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 the
berkeleyclinic
Committed to Excellence

Safe Amalgam Removal in Glasgow Scotland



www.berkeleyclinic.com



The relief I felt when all my mercury fillings were safely removed was immense.
Mike and the team took my health concerns and the safe amalgam removal process extremely seriously.



Are you worried about your **Mercury amalgam fillings?**

The award winning Berkeley Clinic in Glasgow Scotland, is one of a handful of advanced dental centres of excellence in the world, built to safely and effectively remove mercury amalgam fillings from patients who have health concerns. Whilst the dental profession has deemed mercury amalgam fillings to be safe, we believe that patients have the right to have them removed safely and without worry.

Thank you for taking the time to visit our site. If you have any questions or would like to come and see us please just get in touch or use our live chat facility.

Are you concerned about your mercury fillings?

Do you feel that they may be damaging your energy levels?

Your general health?

Your ability to think?

Many of our patient's report feeling fatigued, tired and foggy. We take referrals from numerous fellow health care professionals, who ask us to use our safe amalgam removal procedures for their patients. If you are concerned or feel that you may be suffering the potential side effects of mercury amalgam fillings, then please get in touch today. Our caring team can talk you through what we do and why we are different.



"Book your safe and pain free mercury removal consultation today."

What is **mercury amalgam?**

Mercury amalgam is a material used for amalgam fillings. Moreover, it is a liquid mercury and metal alloy mixture used for dental fillings that have typically been caused by tooth decay. Typical modern mercury amalgam fillings are made of mercury (50%), silver (~22–32%), tin (~14%), copper (~8%) and other trace metals.

Mercury amalgam fillings were first documented in the year 659 and first appeared in Europe in 1528. They grew in popularity in the 1800s due to their low cost and durability.

In more recent times however, there has been concern over their appearance, pollution to the water systems and also health.



Am I sensitive to **mercury amalgam fillings?**

If you are concerned regarding your mercury amalgam fillings, then you can take this test to see if you “may” be sensitive. We must advise that this test has previously been used as part of an FDA study into mercury sensitivities. It is NOT a diagnosis and does not replace a proper consultation or other tests.

This Mercury Sensitivity Self-Test was part of a US FDA approved study to assess how body burden of mercury is determined and toxicity levels, etc.

It serves as an alert to clinicians when patients have scores of “Yes” in 5 or more of the 30 questions. It is recommended that such patients be referred to dentists with special knowledge of safe mercury silver amalgam removal and replacement.



Take the mercury sensitivity test

01. Have you had sore gums (gingivitis) often over the years?

Yes No No Answer

02. Have you had mental symptoms such as confusion or forgetfulness?

Yes No No Answer

03. Has severe depression been a frequent problem?

Yes No No Answer

04. Has ringing in the ears (tinnitus) been present?

Yes No No Answer

05. Have TMJ (temporomandibular joint) problems been a concern of yours?

Yes No No Answer

06. Have you had unusual shakiness (tremors) of your hands or arms or twitching of other muscles?

Yes No No Answer

07. Do you have "brown spots" or "age spots" under your eyes or elsewhere in the skin of your body?

Yes No No Answer

08. Have you tended to have more colds, flu, and other examples of infectious diseases than “normal”?

Yes No No Answer

09. Have you had food allergies or intolerances?

Yes No No Answer

10. Have you been to many doctors for your health problems and they have usually said, “There is nothing wrong”?

Yes No No Answer

11. Do you have numbness or burning sensations in your mouth or gums?

Yes No No Answer

12. Do you have numbness or unexplained tingling in your arms or legs?

Yes No No Answer

13. Have you developed difficulty in walking (ataxia) over the years?

Yes No No Answer

14. Do you have 10 or more “silver” fillings?

Yes No No Answer

15. Do you often have a “metallic” taste in your mouth?

Yes No No Answer

16. Have you ever worked as a painter or in manufacturing/chemical or pesticide/fungicide factories (fungicides with methyl mercury ingredients) or in pulp/paper mills that used mercury?

Yes No No Answer

17. Have you worked as a dentist, hygienist, or dental assistant?

Yes No No Answer

18. Have you ever had Candida-Related Complex (CRC) or yeast infections (vagina, mouth, or GI tract)?

Yes No No Answer

19. Do you have a lot of bad breath (halitosis) or white tongue (thrush)?

Yes No No Answer

20. Have you frequently had low basal body axillary temperature (below 97.4 degrees Fahrenheit) over the years?

Yes No No Answer

21. Do you have problems with constipation?

Yes No No Answer

22. Do you have heart irregularities or a rapid pulse (tachycardia)?

Yes No No Answer

23. Do you have unexplained arthritis in various joints?

Yes No No Answer

24. Is it common for you to have a lot of mucus in your stools?

Yes No No Answer

25. Do you have unidentified chest pains even after EDGs, X-ray and heart studies are normal?

Yes No No Answer

26. Is your sleep poor or do you have frequent insomnia?

Yes No No Answer

27. Have you had frequent kidney infections or do you have significant kidney problems?

Yes No No Answer

28. Are you extremely fatigued much of the time and never seem to have enough energy?

Yes No No Answer

29. Do you have irritability or dramatic changes in behavior?

Yes No No Answer

30. Are you on antidepressants now or have you been in the past?

Yes No No Answer

According to this test: If you answered yes to 5 or more questions you “may” be sensitive to mercury amalgam fillings.

If you answered yes to 16 or more questions then you are more than likely sensitive to mercury amalgam fillings.

What should I do if I think I am sensitive to **Mercury amalgam fillings**?

If you think you may be sensitive or have worries about your mercury amalgam fillings then please get in touch so we can explain what we do and why it's different.

Why should you choose The Berkeley Clinic for your **Safe amalgam removal?**

1

The Berkeley Clinic is one of the only clinics in the UK to be specially designed for safe amalgam removal.

2

We follow the strictest protocols for patient safety.



3

We adhere to the SMART mercury amalgam removal protocol.

4

We have NEVER placed a mercury amalgam filling in our clinic and the clinic is a mercury free zone!

5

We have the most HIGH TECH equipment for safe amalgam removal.

From the IQ air, air purification system to our clean air handling air exchangers in the clinic.



6

We offer pure clean air and full nitrile dam for all patients.

7

We can advise on pre mercury removal diets and supplements.

8

WE take what we do very seriously and we are here to listen to all of your concerns.



"I had been feeling extremely tired and fatigued for a long time. Nobody I spoke to took my concerns seriously until I went to The Berkeley Clinic. They listened to what I was worried about and how my mercury fillings could be affecting my health and they looked after me extremely well. Now I am mercury free and I feel great."

Mrs N martin

What makes safe amalgam removal at **The Berkeley Clinic** different?

We are passionate about the service that we offer. As such, we have built and carry out what we consider to be THE SAFEST amalgam removal procedure available.

We offer patients who would like this done:

1. Clean air supply to their nose
2. High speed mercury vapour evacuation
3. A pre treatment special formula protective mouthwash
4. Sealed mercury proof rubber dam
5. Full body and face surgical drapes
6. Same day ceramic reconstructions of your newly mercury free teeth.



What are the critical factors in **safe mercury amalgam removal?**

If you are considering having your mercury amalgams replaced, then please take the time to research how it will be done and who is doing it.

You are most at risk of mercury exposure when the fillings are being put in or taken out.

It is therefore critical that if you are considering having them removed that you make the right choice.

What questions should I ask a dentist **when having them removed?**

1. **Do you follow the IOMT or higher standard protocol?**
2. **Do you have an IQ air or similar mercury vapour evacuation system?**
3. **Do you use sealed Nitrile protective dam?**
4. **Do you offer replacement with biocompatible dental ceramic?**
5. **Do you offer pure clean air supplies?**
6. **Do you still place mercury fillings?**

If they answer yes to number 6 then it shows that they may not take mercury amalgam filling removal seriously.

At The Berkeley Clinic Glasgow, we only offer our patients the safest and most modern treatment in dental practice. At our Glasgow, dental practise our patients are greeted in to a dental environment which is both safe and welcoming.

The practice of using dental amalgam has been used in the dental professions for centuries. So what is causing concern over its use today?

Why Should You Have Amalgam Replacement Treatment?



Almost half of amalgam is made of mercury, and the rest is made up of other types of metals, including, silver and tin. Many dentists choose to use amalgam because it is one of the strongest, cheapest and longest-lasting filling solutions.

Currently, the NHS will not pay to fill back teeth with any other solution, however, it has been discovered that mercury has been identified as an

environmental hazard. The metal has been linked to serious health problems such as Alzheimer's disease, multiple sclerosis, kidney and brain damage.

In recent years, the Minamata Convention on mercury, a treaty agreed by the UN Environmental Programme, vowed that it would reduce mercury worldwide, including in the dental industry.



What are the potential Dangers of **Mercury Amalgam Fillings**?

Dentists are now debating the safety of amalgam and patients are becoming more aware of the health problems, which can arise due to mercury. Many patients are left confused at whether they should remove their old mercury-laden silver fillings in case they are affecting their health or replace them with a more modern form of restorative dentistry.

The UK is not the only country which is facing this problem and dental professionals in the USA and worldwide are debating the safety of amalgam fillings. Recent studies in the USA have shown that 72% of those surveyed did not know that silver fillings contain mercury.

Out of those surveyed, 92% of the respondents wanted to know about how mercury could affect their health as they did not know the issues surrounding silver fillings when they were first placed.

What do other people say about **the safety of Mercury amalgam fillings**?

The World Health Organisation Mercury Studies

Whilst our profession has deemed that for the majority of patients mercury amalgam fillings appear safe, other medical bodies have formed a different opinion.

What is potentially dangerous about Mercury Amalgam Fillings?

As mercury is a powerful neurotoxin, it can cause neurological issues, autoimmune disease, chronic illnesses and mental disorders. This is the main reason why our dental clinic refuses to use amalgam, as it is unknown what quantity of mercury vapour in silver fillings can cause significant health risks.

The World Health Organization (WHO) has stated that:

“Mercury is highly toxic, especially when metabolized into methyl mercury. It may be fatal if inhaled and harmful if absorbed through the skin. Around 80% of the inhaled mercury vapour is absorbed in the blood through the lungs. It may cause harmful effects to the nervous, digestive, respiratory, immune systems and to the kidneys, besides causing lung damage. Adverse health effects from mercury exposure can be tremors, impaired vision and hearing, paralysis, insomnia, emotional instability developmental deficits during fetal development, and attention deficit and developmental delays during childhood.”

WHO (World Health Organization) have also reported that mercury from amalgam and laboratory devices accounts for 53% of total mercury emissions into our environment. In 2008, Scandinavian countries took action and banned the use of amalgam fillings for environmental and health reasons.



Are you ready to rid your mouth of Mercury for good?

Call or email the team today to book a consultation.
The easiest way to be mercury free is to take the first step
and get in touch.

How much does **safe amalgam removal cost?**

As with all things in life, no two people are the same and no two patients mouths are the same. Because The Berkeley Clinic was built and designed to offer you everything you need under one roof, we can pass on savings with regards to safe amalgam removal.

The easiest way to find out what it would cost to safely and permanently remove your mercury amalgam fillings and replace them with beautiful tooth coloured biocompatible ceramic reconstructions or composite fillings is to get in touch.

We always try to make the process easy, by making it happen in just one visit.

We always try to make the process affordable.

And finally, we promise to make the process as pain free as possible!!!

Prices start from £420. Call today for a free consultation.

Read about what our patients have to say about our safe amalgam removal



"I had been worried about my mercury fillings for quite some time. My old dentist reassured me they were safe and dismissed my very real concerns. I had researched about having my mercury fillings removed and realised that there was a lack of trained people who cared about doing it properly. The staff at the clinic were amazing. They took the time to discuss my concerns and explain how careful they were with the removal process. They also made the process completely comfortable which given how much I don't like the dentist a lot was amazing. Now I feel so much better. My anxiety about my health issues has improved greatly and I feel so much better. It is the best decision I ever made."

- Gillian C, Edinburgh

"For years I had suffered from fatigue and a foggy feeling in my head. It would come and go but never really shift completely. I had tried numerous lifestyle changes and eventually sought holistic acupuncture. My therapist recommended I see the Berkeley Clinic team due to the large number of mercury fillings in my mouth. They removed them safely over four visits and took great care to not expose me to any of the mercury in them. My teeth now look like teeth and I now no longer worry about what they are doing to my health. Thank you to all the team for being so professional and taking my fears seriously".

"I was always a fit and active person. Then in my mid 30's I started to lose the spring in my step and became tired all of the time. After trying everything I found a private GP who helped me immensely. They referred me to The Berkeley Clinic to have my mouth assessed for my mercury fillings to be removed. I had always been a bad patient so hadn't attended the dentist for a large number of years. The clinic and the staff were lovely, very welcoming and caring and like no dental practice I had ever been to. My mercury fillings were removed using the most high tech equipment to protect me. It took only two visits and was completely painless. I am glad to say that over time I began to feel better. My energy levels came back and now I feel like the person I used to be.

- Jonathan M, London



The Berkeley Clinic

Safe Amalgam removal team



BDS (Glas) LFHom, CTS (Upledger CranioSacral Therapy), Dentist, Interests in the treatment of TMD, Holistic Dentistry (GDC No 53221)

Dr Stewart Wright is a holistic dentist who has been amalgam free for almost all of his nearly 40 year career. He has grown an international reputation for his holistic approach to treating patients .



BDS (Glasg) U.K. MSc Hyp (Lon) Clinical Director of Dental Anxiety & Dentist, Anxiety Management, Sedation, Hypnosis (GDC No 76039)

Winner of 'Dentist of the Year 2015 - Highly Commended', 'Best Treatment of Nervous Patients 2013', 'Best Young Dentist Scotland & UK 2008', 'Dentist of the Year (N)', 2012.

Dr Gow is president of the International Society for Dental Anxiety Management and has been mercury amalgam free for over 10 years now.



Dentist and Medical Doctor, Dental Implants, Cosmetic & Surgical Dentistry

MFDS RCPS Glasg. 2002, BDS Glasg. 2001, MB ChB Glasg. GDC No. 79630

If you are worried about your mercury fillings, possible mercury poisoning or exposure then get in touch today.





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CONTACT US

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*Any opinions expressed by patients in this document are the patient's opinions. The Berkeley Clinic dentists are general dentists who offer safe amalgam removal where it is clinically appropriate.

*For links to the GDC and other information please see the main website.

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