly exposed to mercury every day. The amount of exposure is greatly increased when the fillings are exposed to chewing, brushing or heat. It takes at least 90 minutes for these increases to ‘cool down’ to prestimulated levels.
5. Mercury vapor very easily enters the human body and its cells. It also easily penetrates the blood-brain barrier and the placental membrane. On an average, humans inhale at least 17,280 times each day. It takes the body 30-70 days to eliminate one half of each dose of mercury.
6. Human autopsy studies prove that dental amalgam mercury enters the patient’s body and builds up with time.
7. Mercury is known to damage the brain and nervous system, the thyroid, pituitary and adrenal glands, the heart and lungs, as well as hormones and enzymes. Mercury is a very potent suppressor of the immune system and is known to damage the brain and nervous system of unborn babies.
8. It has been scientifically proven that even one amalgam filling will generate electrical currents when placed in the teeth. The health effects of these currents are as yet unknown.
9. There is no published research connecting mercury exposure from dental amalgam fillings to any human disease state. On the other hand, there is no published research proving such connections do not exist. In over 160 years of use of dental amalgam, no controlled biocompatibility studies have been done, even though patient exposure to mercury from these fillings has been known for years.
10. The American Dental Association, OSHA and the EPA, have declared leftover scrap dental amalgam to be a toxic hazard to dental personnel, to the dental office and to the environment!

Due to the fact that the American Dental Association, the FDA and the U.S. Government do not recognize dental amalgam mercury as a potential problem, do not expect dentists or doctors to be aware of dental amalgam mercury as a consideration in the analysis of your health problems.



Information about Mercury Amalgam Dental Fillings

SYMPTOMS OF MERCURY TOXICITY

CENTRAL NERVOUS SYSTEM • Anxiety/nervousness, often with difficulty in breathing

- Restlessness • Exaggerated response to stimulation • Fearfulness • Emotional instability
- Lack of self control, fits of anger, with violent, irrational behavior • Loss of self confidence
- Indecision, shyness or timidity, being easily embarrassed • Loss of memory • Inability to concentrate
- Lethargy/drowsiness • Insomnia, mental depression, despondency • Withdrawal • Suicidal tendencies
- Manic-depression • Numbness and tingling of hands, feet, fingers, toes, or lips • Muscle weakness progressing to paralysis • Ataxia • Tremors/trembling of hands, feet, lips, eyelids, or tongue
- Incoordination • Myoneural transmission failure resembling Myasthenia Gravis
- Motor neuron disease (ALS) • Multiple Sclerosis

HEAD, NECK, ORAL CAVITY DISORDERS • Bleeding gums • Alveolar bone loss

- Loosening of teeth • Excessive salivation • Foul breath • Metallic taste • Burning sensation, with tingling of lips, face • Tissue pigmentation (amalgam tattoo of gums) • Leukoplakia • Stomatitis
- Ulceration of gingiva, palate, tongue • Dizziness/acute, chronic vertigo • Ringing in the ears, hearing difficulties, speech and visual impairment • Glaucoma • Restricted, dim vision

GASTROINTESTINAL EFFECTS • Food sensitivities, especially to milk and eggs

- Abdominal cramps, colitis, diverticulitis, or other G.I. complaints • Chronic diarrhea/constipation
- Kills beneficial intestinal bacteria

CARDIOVASCULAR EFFECTS • Abnormal heart rhythm • Characteristic findings on EKG:-abnormal changes in the S-T segment-lower and broadened P wave • Unexplained, elevated serum triglyceride

- Unexplained, elevated cholesterol • Abnormal blood pressure, either high or low

IMMUNOLOGIC • Repeated infections • Viral and fungal infections • Candida or other yeast infections

- Microbacterial infections • Cancer • Autoimmune disorders • Arthritis • Lupus erythematosus (LE)
- Multiple Sclerosis (MS) • Scleroderma • Amyotrophic Lateral Sclerosis (ALS) • Hypothyroidism

SYSTEMIC EFFECTS • Chronic headaches • Allergies • Severe dermatitis • Unexplained reactivity

- Thyroid disturbance • Subnormal body temperature • Cold, clammy skin, especially hands and feet
- Excessive perspiration, with frequent night sweat • Unexplained sensory symptoms, including pain • Unexplained numbness, or burning sensations • Unexplained anemia • G-6-PD deficiency
- Chronic kidney disease • Nephrotic syndrome • Receiving renal dialysis • Kidney infection
- Adrenal disease • General fatigue • Loss of appetite/with or without weight loss • Loss of weight
- Hypoglycemia • B vitamin deficiencies

From "The IV-C Mercury Detox Program, Guide for the Patient," a companion book to "Chronic Mercury Toxicity New Hope Against an Endemic Disease," by Sam Queen and Betty A. Queen

Case History

Sandra Redemske

Edited from the published article in *Solving the Puzzle of Mystery Syndromes, Are Your Amalgam Fillings the Missing Piece?* DAMS publication

Computer-Use Acceleration of Chronic Long-Term Mercury Poisoning From Mercury Amalgam Dental Fillings

For many years, even though I ate mostly organically grown food, lived a healthy lifestyle, resided in a rural area, and had reduced or eliminated my exposure to a wide range of adverse environmental chemicals and electromagnetic fields, I kept asking myself the same question: “Why don’t I feel quite right?”

I seemed to be healthy, rarely getting colds or the flu, but somehow I knew I should feel better.

In March 1993, concerned about difficulty breathing through my nose and increasing sensitivities to foods, wood smoke, mold, gas stove fumes and auto and truck exhaust fumes I saw an allergist (M.D.). Head x-rays showed major sinus infections, and blood tests showed low white cell counts. I had some allergy testing for common allergens, but had no significant reactions. Over the next month I was given several antibiotics, each one stronger than the previous. My condition seemed a bit better; however, I felt the antibiotics should have cleared up the problem. I stopped seeing the allergist as my insurance did not cover the charges and I could not afford this costly treatment.

A long spell of hot humid weather in June 1994 seemed to be the beginning of a siege of constant sinus infections, sore throats, coughing and fatigue. Many weeks of home doctoring with vitamins, herbs and rest seemed to help little. Concerned about my body’s inability to fight off this “bug,” I sought help from people in the natural health field. I chose this option as I did not want to use the drug/antibiotic band-aids of the allopathic health care system to just treat symptoms. I felt my body should be able to heal itself, if I knew what was causing the original problem.

During months of professional natural health care, the symptoms would ease for several weeks and then I would be sick again for several weeks. A pattern seemed to be emerging in which I was sick or felt I would be sick with minimal exposure to any physical or chemical stress. I had reduced resistance to illness and an inability to regain my health once I was sick.

Testing in November 1994 revealed no beneficial bacteria in my intestinal tract and a digestive system that was not able to utilize my organic food or supplements. Supplementation with powdered acidophilus and digestive enzymes seemed to help somewhat. At the same time I continued to look into suspect factors in my environment.

Working as a graphic artist, I had totally computerized my business in January of 1994, and therefore now worked all day long in front of a computer monitor. Since my computer consultant knew of my concern about electromagnetic fields and my monitor already had Swedish standards, he recommended in May of 1995 further safety equipment for the 21” monitor. The metal bands attached to the monitor back and the grounded screen to the monitor front would reduce electromagnetic emissions by 70%.

Two days after I added the new safety equipment, I felt like a new person: full of energy, calm, cheerful, and able to handle stressful deadlines in my business. I now knew my illness had some connection to the computer monitor. I continued my search for clues, patterns, information and analysis/correlation.

After a month, the positive changes I experienced began to fade. The pattern of sickness returned with other symptoms increasing in intensity: depression, hopelessness, memory and concentration losses, headaches, fatigue, irritability, crying spells, skin fungus, digestive disturbances, insomnia, muscle weakness, loss of stamina, sensitivities to chemicals, foods and environmental allergens. I felt like I was in a downward spiral and that I would never get better.

In October 1995 during a two week camping vacation away from my computer, I felt better. Upon returning home and sleeping only one night there, I again awoke sick. This was a confusing situation as I hadn’t worked on my computer for two weeks. Something else was affecting me.

By chance in November 1995, an important piece of information surfaced... an article "Your Computer May Be Dissolving Your Amalgam Fillings" by Mats Hanson, Ph.D. in the September 1994 Dental & Health Facts Newsletter, published by The Foundation for Toxic Free Dentistry. This article was the first solid scientific evidence I had found that could help to explain the cause of my illnesses. Dr. Hanson indicated that "There is an increasingly common phenomenon of 'allergy' to electricity and the adverse effects of visual display units, VDUs of computers. A presentation at the International VDU conference suggested that two mechanisms were at work to produce the biological effects of low-strength electromagnetic fields: The first mechanism is the electrolysis of amalgam dental fillings in the teeth, caused by induced currents from non-uniform, time-varying magnetic fields. The second mechanism at work is the coupling between external electromagnetic fields and free radical production in tissues."

Even though I knew that small amounts of mercury were constantly leaching out of my mercury amalgam dental fillings, Dr. Hanson's information seemed to indicate that the electromagnetic fields from my computer monitor were causing the mercury in my mercury amalgam dental fillings to dissolve at a faster rate than normal. I was rapidly being poisoned by the increased mercury leaching from my dental fillings.

My symptoms were all on the list of symptoms of mercury toxicity. Most people I talked to didn't believe I had mercury poisoning from my dental mercury amalgam fillings. Since I didn't have an M.D. degree or other advanced medical/scientific credentials, people questioned how I was to be able to self-diagnose. A hair test confirmed high levels of mercury and I decided I was not going to wait for a diagnosis of my symptoms by a "certified health-care professional." I began to gather and read all the information available. I had a difficult time reading and remembering.

To reduce my electromagnetic field exposure, hence my greater mercury exposure, I stopped using my monitor and bought a Macintosh Powerbook with an LCD screen (a different monitor technology). In two weeks I began to feel better. It became apparent that it was important for me to reduce exposure to electromagnetic fields in general. I discovered my bedroom wall contained the electric meter and service panel for the entire house. This extra exposure to electromagnetic fields could help to explain why I got sick after returning from my vacation.

My next step was to remove the source of the poison...the mercury amalgam fillings. I began interviewing dentists from a list supplied by the Foundation for Toxic Free Dentistry. I chose a dentist who had a history of toxic-free dentistry, understood the issues of mercury, had safe procedures for mercury amalgam removal, would use the blood biocompatibility test results, understood composites, and had many years of restorative experience.

In January 1996, I had all my mercury amalgam fillings (14) removed quadrant by quadrant and replaced with biocompatible composites. I did not have any adverse reactions to the removal. My progress toward health has been steadily uphill. In the first three months after removal, the depression, crying, irritability, hopelessness, headaches and insomnia vanished. Other symptoms are lessening as time goes on.

I cannot expect my body to instantly regain health after being assaulted by mercury for 35 years. Damage started at the molecular level, progressed to the cellular level and then subsequently affected all body systems throwing multitudes of delicately balanced systems into disarray. I now know some symptoms actually started with my first fillings at 10-14 years of age: shaking hands, menstrual irregularities, problems with memory and concentration. A time line I made helped me to see and correlate symptoms with mercury amalgam filling initial placement, removals and new fillings.

An important component of my healing has been the Ziff's mercury detox program of supplements and special nutrients that was started two months prior to amalgam removal and is still continuing as of this time. My eating organic whole food and living a healthy lifestyle has enhanced my recovery.

My experiences with dental mercury amalgam have changed my life. I no longer trust that the government will protect my health and I discovered that most health-care professionals are not aware of the severe biochemical implications of mercury poisoning from dental mercury amalgam as a consideration in the analysis of health problems. I am greatly appreciative to those who have dedicated their lives (Ziff's, Huggins, DAMS) to disseminating information on dental mercury amalgam. Without this information I would still be sick and searching. Thank you for giving me back my life.

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The Precautionary Principle

**When there is reasonable suspicion
that harm is occurring or about to occur,
we all have a duty to take action to prevent harm
even if some cause-and-effect relationships
have not been proven to a scientific certainty.**