

# IT'S ALL IN YOUR HEAD

If mercury is one of the most poisonous substances known to man, why then, do doctors routinely use it in amalgams? We can thank that was the question asked by Dr. Hal Huggins almost twenty years ago (and is the same question being asked today here, here, here). There is a growing chorus of doctors, researchers, and citizens adding their voices of concern to this ground-breaking book. Dr. Huggins mounts his question and says, "What he tells may shock you, but in the face of overwhelming scientific evidence, the danger of mercury exposure can no longer be overlooked."

It's *ALL* in Your Head looks at past research on mercury toxicity and dental amalgams; reveals that the dental establishment has systematically ignored—and at various scientific findings that can no longer be ignored. It details the link between mercury poisoning and the deteriorating state of the public's health. And it describes the possible effects of mercury toxicity, including multiple sclerosis, Alzheimer's disease, Hodgkin's disease, Chronic Fatigue Syndrome, and virtually all autoimmune disorders.

Written in non-technical, easy-to-understand language, *It's All in Your Head* explains the data that mercury amalgams are safe. If you think your mother was all in your head, you may be right.

## About the Author

Dr. Hal A. Huggins retired in 1984 from the University of Colorado. Since 1984, Dr. Huggins has practiced general dentistry with an emphasis on oral care. In 1974, he became involved in the study of mercury toxicity and its impact on human health. Through the course of his investigation of the medical state of health as they relate to autoimmune diseases, Dr. Huggins earned a master of science from the University of Colorado at Colorado Springs.

In 1988, Dr. Huggins began a full-time practice devoted to diagnosing and providing treatment for patients suffering from mercury toxicity. He, in reality, found the unorthodox dental Huggins Diagnostic System, a combination of the following: dentistry, nutrition, holistic psychology, and other leading-edge techniques for treatment of autoimmune diseases.



A System of  
Dentistry, Nutrition, Holistic  
Psychology, and  
More

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IT'S ALL IN YOUR HEAD

# IT'S ALL IN YOUR HEAD

The Link  
Between  
Mercury  
Amalgams  
and  
Illness

DR. HAL A.  
HUGGINS

*Hal A. Huggins*

## **It's All in Your Head: The Link Between Mercury Amalgams and Illness**



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Mercury is among the globe's disease, Chronic Fatigue Syndrome, and virtually all autoimmune disorders. Forty years ago, Dr. It's All in your mind looks at past research on mercury toxicity and dental care amalgams as well as current scientific results that can no more be ignored. It describes the possible ramifications of mercury toxicity, including multiple sclerosis, Alzheimer's disease, Hodgkin's most poisonous substances, and yet dentists routinely use it in amalgams to fill up our teeth. Hal Huggins questioned this practice, and today legions of dentists, researchers, and citizens are adding their voices of concern.s All in Your Head explodes the claim that mercury amalgams are safe and sound.Written in easy-to-understand language, It' If you believe your worries are all in your mind, you may be right.



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Important information I've been looking into amalgam revision lately, because of research into the causes of bowel problems and serious fatigue. In case it's helpful to anyone who might go through this: If you've ever had amalgam fillings, other metal dental function, root canal, or extracted wisdom teeth, I highly recommend reading the findings of Dr. However after reading this reserve I know I have to do my due-diligence and query these mercury fillings and other foreign objects being put in my mouth...[It's necessary to find knowledgeable Dental practices who will utilize the full selection of available ways to protect their sufferers from exposure to heavy metals, and present them every advantage to assist within their recovery. Dentists cannot recommend these methods to their patients without risking the increased loss of their profession. They can not make recommendations about security techniques, either, without risking repercussions. His question to the professor was any kind of other places in medication where corrosion is definitely relied upon to create a seal?Its also sad and hard to find a dental practitioner who agrees amalgam are harmful! The ADA is usually apparently so terrified of being held legally responsible for the widespread health ramifications of amalgam fillings and other detrimental practices, they are quick to sanction any Dental office who makes a statement that may be interpreted as suggesting that a health problem may have resulted from a dental care procedure. Huggins' study.She actually is now getting hers removed safely. Until enough proof accumulates to break the log jam, patients are in a difficult placement of having to search out necessary information that's not widely available.When you have amalgam fillings, other metallic dental-function, root canals, or past extractions, I hope you'll have a chance to become informed about Dr. This leaves the burden on the patient to be well-versed in the obtainable safety precautions, and to choose a Practitioner who's experienced to perform the necessary procedures and techniques in the very best method. Reportedly many previously intractable health issues have already been improved or resolved by applying Dr. Huggins results.For nutritional support in recovering from digestive problems and related health issues there is effective information obtainable here from Dr. Did you know there exists a temporary substance that is devote with the amalgam to create it seal.. I believe the American public has been mislead by the American Oral Association and that it provides put the health of many of us at risk.]I wish these details will help a lot of us to obtain the most beneficial dental care available. A great read. They experienced research out about the hazards of mercury fillings for over fifty years and current studies however they are not readily available to the open public. I've never questioned a dentist when they preformed focus on my teeth - I simply trusted whatever they did will be for my benefit. [.. Why is these details not known by our doctors and medical personnel. Now a courageous dentist has used on the establishment and attempted to bring out the reality and heal people.! I have a daughter with autism so i wanted publication that covered mercury a little. Read the reserve, find some qualified dentists, ask questions then decide which office understands what they are performing. You will discover me screaming this from the best point overlooking my national capitol ! Readable and solid details.The dental practitioner I chose told me about his mercury doubts in dental care school. Natasha Campbell-McBride: [. The first an foremost warning to the American people on .This leaves patients in the position of having to analyze this topic ourselves, in order to identify the techniques we need to be able to improve our health. Read it and talk about it with the uninformed.It is certainly a sin that Americans are still offered mercury fillings. I instantly had my Mom read it who has 11 amalgams! The long term seal is created by the corrosion of the amalgam.. Hal Huggins. The first an foremost warning to the American people on how to prevent the dental profession from raping you of your natural health by putting the next most toxic element on the planet in the acidic/corrosive environment of the mouth,allowing the minerals Mercury,Nickel,Aluminum to corrode and shunt or shrink your capillaries,veins,arteries,macula. .You then slowly loose your muscle coordination,eyes vision creating shadow effect,and you start producing cancers an Lyme's disease throughout all elements of your body! I am witnessing this at this time with my fathers wellness for days gone by 12 years an the medical profession won't stick to thru with the correct process because they don't do dentistry. So much for the Hippocratic

Oath in the oral an medical globe. If the office staff has hardly ever heard of Hal Huggins it was easy to cross them off of the list. Daniel P Casey DC Among the best books about mercury amalgams and what you need to know before you get them removed! This book ought to be read by everyone who has "silver" (mercury) fillings, politicians and dentists along with dental assistants. You will want to be sure the dental practitioner that requires them out does so by the Hal Huggins Protocol, otherwise you could actually be messed up...there exists a real danger with these metal amalgams and Hal Huggins actually knows what has been covered up by the ADA. Even if you only want to understand anyone who has mercury amalgams, this might be good to have so you can tell them how important it is to get them out! Very beneficial, definitely recommended! It is not just in your head. This book ought to be read Prior to you try to get them removed. Truth revealed approximately mercury inside our teeth. A must read. About Money NOT about Health If you would like to be healthy you start with your mouth is a good place to start. We are also doing the Andy Cutler chelation protocol and some on my yahoo group have talked about this book. Its zero wonder the world is full of disease! This reserve reveals the reality behind the oral association and its connect to the amalgam industry, and the detrimental results that our silver "shaded" fillings are carrying out to our bodies. I couldnt put it straight down. A useful read. It is all about money not about health. Great information, every one that has teeth needs to read this reserve! This is apparently a location where medical science happens to be bogged right here the weight of corporate financial considerations. Its too poor most insurance wont cover the removal. Dentists and oral surgeons can only just perform procedures such as amalgam revision, cavitation medical procedures, and other remedial remedies at the precise request of the patient. A great publication for anyone you know with amalgams, or mercury poisoning! Wow answers I have been looking for For years each time I went to the dentist I would end through to ER room with fever and pain around my body.. Happy A must read! She's suffered ALOT of issues in her existence. Interesting Interesting information so far. Lived This I was a walking mercury/root-canaled ladened woman until a Biodentist workplace in Denver fixed everything. Reading this reserve made me so happy I went through all that I did so to gain health.! This book should be read by everyone who has their own teeth or knows somebody who does. Mercury amalgam fillings are 40% mercury, the very substance we are informed to limit our intake of. I actually couln't believe what i was reading. Good question. Five Stars Everyone should browse and become aware of these details. Potentially life changing.. Now I have to plam my amalgam removal Many thanks grest reserve mucj neefed info Five Stars Came before due date. Five Stars good



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